



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Kroehler GROUP EXERCISE SCHEDULE

## Spring II 2018

Effective 4/23/2018

| MONDAY          |                         |     |      |        |
|-----------------|-------------------------|-----|------|--------|
| TIME            | CLASS/FORMAT            | LOC | INST |        |
| 5:30 - 6:15 am  | Indoor Cycle            | CY  | CY   | Jodi   |
| 8:30 - 9:30 am  | Zumba®                  | C   | GYM  | Alisha |
| 8:30 - 9:30 am  | Total Body Conditioning | CS  | ST   | Siri   |
| 9:35 - 10:35 am | Yoga                    | MB  | ST   | Anu    |
| 9:35 - 10:35 am | SilverSneakers®         | AOA | GYM  | Kim M. |
| 9:35 - 10:20 am | Indoor Cycle            | C   | CY   | Siri   |
| 10:00 - 11:00am | Deep Water Aerobics     | WE  | LP   | Jenna  |
| 6:25-6:55 pm    | <b>NEW!</b> Abs Express | ST  | ST   | Dona   |
| 7:00-8:00 pm    | <b>NEW!!</b> Zumba®     | C   | ST   | Deepti |

| TUESDAY         |                        |     |      |        |
|-----------------|------------------------|-----|------|--------|
| TIME            | CLASS/FORMAT           | LOC | INST |        |
| 5:30 - 6:30 am  | Indoor Cycle           | CY  | CY   | Lisa   |
| 7:30 - 8:30 am  | Full Body Conditioning | CS  | ST   | Siri   |
| 8:30 - 9:15am   | HIIT                   | CS  | ST   | Siri   |
| 8:30 - 9:30 am  | Indoor Cycle/Strength  | CY  | CY   | Lisa   |
| 8:30 - 9:30 am  | Dance Fusion           | CS  | GYM  | Gina   |
| 8:30-9:30 am    | Shallow Water Aerobics | WE  | LP   | Tia    |
| 9:35 - 10:35 am | Yoga Strength          | MB  | ST   | Becky  |
| 9:35 - 10:35 am | Aqua Zumba             | WE  | LP   | Joelle |
| 6:30 - 7:30 pm  | Yoga Strength          | MB  | ST   | Becky  |
| 7:05 - 8:05pm   | Extreme Strength       | CS  | GYM  | Brad   |

| WEDNESDAY       |                     |     |      |        |
|-----------------|---------------------|-----|------|--------|
| TIME            | CLASS/FORMAT        | LOC | INST |        |
| 5:30 - 6:30 am  | Fit Fusion          | CS  | ST   | Lisa   |
| 8:30 - 9:15 am  | Indoor Cycle        | C   | CY   | Jodi   |
| 8:30 - 9:30 am  | Zumba®              | C   | GYM  | Alisha |
| 8:30 - 9:30 am  | Yoga                | MB  | ST   | Becky  |
| 9:35 - 10:35 am | Bodyump®            | ST  | ST   | Dona   |
| 9:35 - 10:35 am | SilverSneakers®     | AOA | GYM  | Becky  |
| 10:00 - 11:00am | Deep Water Aerobics | WE  | LP   | Jenna  |
| 7:35 - 8:35 pm  | Vinyasa Flow Yoga   | MB  | ST   | Neelam |



| 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 - 9:30 am   | Full Body Conditioning | CS  | ST   | Siri   |
| 8:30-9:30 am     | Shallow Water Aerobics | WE  | LP   | Tia    |
| 9:35 - 10:05 am  | Indoor Cycle Express   | CS  | CY   | Siri   |
| 9:35 - 10:35 am  | Yolates                | MB  | ST   | Neelam |
| 9:35 - 10:35 am  | Silver Splash          | AOA | LP   | Tia    |
| 10:05 - 10:35 am | Strength Express       | ST  | CY   | Siri   |
| 6:00 - 7:00 pm   | Fun Fit Family         | GYM |      | Becky  |
| 7:05 - 8:05pm    | Extreme Strength       | CS  | GYM  | Brad   |

| FRIDAY          |                      |     |      |       |
|-----------------|----------------------|-----|------|-------|
| TIME            | CLASS/FORMAT         | LOC | INST |       |
| 8:30 - 9:30 am  | Fit Fusion           | CS  | ST   | Siri  |
| 8:30 - 9:30 am  | <b>NEW!!</b> Tai Chi | MB  | GYM  | Dawn  |
| 9:35-10:30      | Yoga                 | MB  | ST   | Meenu |
| 9:35 - 10:35 am | SilverSneakers® Yoga | AOA | GYM  | Becky |
| 9:45 - 10:30 am | Indoor Cycle         | CY  | CY   | Jodi  |
| 10:00 - 11:00am | Deep Water Aerobics  | WE  | LP   | Jenna |



| SATURDAY        |                 |     |      |        |
|-----------------|-----------------|-----|------|--------|
| TIME            | CLASS/FORMAT    | LOC | INST |        |
| 8:00 - 8:55 am  | Yoga            | MB  | ST   | Becky  |
| 9:00-9:55 am    | Zumba®          | C   | ST   | Isabel |
| 9:30 - 10:30 am | Cycle Strength  | CY  | CY   | Jodi   |
| 10:00-10:55 am  | Cardio Strength | C   | ST   | Becky  |

| SUNDAY         |              |     |      |        |
|----------------|--------------|-----|------|--------|
| TIME           | CLASS/FORMAT | LOC | INST |        |
| 10:00-11:00 am | Zumba®       | C   | ST   | Isabel |
| 11:05-12:05 pm | Bodyump®     | CS  | ST   | Dona   |

| AGE RESTRICTION   |
|---|
| Must be 16 and over to attend Bodyump® 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.   |

| LOCATION LEGEND |             |             |
|-----------------|-------------|-------------|
| Gym = Gym       | ST = Studio | CY- Cycling |

| Class Misc Information  |
|---|
| Instructors subject to change without notice  |
| *Classes must meet a minimum required attendance to run from session to session and are subject to cancellation with 1 week notice. |

| FORMAT LEGEND                            |
|--|
| C = Cardio Classes                       |
| ST = Strength and Toning Classes         |
| MB = Mind/Body Classes                   |
| CS = Cardio/Strength Combination Classes |
| CY = Cycling Classes                     |
| AOA= Active Older Adults                 |

Kroehler Family YMCA, 34 S. Washington St. Naperville, IL 60540

Schedule available on-line@ [kroehlerfamilyymca.org](http://kroehlerfamilyymca.org)

[www.ymcachicago.org/kroehler](http://www.ymcachicago.org/kroehler)

# Class Descriptions

## C=Cardio Classes

|                             |   |
|-----------------------------|---|
| <b>Indoor Cycle Express</b> | 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. |
| <b>Indoor Cycle</b>         | 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.   |
| <b>Zumba®</b>               | 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.  |
| <b>Dance Fusion</b>         | 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.  |
| <b>Cardio Kickbox</b>       | This high energy class utilizes practical self-defense techniques combined with high and low impact moves to improve cardiovascular endurance. Jab, kick and jump your way through a great workout while burning away calories and stress! This class is suitable for all fitness levels and no experience is necessary.                        |
| <b>Fun Fit Family</b>       | You and your family will have a great time working out together with games and activities all designed to get the heart pumping. The kids won't even know they're exercising.   |

## CS=Cardio/Strength Combination Classes

|                               |  |
|-------------------------------|--|
| <b>Cardio-Strength</b>        | A high-energy cardio and toning class that offers approximately 30 minutes of choreographed cardio followed by approximately 30 minutes of toning, core work, ending with stretching. This class is suitable for all fitness levels and no experience is necessary.  |
| <b>Power Hour</b>             | Challenge your entire body with a full range of resistance and cardio exercises using a variety of equipment. All fitness levels welcome!  |
| <b>HIIT</b>                   | (High Intensity Interval Training) Ignite the after burn effect to help your body keep burning calories. Give your max for up to 1 minute intervals during this class, and you can burn calories and up to 9 times more fat for up to 24 hours AFTER your workout is over! This class is for the intermediate to advanced participant. |
| <b>Extreme Strength</b>       | 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. All levels welcome.  |
| <b>Step and Strengthen</b>    | Add weights to your traditional step class in this format which choreographs moves to great music. This class is suitable for all fitness levels and no experience is necessary.   |
| <b>Full Body Conditioning</b> | Formally known as Body Blast. Get it all when you join us for this spectacular blend of cardio and strength training. Class will consist of a full body muscle workout along with cardio intervals and finish with core work and stretching. All fitness levels welcome!   |
| <b>Fit Fusion</b>             | 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!   |
| <b>Indoor Cycle/Strength</b>  | 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

|                           |  |
|---------------------------|--|
| <b>BODYPUMP™</b>          | 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. |
| <b>Strength Express</b>   | 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, in less time. This class is suitable for all fitness levels and no experience is necessary.  |
| <b>Core Express</b>       | 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.   |
| <b>Full Body Strength</b> | 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.   |
| <b>Core Strength</b>      | 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

|                          |  |
|--------------------------|--|
| <b>Flow Yoga</b>         | 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.  |
| <b>Yoga</b>              | 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. |
| <b>Vinyasa Flow Yoga</b> | "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.  |
| <b>Hatha Yoga</b>        | 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.  |
| <b>YOLATES</b>           | Fusion of Yoga and 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.  |
| <b>Tai Chi</b>           | 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.  |

## Special Programs

|                                |  |
|--------------------------------|--|
| <b>SilverSneakers® Classic</b> | 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. |
|--------------------------------|--|