



# Group Exercise Classes: February 18 – April 14

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30am <b>CYCLING</b> *Cycling Studio	5:45-6:30am <b>FULL BODY STRENGTH</b> *Dance Studio	5:45-6:30am <b>CYCLING</b> *Cycling Studio	5:45-6:30am <b>Full Body Strength</b> *Dance Studio	5:45-6:30am <b>CYCLING</b> *Cycling Studio	8:00-8:45am <b>CYCLING</b> *Cycle Studio	8:30-9:30am <b>ZUMBA</b> *Large Gym <i>(Family-friendly class. Open to ages 9-11 with parent/guardian)</i>
10:00-11:00am <b>Body Pump</b> *Dance Studio	10:00-11:00am <b>STEP</b> *Small Gym	10:00-11:00am <b>Body Pump</b> *Dance Studio	9:30-10:30am <b>YOGA BASICS</b> *Dance Studio	10:00-11:00am <b>STEP</b> *Small Gym	9:00-10:00a.m. <b>WEEKEND WARRIOR</b> *PT Studio \$ - There is a fee for this class and registration is required	9:30-10:30am <b>PILATES</b> *Dance Studio <i>(Great class for teens ages 16-19)</i>
12:00-1:00pm <b>SILVER SNEAKERS</b> *Small Gym	11:15-12:15pm <b>YOGA BASICS</b> *Dance Studio	12:00-1:00pm <b>SILVER SNEAKERS</b> *Small Gym	12:00-1:00pm <b>ZUMBA GOLD</b> *Small Gym	12:00-1:00pm <b>SILVER SNEAKERS</b> *Small Gym	9:00-10:00a.m. <b>YOLATES</b> *Dance Studio	10:00-10:45am <b>CYCLING</b> *Cycling Studio
6:00-6:45pm <b>CYCLING</b> *Cycle Studio	5:45-6:30pm <b>Small Group Training</b> *Dance Studio \$ - There is a fee for this class and registration is required	6:15-7:15pm <b>BODY PUMP</b> *Dance Studio	5:45-6:30pm <b>Small Group Training</b> *Dance Studio \$ - There is a fee for this class and registration is required	6:00-6:45pm <b>CYCLING</b> *Cycle Studio	10:15-11:15am <b>STEP</b> *Dance Studio	11:00-12:00pm <b>Full Body Strength</b> *Dance Studio
6:15-7:15pm <b>BODY PUMP</b> *Dance Studio	6:00-6:45pm <b>CYCLING</b> *Cycle Studio	6:30-7:30pm <b>ZUMBA</b> *Large Gym <i>(Family-friendly class. Open to ages 9-11 with parent/guardian)</i>	6:00-6:45pm <b>Beginners Cycling</b> *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 <b>ZUMBA</b> *Large Gym <i>(Family-friendly class. Open to ages 9-11 with parent/guardian)</i>	7:00-8:00pm <b>POWER VINYASA YOGA</b> *Dance Studio	7:30-8:30PM <b>NIA</b> *Dance Studio	7:00-8:00pm <b>PILATES</b> *Dance Studio			
			8:00-9:00pm <b>YOGA</b> *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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