



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS CLASS SCHEDULE

Summer 1 & 2 Schedule
S1 June 11th - July 15th
S2 July 16th - Aug 19th

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|---|---|---|
| | | 6:00—6:45 AM MORNING CORE GFS—MONDALE | 6:00—6:55 AM BODYPUMP™ GFS—LAUREN | 6:00—6:45 AM MORNING CORE GFS—MONDALE | 6:00—6:55 AM BODYPUMP™ GFS—AUDREY | |
| | | 6:15—7:00 AM INDOOR CYCLE CS—AUDREY | | 6:15—7:00 AM INDOOR CYCLE CS—AUDREY | | |
| | | 9:00—9:50 AM ZUMBA® GFS—STACEY | 9:00—9:45 AM MODIFIED FITNESS GFS—MONDALE | 8:25—8:55 AM ESTRETCH EXPRESS GFS—JAMIE | | 8:00—8:55 AM YOGA BASICS GFS—MARY D. |
| 8:45—9:45 AM POWER VINYASA FLOW YOGA GFS—RENEE | 9:00—9:55 AM NIA GFS—JAMIE | 9:00—9:45 AM TREAD & TRAIN SFC—KEITH | 9:00—9:45 AM INDOOR CYCLE CS—MANDA | 9:00—9:55 AM NIA GFS—JAMIE | 9:00—9:50 AM ZUMBA® GFS—STACIE | 9:00—9:55 AM NIA GFS—JAMIE |
| 9:00—9:45 AM INDOOR CYCLE CS—AUDREY | 9:00—9:45 AM INDOOR CYCLE CS—MANDA | | 9:00—9:45 AM HIIT CSR—KEITH | 9:00—9:45 AM TREAD & TRAIN SFC—MANDA | 9:00—9:45 AM INDOOR CYCLE CS—MARY D | 9:00—9:45 AM INDOOR CYCLE CS—MARY D. |
| 10:00—10:55 AM BODYPUMP™ GFS—AUDREY | 10:00—10:45 AM FULL BODY CONDITIONING GFS—MANDA | 10:00—10:45 AM BODY SCULPTING PILATES GFS— MARY D | 10:00—10:45 AM MEDITATION CSR—KEITH | | | |
| 11:00—12:00 AM RESTORATIVE YOGA GFS—Hailey | 10:00—10:45 AM FULL BODY STRENGTH \$\$ CSR—KEITH | 10:30—11:15 AM AOA - Active Older Adults TC—GLENDA | 10:00—10:45 AM FULL BODY CONDITIONING GFS—MANDA | 10:00—10:45AM FULL BODY CONDITIONING GFS—MANDA | 10:00—10:45AM CARDIO KICK-BOXING CSR—KEITH | 10:00—10:55 AM BODYPUMP™ GFS—MEGHAN/LAUREN |
| | | 11:00—12:00 PM POWER HOUR GFS—MONDALE | 11:00—11:55 AM HATHA YOGA GFS—MARI | 10:30—11:15 AM AOA - Active Older Adults TC—GLENDA | 10:00—10:45 AM BODY SCULPTING PILATES GFS—MARY D | 11:00—11:50 AM ZUMBA® GFS—LAUREN/STACIE |
| | | | 12:00—12:55 PM NIA GFS—JAMIE | | 11:00—11:55 AM HATHA YOGA GFS—MARI | 1:00—1:45 PM ZUMBA GOLD GFS—GLENDA |
| GFS - Group Fitness Studio 3rd Floor | | 4:30—5:30 PM ARMY RECRUIT PRIVATE-TRAINING GFS—STAFF | 1:00—1:30 PM ESTRETCH EXPRESS GFS—JAMIE | 4:30—5:30 PM ARMY RECRUIT PRIVATE-TRAINING GFS—STAFF | | |
| CSR - Core/ Stretching Room 2nd Floor | | | | | | |
| CS - Cycle Studio 2nd Floor | 5:05—6:00 PM NIA GFS—JAMIE | | | | | |
| NFC - North Wing Fitness Center 2nd Floor | 6:10—6:55 PM FULL BODY CONDITIONING GFS—AUDREY | | | | | |
| SFC - South Wing Fitness Center 2nd Floor | 6:10—6:55 PM INDOOR CYCLE CS—MARY D | 6:00—6:55 PM BODYPUMP™ GFS—AUDREY | 7:00—8:00 PM RESTORATIVE YOGA CSR—Hailey | 6:00—6:55 PM BODYPUMP™ GFS—MEGHAN | | |
| | 7:00—7:50 PM ZUMBA® GFS—REBEKAH | 7:00—8:00 PM VINYASA FLOW YOGA GFS—KIMBERLY | 7:00—7:50 PM ZUMBA® GFS—LAUREN | 7:00—8:00 PM VINYASA FLOW YOGA GFS—STEPHANIE | | |

Summer Changes
New Start Time for
Cardio Kick-Boxing

LAKE VIEW YMCA HOURS
MONDAY-FRIDAY: 5 AM-10:30PM
(POOL CLOSSES AT 10:15AM)
SATURDAY & SUNDAY: 6AM-7PM
(POOL CLOSSES AT 6:45PM)

Y KIDS ZONE HOURS
MON-FRI: 8 AM-12:30PM/4-8PM
SATURDAY & SUNDAY:
8:30AM-12:30PM

GROUP FITNESS CLASS DESCRIPTIONS

AOA Active Older Adults: Improve your muscular endurance as well as balance and coordination by moving through all planes of motion with multi-joint and compound exercises.

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. 16+ years only.

Body Sculpting Pilates: Core focused class with light resistance training. *Family Friendly.*

Cardio Kickboxing: 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. *Family Friendly.*

Estretch Express (Simply Stretch): Rest and Recovery are a vital part of increasing your fitness level. Unwind while you treat your body by improving your range of motion, increasing circulation, and calming your mind. This class is suitable for all fitness levels and no experience is necessary. 30 minute class. *Family Friendly.*

Morning Core: 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.

Full Body Conditioning: 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.

Full Body Strength: Cost \$8/class \$64/session, non-members \$16/class Challenge your muscles in every possible way using hand-held weights and bars 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. The class is suitable for all fitness levels and no experience is necessary.

Hatha Yoga: Yoga designed to align and calm your body, mind, and spirit in preparation for meditation. *Family Friendly.*

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 these classes, 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.

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.

Meditation: Meditation is a mind/body exercise that has a long history of use for increasing calmness and physical relaxation, improving posture and balance, coping with stress, and enhancing circulations as well as overall health and well-being. In this class both standing and sitting meditation postures will be introduced. *Family Friendly.*

Movin' Up Modified Fitness: This class focuses on the individual to restore energy, increase stamina, perform daily tasks and get fit. The exercises will improve range of motion, enhance physical fitness and encourage well-being for those at all fitness levels, especially those needing modified exercises.

Nia™: Dynamic blend of dance arts, martial arts, and healing arts, which brings the body, mind and spirit to optimum health through great music, creative movement and self-expression. Nia delivers cardiovascular, muscular and whole body conditioning. This class is suitable for all fitness levels and no experience is necessary. *Family Friendly.*

Power Hour: Challenge your entire body with a full range of resistance and cardio exercises using a variety of equipment.

Vinyasa 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 is recommended. *Family Friendly.*

Power Vinyasa Flow Yoga: Vinyasa Yoga incorporates strength, flexibility, balance, cardio, physical and mental stamina in one session.

Restorative Yoga: Yoga to center the breath and the body, align the physical and mental by practicing stillness and gentle movement for extended periods of time. Promotes deep relaxation of body and mind. This class is excellent for beginners to experienced yoga practitioners.

Tread & Train: Alternate between cardio exercise and targeted body-sculpting moves to challenge your muscles from head to toe and burn more calories. With each body-sculpting and calorie-blasting interval, our instructors ramp up the intensity and the fun to assault your problem areas and transform your entire body. This class is suitable for all fitness levels and no experience is necessary. *Family Friendly.*

Yoga Basics: Yoga is a great compliment to any fitness routine as it promotes relaxation, increases strength and improves flexibility. This class is suitable for all fitness levels and no experience is necessary. *Family Friendly.*

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 in the music and find yourself in shape. This class is suitable for all fitness levels and no experience is necessary. *Family Friendly.*

STRONG by Zumba™: Revolutionizes Zumba® workouts as you know them, melding strong, upbeat rhythms with powerful moves to fire your fitness potential up a notch! This class brings elements of dance, together with body weight, resistance-style muscle conditioning and cardio training. provides participants a challenging, yet safe way to increase their fitness level with science-based, cutting edge, high intensity, full body training methods with a Zumba® twist.

To learn more information, please contact Fitness & Wellness Director, Carl Golloway, at cgolloway@ymcachicago.org or call 773-248-3333