



MEMBER FITNESS CLASSES

Jan 6 - May 2019

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	7:30 – 8:30a Indoor Cycling Gary (ends 5/18)	
8:15-9:00 a Pilates Fusion 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 Restorative 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 Small Grp Train \$ Donna				9:00 – 10:00a Small Grp Train \$ Donna	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 10:15-11:10 a Active Older Adults (FF) Rebekah	11:45-12:30p Silver Sneakers Rebekah	11:30-12:15 p Gentle Pilates Martine	11:45-12:30 p Silver Sneakers Rebekah			
11:30-12:15 p Active Older Adults Stretch Martine	5:30-6:30 p Hatha Yoga Misha		5:30-6:30 p Zumba Shannon			
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

IBY Fitness Director

630-929-2418

or visit

www.indianboundaryymca.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.indianboundaryymca.org>



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

SMALL GROUP TRAINING--Join a small group for scheduled group personal training sessions. Sessions will provide you with an effective workout in a fun group environment. Sessions will be led by a certified personal trainer.

TRX--TRX is suspension training system that harnesses your own body weight to deliver a total-body workout. Take your performance to the next level by developing your strength utilizing functional movements and dynamic positions that challenge your back, shoulders, chest, hips and legs. This class is suitable for all fitness levels and no experience is necessary

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.)

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.

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.