



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kroehler GROUP EXERCISE SCHEDULE Summer 2017

*Effective 7/10/2017

MONDAY				
TIME	CLASS/FORMAT	LOC	INST	
8:30-9:30am	Hatha Yoga	MB	ST	Anu
8:30-9:30 am	Zumba®	C	GYM	Alisha
9:00-10:00am	Deep Water Aerobics	WE	LP	Jenna
9:35-10:35am	Step and Strengthen	CS	ST	Kathy
9:35-10:35am	SilverSneakers®	AOA	GYM	Kim M.
7:00 - 7:45 pm	Small Group PT	\$\$		Dona

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	New! HIIT	C	ST	Siri
8:30-9:15am	Indoor Cycle/Core	CY	CY	Lisa
8:30-9:30am	Dance Fusion	CS	GYM	Gina
9:00-10:00am	Shallow Water Aerobics	WE	LP	Tia
10:45-11:45am	New! Aqua Zumba®	WE	LP	Joelle
6:00 -7:00pm	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	Hatha Yoga	MB	ST	Anu
9:00-10:00am	Deep Water Aerobics	WE	LP	Jenna
9:35-10:35am	Bodypump®	ST	ST	Sherry
9:35-10:35am	SilverSneakers®	AOA	GYM	Becky M.
6:00-6:30pm	New! HIIT	ST	ST	Dona
6:30-7:00pm	New! Core Express	ST	ST	Dona
7:05-8:05 pm	New! Yoga Strength	MB	ST	Becky 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
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	Kathy
9:35-10:05am	New! HIIT	CY	CY	Siri
10:45-11:45am	Silver Splash	WE	LP	Dona
6:00 - 7:00 pm	Y Fit Family	C	GYM	Becky M.
7:00-8:00pm	Extreme Strength	CS	GYM	Brad

FRIDAY				
TIME	CLASS/FORMAT	LOC	INST	
8:45 - 9:30 am	NEW! Outdoor Fun Fitness	Park	Kathy/Gina	
<i>Look For Special List of workouts including Tai Chi, Cardio, HIIT, Yoga</i>				
WEATHER PERMITTING. Check Y App. For Class List				
8:30-9:30am	Fit Fusion	CS	ST	Siri
9:35-10:35am	SilverSneakers® Yoga	AOA	GYM	Becky
10:00-11:00am	Deep Water Aerobics	WE	LP	Jenna

SATURDAY				
TIME	CLASS/FORMAT	LOC	INST	
7:00-8:00am	Vinyasa Flow Yoga	MB	ST	Becky
9:15-10:15am	Zumba	C	ST	Isabel
9:30-10:15am	Small Group PT	\$\$		Dona
10:20-11:20 am	Extreme Strength	ST	ST	Dona

SUNDAY				
TIME	CLASS/FORMAT	LOC	INST	
10:30-11:30am	Zumba	C	ST	Isabel
10:15-11:15am	Bodypump®	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	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!				
Ask about our small group PT for the Fall session!				

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

Schedule available on-line @ kroehlerfamilyymca.org

www.ymcachicago.org/kroehler

Class Descriptions

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.
HIIT	(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.
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.
Fun Fit Family	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.
New! Outdoor Fitness	Join us in the park for a fun 45 minute workout! Y members will get a chance to learn Tai Chi, Yoga, Circuit training, Kickboxing, Cardio HIIT, and other amazing workouts! WEATHER PERMITTING! Look on the Y app each Friday to see what the class will be so that you can make sure to show up for the ones you want to try! <i>(bad weather, workout will be in gym)</i>

CS=Cardio/Strength Combination Classes

Cardio-Strength	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.
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.
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. All levels welcome.
Step and Strengthen	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.
Full Body Conditioning	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!
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 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.
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.
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 this August by contacting gbelmont@ymcachicago.org

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 Strength	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.
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.
Hatha 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.
YOLATES	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

Silver Sneakers® Yoga	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.
Silver Sneakers® Classic	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

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 Zuma 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.
Silver Splash	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.