



Group Exercise Classes: September 4- October 28

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30am CYCLING *Cycling Studio	5:45-6:30am FULL BODY STRENGTH *Dance Studio	5:45-6:30am CYCLING *Cycling Studio	5:45-6:30am Full Body Strength *Dance Studio	5:45-6:30am CYCLING *Cycling Studio	8:00-8:45am CYCLING *Cycle Studio	8:30-9:30am ZUMBA *Large Gym <i>(Family-friendly class. Open to ages 9-11 with parent/guardian)</i>
10:00-11:00am Body Pump *Dance Studio	10:00-11:00am STEP *Small Gym	10:00-11:00am Body Pump *Dance Studio	9:30-10:30am YOGA BASICS *Dance Studio	10:00-11:00am STEP *Small Gym	9:00-10:00a.m. WEEKEND WARRIOR *PT Studio \$ - There is a fee for this class and registration is required	9:30-10:30am PILATES *Dance Studio <i>(Great class for teens ages 16-19)</i>
	11:15-12:15PM CHAIR YOGA *Small Gym					
12:00-1:00pm SILVER SNEAKERS *Small Gym	11:15-12:15pm YOGA BASICS *Dance Studio	12:00-1:00pm SILVER SNEAKERS *Small Gym	12:00-1:00pm ZUMBA GOLD *Small Gym	12:00-1:00pm SILVER SNEAKERS *Small Gym	9:00-10:00a.m. YOLATES *Dance Studio	10:00-10:45am CYCLING *Cycling Studio
6:00-6:45pm CYCLING *Cycle Studio	5:45-6:30pm Small Group Training *Dance Studio \$ - There is a fee for this class and registration is required	6:15-7:15pm BODY PUMP *Dance Studio	5:45-6:30pm Small Group Training *Dance Studio \$ - There is a fee for this class and registration is required		10:15-11:15am STEP *Dance Studio	11:00-12:00pm Full Body Strength *Dance Studio
6:15-7:15pm BODY PUMP *Dance Studio	6:00-6:45pm CYCLING *Cycle Studio	6:30-7:30pm ZUMBA *Large Gym <i>(Family-friendly class. Open to ages 9-11 with parent/guardian)</i>	6:00-6:45pm Beginners Cycling *Cycle Studio	<p>We want to help you reach your fitness goals. That's why we designed our free Wellness Consultations to help you reach your health and wellness goals in the most effective and safe ways. Try a FREE Fitness Consultation to get you moving on the right path to your fitness goals. Wellness Consultations can be scheduled at the membership desk or by calling 773.777.7500.</p>		
6:30-7:30pm ZUMBA *Large Gym <i>(Family-friendly class. Open to ages 9-11 with parent/guardian)</i>	7:00-8:00pm POWER VINYASA YOGA *Dance Studio	7:30-8:30PM NIA *Dance Studio	7:00-8:00pm PILATES *Dance Studio			

* Indicates class will be held in the program room.



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Group Fitness Descriptions

BodyPump: is a weights class for absolutely everyone. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns lots of calories.

Indoor Cycling: Instructors will lead you through an exhilarating ride designed to improve overall fitness while increasing performance with focus on endurance, strength, interval and all-terrain training. This class is suitable for all fitness levels and no experience is necessary.

Dance Fusion: Dance your way through a great cardio workout enjoying different styles of dance. Recommended for all fitness levels.

NIA: Dynamic blend of dance arts, martial arts, and healing arts, which brings the body, mind and spirit to optimum health through great music, creative movement and self-expression. Nia delivers cardiovascular, muscular and whole body conditioning. This class is suitable for all fitness levels and no experience is necessary.

Full Body Strength: This simple, easy-to-follow strength workout challenges every major muscle using a variety of equipment. Increase your lean body mass while reducing your body fat in this full body workout. This class is suitable for all fitness levels and no experience is necessary.

YOLATES: Fusion of Yoga & Pilates, delivering the ultimate results of integrative fitness. This combo class builds strength and endurance as well as improves balance and flexibility. This class is suitable for all fitness levels and no experience is necessary.

Silver Sneakers@: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Step: Step up your cardio endurance while following along to high energy choreographed moves set to great music. This class is suitable for all fitness levels and no experience is necessary.

Power Vinyasa Yoga: Incorporates strength, flexibility, balance, cardio, physical and mental stamina in one session.

Zumba@/Zumba Tone/Zumba Express: Be prepared to move to hypnotic Latin and international rhythms. You'll enjoy this awe-inspiring, muscle-pumping, caloric-burning blast as you lose yourself in the music and find yourself in shape. This class is suitable for all fitness levels and no experience is necessary.

Zumba Gold: Come ready to sweat, and prepare to leave empowered and feeling strong. The design of the class introduces easy-to-follow Zumba@choreography that focuses on balance, range of motion and coordination. Perfect for active older adults who are looking for a modified Zumba@class that recreates the original moves you love at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

Paid Classes

Weekend Warrior: Achieve your fitness goals with this military-inspired workout. Calisthenics and training drills develop strength, stamina and agility. Each class is unique to keep you challenged. We will push to advance your fitness level while encouraging your success along the way. This class is for the intermediate to advanced participant.

Small Group Training: This high intensity interval training utilizes 8 exercises all done in 4 minute intervals. Tabata™ can be used for weight loss as well as improving overall fitness.

Y Kids Zone Hours

Monday-Friday 9:00-11:15am

Saturday 7:45-1:00pm

Monday-Friday 4:00-8:00pm

Sunday 8:30-1:00pm

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