



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Kroehler GROUP EXERCISE SCHEDULE Winter 2017

\*Effective 2/6/2017

MONDAY			
TIME	CLASS/FORMAT	LOC	INST
5:30 - 6:15 am	Indoor Cycle	CY CY	Jodi
8:30-9:30 am	Step and Strengthen	CS ST	Kathy
8:30-9:30 am	Dance Fusion	CS GYM	Gina
9:35-10:35am	Hatha Yoga	MB ST	Anu
9:35-10:35am	SilverSneakers®	AOA GYM	Kim M.

TUESDAY			
TIME	CLASS/FORMAT	LOC	INST
5:30-6:15 am	Indoor Cycle	CY CY	Lisa
7:30-8:30am	Full Body Conditioning	CS ST	Siri
8:30-9:00 am	<b>New!</b> HIIT	C ST	Siri
8:30-9:00am	Indoor Cycle Express	CY CY	Lisa
8:30-9:30am	Zumba®	C GYM	Alisha
9:00 - 9:30 am	Core Express	ST CY	Lisa
9:35-10:35am	Hatha Yoga	MB ST	Anu
6:30-7:30pm	Vinyasa Flow Yoga	MB ST	Becky M.
7:00-8:00pm	Extreme Strength	CS GYM	Brad

WEDNESDAY			
TIME	CLASS/FORMAT	LOC	INST
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
8:30-9:30am	Vinyasa Flow Yoga	MB ST	Becky M.
9:35-10:35 am	<b>NEW!</b> Bodypump®	ST ST	Sherry
9:35-10:35am	SilverSneakers®	AOA GYM	Becky M.
6:00-7:00pm	Bodypump®	ST ST	Dona
7:05-8:05 pm	Vinyasa Flow Yoga	MB ST	Kim M.

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
8:30-9:30 am	Full Body Conditioning	CS ST	Siri
9:35-10:35am	<b>New!</b> YOLATES	MB ST	Kathy
9:35-10:05am	Indoor Cycle Express	CY CY	Siri
6:00-7:00pm	Fun Fit Family	C GYM	Becky
7:00-8:00pm	Extreme Strength	CS GYM	Brad

FRIDAY			
TIME	CLASS/FORMAT	LOC	INST
8:30-9:30am	Dance Fusion	C GYM	Gina
8:30-9:30am	Fit Fusion	CS ST	Siri
9:35-10:35 am	<b>New!</b> Bodypump®	C ST	Dona
9:35-10:35am	SilverSneakers®	AOA GYM	Dawn

SATURDAY			
TIME	CLASS/FORMAT	LOC	INST
7:00-8:00am	Vinyasa Flow Yoga	MB ST	Becky
8:05-9:05am	<b>New!</b> Full Body Strength	ST ST	Becky
9:00-9:45am	Indoor Cycle	CY CY	Jodi
9:15-10:15am	Zumba®	C ST	Isabel

SUNDAY			
TIME	CLASS/FORMAT	LOC	INST
10:30-11:30am	Zumba	C ST	Isabel
10:15-11:15am	Extreme Strength	CS GYM	Dona

\*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	CY- Cycling
ST = Studio	
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>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, 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>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.

## 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.
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