



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter 2018
Group Exercise Schedule
January 8 – February 18

SUNDAY

| Time | Class | Location | Key |
|---------------|--------------------|--------------|-----|
| 8:30-9:30am | Zumba | Large Gym | TF |
| 9:30-10:30am | Pilates | Dance Studio | T |
| 10:00-10:45am | Cycling | Cycle Studio | |
| 11:00-12:00pm | Full Body Strength | Dance Studio | |

MONDAY

| Time | Class | Location | Key |
|--------------|------------------------|--------------|-----|
| 5:45-6:30am | Cycling | Cycle Studio | |
| 9:30-10:00am | Core Express | Dance Studio | |
| 12:00-1:00pm | SilverSneakers Classic | Small Gym | |
| 6:00-6:45pm | Cycling | Cycle Studio | |
| 6:15-7:15pm | BODY PUMP | Dance Studio | |
| 6:30-7:30pm | Zumba | Large Gym | TF |

TUESDAY

| Time | Class | Location | Key |
|----------------|--------------------|--------------|-----|
| 5:45-6:30am | Full Body Strength | Dance Studio | (!) |
| 9:45-10:45am | BODY PUMP | Dance Studio | |
| 10:00-10:45 am | Step | Small Gym | |
| 11:30-12:30pm | Chair Yoga | Small Gym | |
| 11:15-12:15pm | Yoga Basics | Dance Studio | |
| 6:00-6:45pm | Cycling | Cycle Studio | |
| 6:30-7:30pm | Dance Fusion | Small Gym | |
| 7:00-8:00pm | Power Vinyasa Yoga | Dance Studio | |

WEDNESDAY

| Time | Class | Location | Key |
|--------------|------------------------|--------------|-----|
| 5:45-6:30am | Cycling | Cycle Studio | |
| 9:30-10:00am | Core Express | Dance Studio | |
| 12:00-1:00pm | SilverSneakers Classic | Small Gym | |
| 6:15-7:15pm | BODY PUMP | Dance Studio | |
| 6:30-7:30pm | Zumba | Large Gym | TF |
| 7:30-8:30pm | NIA | Dance Studio | |

Y Kids Zone Hours

Monday – Friday 9:00am–11:15am Monday – Friday 4:00–8:00pm
Saturday 7:45 – 1:00pm Sunday 8:30–1:00pm



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THURSDAY

| Time | Class | Location | Key |
|---------------|-------------------|--------------|-----|
| 11:15-12:15pm | Yoga Basics | Dance Studio | |
| 12:00-1:00pm | Zumba Gold | Small Gym | |
| 6:00-6:45pm | Cycling | Cycle Studio | |
| 7:00-8:00pm | Pilates | Dance Studio | |
| 8:00-9:00 | Candlelit Yoga II | Dance Studio | |

FRIDAY

| Time | Class | Location | Key |
|---------------|------------------------|--------------|-----|
| 5:45-6:30am | Cycling | Cycle Studio | |
| 9:45-10:45am | BODY PUMP | Dance Studio | |
| 10:00-10:45am | Step | Small Gym | |
| 12:00-1:00pm | SilverSneakers Classic | Small Gym | |
| 6:15-7:00pm | Cycling | Cycle Studio | |

SATURDAY

| Time | Class | Location | Key |
|---------------|---------|--------------|-----|
| 8:00-9:45am | Cycling | Cycle Studio | |
| 9:00-10:00am | YOLATES | Dance Studio | |
| 10:15-11:15am | Step | Dance Studio | |

Most classes are open to ages 14+. Youth ages 12-13 are able to attend a group fitness class with a parent/guardian present. Family friendly classes are open to ages 9 and up (parent/guardian attendance required for ages 9-11). You must be 16+ to attend Les Mills BODYPUMP. Please refer to the program guide regarding ages and pricing for small group training classes.

Please check the schedule online at irvingparkymca.org for the most current class schedule. Classes are subject to change without notice.



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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.

Core Express: The Core is your foundation and the point at which all movement begins. Sculpt and strengthen your midsection through a series of focused movement techniques as you improve your body's overall functional strength, balance and coordination. This is a 30 minute class, 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.

Vinyasa Flow Basics: Is the flowing postures of yoga poses focus on matching breath with movement to build strength and flexibility, but at a beginner's pace. This class is recommended for beginners but all fitness levels are welcome.

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

Sunrise Yoga: Focus on the foundational postures and basics of yoga in this Basics class. 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.

Candlelight Yoga II: This class is designed for practitioners with knowledge of their own body mechanics, sun salutations and traditional yoga poses. This class will include advanced poses such as arm balances, inversions and back bends. Some yoga experience is required.

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!



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Group Exercise Schedule
January 8- February 18

TUESDAY Time

5:45-6:30pm

Class

Small Group Training

Location

Dance Studio

Key

S (!)

THURSDAY Time

5:45-6:30pm

Class

Small Group Training

Location

Dance Studio

Key

S (!)

Specialty Class Descriptions

Small Group Training: classes are limited to 4-8 people. We focus on personalized guidance, weight training and functional exercises. This is one of the hottest and fastest growing trends in the fitness industry. Small Group Training is an effective, affordable and fun way to reach your fitness goals.

KEY:

NEW

New class.

S

Small group training; there is a fee for these classes and a minimum registration required.

(!)

Class may be cancelled due to low attendance. Specialty classes must have 4 participants registered or it is subject to be canceled and full refunds will be given.

F

Family-friendly class. Open to ages 9-11 with a parent/guardian and 12+.

T

Great class for teens (ages 16-19).

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.