



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Kroehler GROUP EXERCISE SCHEDULE Summer 2018

\*Effective 8/19/2018-8/25/2018

MONDAY					
TIME	CLASS/FORMAT	LOC	GYM	INST	
8:30-9:30 am	Zumba®	C	GYM	Alisha	
9:35-10:35am	SilverSneakers®	AOA	GYM	Becky	

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

WEDNESDAY					
TIME	CLASS/FORMAT	LOC	GYM	INST	
8:30-9:15am	Indoor Cycle	CY	CY	Jodi	
8:30-9:30am	Zumba®	C	GYM	Alisha	
9:35-10:35am	SilverSneakers®	AOA	GYM	Becky M.	

THURSDAY					
TIME	CLASS/FORMAT	LOC	GYM	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	<i>New!!! Tai Chi in the Park! *</i>	Park	Dawn		
8:30-9:30 am	Dance Fusion	CS	GYM	Gina	
7:00-7:55pm	Extreme Strength	CS	GYM	Brad	

FRIDAY					
TIME	CLASS/FORMAT	LOC	GYM	INST	
	No Group Exercise				

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

\* 1st and 3rd Thursdays Weather Permitting



\*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**

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

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	
\$\$ = Paid Class /EXTRA COST. Sign up at front desk today!	

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>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>	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.
<b>New! Outdoor</b>	Join us in the park for a fun 45 minute workout! Y members will get a chance to learn Tai Chi in this relaxing setting. WEATHER PERMITTING! 1st and 3rd Thursdays of month

## 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>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>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.
<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.
<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@ymcchicago.org">gbelmont@ymcchicago.org</a></b>

## 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 Strength</b>	Total body workout designed to tone and sculpt every major muscle group. Dumbbells, and free weights serve as your own personal adjuster as you move through sun salutations and other yoga postures. This intense, but easy to follow program compliments regular yoga practice while pushing your strength and flexibility to new heights. This class is suitable for all fitness levels and no experience is 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.

## AOA = Special Programs

<b>Silver Sneakers® Yoga</b>	Silver Sneakers Yoga will move your whole body through a complete series of seated & standing yoga poses. Chair support is offered to safely perform 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.

## WE= Water Aerobic Classes

<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.