



MEMBER FITNESS CLASSES

Sept 4 – Dec 2018

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30 a Fit Fusion Angie	5:30-6:30 a Body Pump Martine	5:30-6:30 a Fit Fusion Angie	5:30-6:30 a Body Pump Susan T	5:30-6:30 a Fit Fusion Angie		
8:15-9:00 a Yoga Strength Kathy	8:45-9:30 a Lower Body Focus Kathy	8:15-9:00 a Body Pump EXPRESS Kate	8:45-9:30 a Lower Body Focus Kathy	8:15-9:00 a PiYo Kate	8:30-9:30 a Turbo Kick Annie	8:00-9:00 a Hatha Yoga Anu
9:00-10:00 a Fit Fusion Rebekah		9:00-10:00 a Indoor Cycling Gail		9:00-10:00 a Indoor Cycling Gary		
9:00-10:00 a Indoor Cycling Gail	9:30-10:30 a Turbo Kick Annie	9:00-10:00 a Zumba Martine	9:30-10:30 a Turbo Kick Annie	9:00-10:00 a Zumba Shannon	9:30-10:30 a Body Pump Carmelo	10:00-11:00 a Zumba Ruchi/Shannon
9:00 – 10:00a HCC \$ Kate				9:00 – 10:00a HCC \$ Kate	10:30-11:30 a Zumba Ruchi	
TRX \$ 9:00-9:45a Jodi	10:45-11:30 a Silver Sneakers Rebekah	10:00-11:00 a Body Pump Martine	10:45-11:30 a Silver Sneakers (OPEN)	10:00-11:00a Body Pump Kate		
TRX \$ 10:00-10:45a Jodi		10:15-11:10 a Active Older Adults (FF) Kate		10:15-11:10 a Active Older Adults (FF) Shannon		
10:00-11:00 a Body Pump Kate	11:45-12:30p Silver Sneakers Rebekah	11:30-12:15 p Gentle Pilates Martine	11:45-12:30 p Silver Sneakers Rebekah			
10:15-11:10 a Active Older Adults (FF) Rebekah						
11:30-12:15 p Active Older Adults Stretch Martine	5:30-6:30 p Hatha Yoga Misha	5:30 – 6:30p HCC \$ George	5:30-6:30 p Zumba Shannon	5:30-6:30p HCC \$ George		
6:00-7:00 p Zumba Shannon						
6:30-7:30 p Indoor Cycling Gary	6:30-7:30 p PiYo Kate	6:30-7:30 p Step N2 the 80's Carmelo	6:30-7:30 p PiYo Kate			
7:30-8:30 p. Body Pump Lynn/Susan		7:30-8:30 p. Body Pump Susan T.				

Please Note:

Questions or Concerns? Call

George E. Hood

Fitness Director

630-929-2418

or visit

www.indianboundariymca.org

for daily listings of Fitness
Classes and Instructors.

*Classes highlighted in Yellow
take place in the fieldhouse*

*Classes in **BLACK** are free to Members. **Classes in RED** are fee based **PREMIUM CLASSES**

*Class and Instructor are subject to change without notice. Stay up to date online or via our app. *Children age 12 and above may participate in a free fitness class accompanied by an adult except for Body Pump which is age 16.

INDIAN BOUNDARY YMCA | 711 59th Street, Downers Grove, IL 60516 | 630.968.8400 | IndianBoundaryYMCA | IndianBoundaryY | @IBYYMCA

<http://www.indianboundariymca.org>



FOR YOUTH DEVELOPMENT
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Premier Fitness Classes-Small Group Training-Led by a Personal Trainer

HOOD CORE CONDITIONING ALL NEW!!! Core strength and conditioning—a progressive, 3 phase, personal training program developed exclusively by YMCA Fitness Director, George Hood, a 10x World Record holder and current record holder of the “Plank”. His signature “Timed Rep Infusion Process” (TRIP) over a 6 week, 12 session “total body” program will strengthen your core and improve appearance so dramatically that holding a plank for a full hour is attainable within 6 months provided all phases are completed*. All fitness levels are welcome. *Two (2) sessions are required to reach goals stated.

ACTIVE OLDER ADULTS FUNCTIONAL FITNESS (AOA FF) – Improve your muscular endurance as well as balance and coordination by moving through all planes of motion with multi-joint and compound exercises.

AOA STRETCH (AOA S) – Improve your range of motion, increase circulation, and calm your mind.

BODYPUMP™ – Les Mills Body Pump™ is a choreographed weight workout using barbells and adjustable weights to sculpt every major muscle group. A high-level workout for moderate to advanced levels.

FIT FUSION – Combine high intensity cardio intervals with low intensity metabolism building strength exercises. Finish the class with core work and simple stretching for a well-rounded workout.

LOWER BODY FOCUS – Focus on the largest muscles in your body, thighs, hamstrings, calves, and glutes to strengthen, sculpt and develop great looking legs, increase your metabolism, burn more calories, increase lean body mass and achieve a more powerful base of support..

INDOOR CYCLING – Instructors lead you through an exhilarating ride designed to improve overall fitness while increasing performance with focus on endurance, strength, interval and all-terrain training.. A WATER BOTTLE is a necessity. (Reserve a bike 24 hours in advance at the Membership Desk.)

INDOOR CYCLE HIIT – 30 minute high interval training uniquely done – on a spin bike. This workout takes you to the next fitness level with minimal joint impact

PILATES – Mat Pilates is the floor work version of the Pilates method and uses your body weight as the source of resistance. Focus is placed on precise movements of core muscles to improve strength, stability, posture, balance and flexibility.

PILATES FUSION – Offers a fusion of Pilates style movements to shape and tone your entire body; while bringing together challenging combinations of strength, agility, balance and flexibility for all levels of fitness.

PIYO – Sweat, stretch, and strengthen in one low-impact, body-sculpting workout. PiYo cranks up the intensity and speed of traditional Pilates and yoga to help you shape sleek arms, flat abs, and toned legs—no equipment needed.

STEP N2 THE 80'S—Step up your cardio endurance while following along to high energy choreographed moves set to great music. Not your typical step class, but an 80's retro party. Dust off your leotard and legwarmers, and get ready for a RAD workout.

SILVER SNEAKERS CLASSIC® – Have fun and move through a variety of exercises designed to increase strength, range of motion and activities for daily living. Hand-held weights, elastic tubing and a SilverSneakers® ball are used. Chairs are available if needed for seated or standing support.

UPPER BODY FOCUS—Get a strong sculpted core, chest, back and arms in this specialized strength class that will focus on your upper half.

TURBO KICK® – Turbo Kicks® is a fast paced, fat-blasting, ab-defining cardio workout that is a choreographed mix of kickboxing and hip-hop dance moves set to heart pounding music that will have you looking forward to your NEXT WORKOUT!

HATHA YOGA – Yoga is a great compliment to any fitness routine as it promotes relaxation, increases strength and improves flexibility. This class is suitable for all fitness levels and no experience is necessary.

YOGA STRENGTH – Dumbbells, body bars and free weights serve as your own personal adjusters as you move through sun salutations and other yoga postures. This intense, but easy to follow program pushes your strength and flexibility to new heights. This class is suitable for all fitness levels and no experience is necessary

ZUMBA – Exercise, dance and have loads of fun in this class while you move to the music. Groove to hypnotic Latin and international rhythms. A calorie burning dance routine set to music.