



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kroehler Winter Schedule Effective January 7, 2019

MONDAY			
Time	Class / Format	Loc	Inst
5:30-6:00am	Indoor Cycle	CY CY	Jodi
6:00-6:30am	Strength Express	CY CY	Jodi
8:30 - 9:30 am	Zumba®	C GYM	Alisha
8:30 - 9:30 am	Cardio Strength	CS ST	Becky
9:35 - 10:35 am	Yoga	MB ST	Anu
9:35 - 10:35 am	SilverSneakers®	AOA GYM	Becky
10:00-11:00 am	Deep Water Aerobics	WE LP	Jenna

TUESDAY			
Time	Class / Format	Loc	Inst
5:30 - 6:30 am	Indoor Cycle	CY CY	Lisa
8:30 - 9:30 am	Dance Fusion	CS GYM	Gina
8:30 - 9:30 am	Shallow Water Aerobics	WE LP	Tia
8:30 - 9:00 am	Indoor Cycle	CY CY	Lisa
9:00-9:30 am	Strength Express	CY CY	Lisa
9:35-10:20 am	Core Express	CS GYM	Siri
9:35 - 10:35 am	Vinyasa Flow	MB ST	Meenu
6:00 - 7:00 pm	Yoga Strength	MB ST	Becky
7:05 - 8:00 pm	Extreme Strength	CS GYM	Brad

WEDNESDAY			
Time	Class / Format	Loc	Inst
5:30 - 6:30 am	Fit Fusion	CS ST	Lisa
8:30 - 9:30 am	Zumba®	C GYM	Alisha
8:30 - 9:15 am	Indoor Cycle	CY CY	Jodi
9:35 - 10:35 am	Power Hour	ST ST	Gina
9:35 - 10:35 am	SilverSneakers®	AOA GYM	Mindy
10:00-11:00 am	Deep Water Aerobics	WE LP	Jenna
10:35-11:35 am	NEW! Yoga	MB ST	Meenu
6:15 - 7:00 pm	NEW! Indoor Cycle	CY CY	Becky
7:00-8:00 pm	NEW! Yoga	MB ST	Jaci



THURSDAY			
Time	Class / Format	Loc	Inst
5:30 - 6:00 am	Indoor Cycle Express	CY CY	Lisa
6:00 - 6:30 am	Core Express	ST CY	Lisa
8:30 - 9:30 am	Dance Fusion	CS GYM	Gina
8:30 - 9:25 am	Tabata	CS ST	Siri
8:30 - 9:30 am	Shallow Water Aerobics	WE LP	Tia
9:30 - 10:30 am	Silver Sneaker Splash	WE LP	Tia
9:30-10:30 am	Tread & Train #	CS FD	Mindy
9:35-10:05 am	Cycle Express	C CY	Siri
9:35 - 10:35 am	Yolates	MB ST	Neelam
6:00 - 7:00 pm	Fun Fit Family	GYM	Becky
6:00 - 7:00 pm	BodyJam®	CS ST	Victoria
7:05 - 8:05pm	Extreme Strength	CS GYM	Becky

FRIDAY			
Time	Class / Format	Loc	Inst
8:30 - 9:30 am	Cardio Strength	CS ST	Siri
8:30-9:30 am	NEW! ROCKBAND	ST GYM	Gina
8:45 - 9:30 am	Tai Chi	MB RC	Dawn
9:35-10:30 am	Yoga	MB ST	Meenu
9:35 - 10:35 am	SilverSneakers®	AOA GYM	Becky
9:45 - 10:30 am	Indoor Cycle	CY CY	Jodi
10:00-11:00 am	Deep Water Aerobics	WE LP	Jenna

SATURDAY			
Time	Class / Format	Loc	Inst
7:00-7:55 am	NEW! Bodypump®	CS ST	Jaci
8:00 - 9:00 am	Yoga	MB ST	Jaci
9:00- 9:55 am	Zumba®	C ST	Isabel
9:30-10:00 am	Indoor Cycle	CY CY	Jodi
10:00-10:30 am	Strength Express	CY CY	Jodi
10:00-11:00 am	Cardio Strength	CS ST	Becky



LEGEND
Rotation=Different instructor rotating schedule (instructor name listed online)
ST = Studio Upstairs FD = Fit Deck RC =Racquetball Court
GYM = Basketball Gym CY = Cycle Studio
C = Cardio Classes
ST = Strength and Toning Classes
MB = Mind/Body Classes
CS = Cardio/Strength Combination Classes
CY = Cycling Classes
🏠 = Family Friendly Classes
AOA = Active older adult
WE = Water Exercise Class
= limited number of spaces. Get # at front desk
\$\$ paid class Extra Cost/Sign up at Front desk

SUNDAY			
Time	Class / Format	Loc	Inst
10:05-11:05 am	Zumba®	C ST	Isabel
11:10-12:10pm	Bodypump®	CS ST	Mindy

AGE RESTRICTIONS
Must be 16 and over to attend Bodypump® classes
🏠 Children ages 8-12 are welcome to attend "Family Friendly" classes with a parent or guardian. Parent or guardian must be prepared to assist child when necessary.
Teens over 13 can participate in all group exercise classes without a parent or guardian
Children under the age of 8 are never allowed in the studio when class is in session.

- * Instructors subject to change without notice.
- * Classes with low attendance may be subject to cancellation
- * See back for class descriptions

CLASS DESCRIPTIONS/FORMATS

C=Cardio Classes

Indoor Cycle Express	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. Express classes are a 30 minute version of our regular cycle class. This class is suitable for all fitness levels and no experience is necessary.
Indoor Cycle	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.
Zumba®	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 and find yourself in shape. 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, and some strength exercises with various equipment included. Recommended for all fitness levels.

CS=Cardio/Strength Combination Classes

Extreme Strength	Ready to master the next level in strength training, classes advance and challenge you to ensure your muscles never adapt, and you continue to make strides in strength. This class is suitable for the intermediate to advanced participant. *This class is the most popular class at the Kroehler Family Y! Stop by and find out why!
Tread and Train	60 Minute designed at your pace and intensity with instructor guidance- walkers, joggers, and runners are all welcome! .
Tabata	This is 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.
Fit Fusion	Combine high intensity cardio intervals with some low intensity metabolism building strength exercises followed by some ab work and stretching and you get a total workout that leaves you feeling energized and accomplished! All fitness levels welcome!
Indoor Cycle/Strength	All the benefits of Indoor Cycle Express, and Strength Express rolled into one great workout. This unique format is designed to burn more fat, sculpt strong lean muscles and improve performance. This class is suitable for all fitness levels and no experience is necessary.

ST=Strength and Toning Classes

BODYPUMP™	BODYPUMP®, the original barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP® formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. This is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift & curl.
Strength Express	This simple, easy to follow strength workout challenges every major muscle group using a variety of equipment. Increase your lean body mass while reducing your body fat in this full body workout in less time. This class is suitable for all fitness levels. Members must be 16+ to participate.
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.
Full Body Strength	Challenge your muscles using hand-held weights and bands in this total-body muscle conditioning class. 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. Suitable for all fitness levels and no experience is necessary.
ROCKBAND	Total body resistant band workout targeting every muscle in your body in unique ways while listening to ROCK Music!. Intense 60 minute workout that will challenge you.
Core Strength	Challenge yourself with a workout focusing on all of the core muscles. Build your strength, and your confidence in this class! Recommended for all fitness levels.

MB=Mind/Body Classes

Flow Yoga	Link your breath with movement in this flow yoga class that will build strength, increase flexibility, and promote well-being. Basic yoga knowledge helpful but not required.
Yoga	Yoga is known for its endless health benefits, including increased flexibility, increased muscle strength and tone, improved respiration, energy and vitality, the maintenance of a balanced metabolism, weight reduction, cardio and circulatory health, improved athletic performance, protection from injury, added to any fitness routine Yoga will improve overall performance. This class suitable for all fitness levels and no experience necessary.
Vinyasa Flow Yoga	"Breath-synchronized movement" Train the body to increase physical endurance by flowing smoothly through dance like poses that increase strength and endurance. This class is for the intermediate to advanced participant.
Tai Chi	Moving Meditation (Strengthening of mental focus) Improve balance, agility, strength and coordination while flowing through the soft and hard movements of this ancient form of martial arts. This class is suitable for all fitness levels and no experience is necessary; \$\$ Class has an extra cost, make sure to sign up at the front desk.

WE= Water Aerobic Classes

Deep Water	This class is great for anyone who is comfortable in deep water and wants a no-impact class. Work aerobically while toning core muscles as you stabilize your body position in water.
Shallow Water	This class is a combination of shallow and deep water exercises. The workout will vary from low to high cardio along with a variety of water strength exercises to increase joint and muscle strength, tone the upper and lower body, workout also includes flexibility. Non-swimmers welcome.
Aqua Zumba	The Aqua Zumba program integrates the Zumba philosophy with traditional aquatic fitness. Participants will perform dance moves to a variety of rhythms for a full body aerobic workout.
SilverSplash®	A low impact, high energy challenge for participants of all ages, skill, and fitness levels. Jump in and make a splash with this water workout.

AOA and Special Programs

Fun Fit Family	You and your family will have a great time working out together with 60 minutes of games and activities, all designed to get the heart pumping; the kids won't even know they are exercising. Meet in the gym and remember to wear your sneakers!
Small Group PT \$\$	Small group training classes are limited to 4-8 people. We focus on personalized guidance, weight training & functional exercises. This is one of the hottest and fastest growing trends in the fitness industry. Small Group Training is an effective, affordable, fun way to reach your fitness goals. Join a group today by contacting gbelmont@ymcachicago.org
SilverSneakers® Yoga	Silver Sneakers Yoga will move your whole body through a complete series of seated and standing poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class suitable for all fitness levels.
SilverSneakers® Class	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing and a ball are used. A chair is available if needed for seated or standing support. Suitable for all fitness levels and no experience is necessary.

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- * Teens over 13 can participate in all group exercise classes without a parent or guardian. Must be 16+ for Bodypump® classes.
- * Children under the age of 8 years old are never permitted in the studio during class. No exceptions.

Schedules are available on-line @ kroehlerfamilyymca.org