



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Kroehler GROUP EXERCISE SCHEDULE Summer 2018

\*Effective 6/4/18

MONDAY				
TIME	CLASS/FORMAT	LOC	INST	
5:30-6:30 am	Indoor Cycle	CY CY	Jodi	
8:30-9:30am	Circuit Training	CS ST	Siri	
8:30-9:30 am	Zumba®	C GYM	Alisha	
9:35-10:05am	Core	S ST	Siri	
9:35-10:35am	SilverSneakers®	AOA GYM	Kim	

TUESDAY				
TIME	CLASS/FORMAT	LOC	INST	
5:30-6:15 am	Indoor Cycle	CY CY	Lisa	
8:30-9:30am	Dance Fusion	CS GYM	Gina	
9:30-10:30am	Yoga Strength	MB ST	Becky	
9:00-10:00am	Shallow Water Aerobics	WE LP	Tia	
6:00-7:00pm	Yoga Strength	MB ST	Becky	
7:00-7:55pm	Extreme Strength	CS GYM	Brad	

WEDNESDAY				
TIME	CLASS/FORMAT	LOC	INST	
8:30-9:30am	Yoga	MB ST	Becky	
5:30-6:30am	Fit Fusion	CS ST	Lisa	
8:30-9:15am	Indoor Cycle	CY CY	Jodi	
8:30-9:30am	Zumba®	C GYM	Alisha	
9:35-10:35am	Bodypump®	ST ST	Dona	
9:35-10:35am	SilverSneakers®	AOA GYM	Becky M.	
10:00-11:00am	Deep Water Ex	WE LP	Jenna	

THURSDAY				
TIME	CLASS/FORMAT	LOC	INST	
5:30-6:00am	Indoor Cycle Express	CY CY	Lisa	
6:00-6:30 am	Core Express	ST CY	Lisa	
8:00-8:45am	<b>New!!! Tai Chi in the Park! *</b>	Park	Dawn	
8:30-9:30 am	Full Body Conditioning	CS ST	Siri	
8:30-9:30 am	Dance Fusion	CS GYM	Gina	
9:00-10:00am	Shallow Water Aerobics	WE LP	Tia	
9:35-10:35am	Yolates	MB ST	Neelam	
9:35-10:05am	HIIT	CY CY	Siri	
6:00 - 6:55pm	Y Fit Family	C GYM	Becky	
7:00-7:55pm	Extreme Strength	CS GYM	Brad	

\* 1st and 3rd Thursdays Weather Permitting

FRIDAY				
TIME	CLASS/FORMAT	LOC	INST	
8:30-9:30am	Fit Fusion	CS ST	Siri	
8:45-9:30am	Tai Chi	MB GYM	Dawn	
9:35-10:30am	Yoga	MB ST	Meenu	
9:35-10:35am	SilverSneakers® Yoga	AOA GYM	Becky	
10:00-11:00am	Deep Water Ex	WE LP	Jenna	

SATURDAY				
TIME	CLASS/FORMAT	LOC	INST	
8:00-8:55am	Vinyasa Flow Yoga	MB ST	Becky	
9:00-10:00am	Zumba	C ST	Isabel	
10:05-11:00am	Cardio Strength	ST ST	Becky	

SUNDAY*				
TIME	CLASS/FORMAT	LOC	INST	
10:15-11:15am	Zumba	C ST	Isabel	

\*Y Kid Zone will not be open



\*Children ages 8-12 are welcome to attend "Family Friendly" class with a parent or guardian. Parent or guardian must assist child.  
 Look for this sign for "Family Friendly" classes

\*Teens over 13 can participate in age appropriate group exercise class

\*Must be 16 and over to attend Strength, Cycle, and Fit Fusion Classes

\* Instructors subject to change

\* Classes with low attendance subject to cancellation

**\*SEE BACK FOR CLASS DESCRIPTIONS**

LOCATION LEGEND	
Gym = Gym	ST=Studio CY=Cycle LP=Large Pool
FORMAT LEGEND	
WE= Water Aerobic Classes	
C = Cardio Classes	
ST = Strength and Toning Classes	
MB = Mind/Body Classes	
CS = Cardio/Strength Combination Classes	
CY = Cycling Classes	
AOA= Active Older Adults	
<b>\$\$ = Paid Class /EXTRA COST. Sign up at front desk today!</b>	

5 Washington St. Naperville, IL 60540

n-line @ kroehlerfamilyymca.org

[chicago.org/kroehler](http://chicago.org/kroehler)

Aerobics	
<b>Cardio Classes</b>	
<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>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>Zumba®</b>	Be prepared to move to hypnotic Latin and international rhythms. You'll enjoy this awe-inspiring, muscle-pumping, calorie-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>Fun Fit Family</b>	have a great time working
<b>New! Outdoor</b>	minute workout! Y members
<b>Strength Combination Classes</b>	
<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>Dance Fusion</b>	great cardio workout enjoying different styles of
<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
<b>Step and Strengthen</b>	traditional step class in this
<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.
<b>Strength and Toning Classes</b>	
<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.
<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 exper nec.
<b>Small Group PT \$\$</b>	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 way to reach your fitness goals. <b>Join a group today by contacting <a href="mailto:gbelmont@ymcachicago.org">gbelmont@ymcachicago.org</a></b>
<b>Strength/Body Classes</b>	
<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 Strength</b>	designed to tone and sculpt in compliments regular yoga practice while pushing your strength and flexibility to new heights. This class is suitable for all
<b>Vinyasa Flow Yoga</b>	Breath-synchronized movement" Train the body This class is for the intermediate to advanced participant.
<b>Hatha Yoga</b>	Link your breath with movement in this flow yoga
<b>YOLATES</b>	Fusion of Yoga and Pilates, This class is suitable for all fitness levels and no experience is necessary.
<b>Special Programs</b>	
<b>Silver Sneakers® Yoga</b>	Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing 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.
<b>Silver Sneakers® 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.
<b>WE=</b>	
<b>Deep Water</b>	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.
<b>Shallow Water</b>	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.