


LEANING TOWER YMCA

April 10th - June 4th

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME					
5:30	5:30 - 6:30AM BODY PUMP ALLISON	5:45 - 6:30 AM BOSU CONDITIONING SUE G	5:45 - 6:45AM INDOOR CYCLE SUE PRICE	5:30 - 6:30AM BODY PUMP ALLISON				5:30					
5:45								5:45	5:45	5:45	5:45	5:45	
6:00								6:00	6:00	6:00	6:00	6:00	
6:15								6:15	6:15	6:15	6:15	6:15	
6:30			7:00-8:00AM VINYASA FLOW YOGA CHERYL			7:00-8:30AM TRI-TRAINING SUE & SEBASTIAN		6:30					
6:45								6:45	6:45	6:45	6:45	6:45	
7:00								7:00	7:00	7:00	7:00	7:00	
7:15								7:15	7:15	7:15	7:15	7:15	
7:30	8:00 - 9:00AM CORE STRENGTH SUE G	8:00-9:00 AM FOCUS FUNCTIONAL FITNESS MELANIE	8:00-9:00 AM ZUMBA GOLD TOSHI	8:00-9:00 AM FOCUS FUNCTIONAL FITNESS MELANIE	8:00-9:00 AM LOW IMPACT TRAINING TOSHI	7:30-8:45AM VINYASA FLOW YOGA KATHLEEN	8:00 - 8:45 AM POWER CYCLE ALLISON	7:30					
7:45								7:45	7:45	7:45	7:45	7:45	7:45
8:00								8:00	8:00	8:00	8:00	8:00	8:00
8:15								8:15	8:15	8:15	8:15	8:15	8:15
8:30	9:15 - 10:00AM POWER CYCLE SUE PRICE	9:30-10:30AM BODY PUMP NICHOLE	9:00-10:00AM SILVER SNEAKERS CARDIO MELANIE	9:15-9:45 AM GRIT PLYO JOANNA	9:00-10:00AM MAT PILATES SUE G	9:00-10:00AM MAT PILATES SUE G	9:00-10:00AM BODY PUMP KAREN	8:30-9:45AM VINYASA FLOW YOGA KATHLEEN/ CHERYL	8:30				
8:45			8:45	8:45	8:45	8:45	8:45	8:45	8:45	8:45			
9:00			9:00	9:00	9:00	9:00	9:00	9:00	9:00	9:00			
9:15			9:15	9:15	9:15	9:15	9:15	9:15	9:15	9:15			
9:30	10:15-10:45 AM GRIT STRENGTH JOANNA	10:00-11:00AM YOGA LISA	10:15-11:15AM NIA VALERIE	10:15 - 11:15 AM TRX BOOTCAMP SUE G	9:30-10:30AM BODY PUMP NICHOLE	9:15-10:15AM INDOOR CYCLE SUE P	9:00-10:00AM MAT PILATES SUE G	9:00 - 10:00AM BODY PUMP ALLISON	9:30				
9:45			9:45	9:45	9:45	9:45	9:45	9:45	9:45	9:45			
10:00			10:00	10:00	10:00	10:00	10:00	10:00	10:00	10:00			
10:15			10:15	10:15	10:15	10:15	10:15	10:15	10:15	10:15			
10:30	11:00 - 12:00 PM SILVER SNEAKERS CLASSIC MELANIE	11:00 - 12:00 PM SILVER SNEAKERS CLASSIC MELANIE	10:15-11:15AM NIA VALERIE	10:15 - 11:15 AM TRX BOOTCAMP SUE G	9:45 - 10:45AM IYENGAR YOGA MELANIE	10:00-11:00am TRI-TRAINING SUE P	10:15-11:15AM ZUMBA MYRNA	10:00 - 11:00 AM PILATES FUSION SUE G	10:30				
10:45			10:45	10:45	10:45	10:45	10:45	10:45	10:45	10:45			
11:00			11:00	11:00	11:00	11:00	11:00	11:00	11:00	11:00			
11:15			11:15	11:15	11:15	11:15	11:15	11:15	11:15	11:15			
11:30	12:00- 12:45 PM ZUMBA GOLD DEBBIE J	12:00- 12:45 PM ZUMBA GOLD TOSHI	11:30-12:30PM BALANCE & STRENGTH NIA VALERIE	11:30-12:30PM BALANCE & STRENGTH NIA VALERIE	11:00 - 12:00 PM SILVER SNEAKERS CLASSIC MELANIE	11:30-12:30PM BALANCE & STRENGTH NIA VALERIE	11:15 - 12:15 PM ZUMBA MICHELE	10:15 - 11:00 AM TABATA TONI	10:45				
11:45			11:45	11:45	11:45	11:45	11:45	11:45	11:45	11:45			
12:00			12:00	12:00	12:00	12:00	12:00	12:00	12:00	12:00			
12:30			12:30	12:30	12:30	12:30	12:30	12:30	12:30	12:30			
NO CLASSES FROM 1:00PM - 3:00 PM													
3:30	5:30-6:25PM CORE STRENGTH SUE PRICE	5:30 - 6:15 PM STEP & STRENGTH CHERYL	5:30 - 6:30 PM BODY PUMP AGNES	5:30 - 6:15 PM TABATA SUE PRICE	5:30-6:30PM BODY PUMP TONI			3:30					
5:00								5:00	5:00	5:00	5:00	5:00	
5:30								5:30	5:30	5:30	5:30	5:30	
5:45								5:45	5:45	5:45	5:45	5:45	
6:00	6:30-7:30PM ZUMBA MARIA	7:30-8:30PM VINYASA FLOW YOGA CHERYL	6:30-7:30PM ZUMBA MICHELE	6:30-7:15PM BOSU CONDITIONING SUE G	6:30 - 7:30PM ZUMBA STAFF			6:00					
6:15			6:15	6:15	6:15			6:15	6:15	6:15			
6:30			6:30	6:30	6:30			6:30	6:30	6:30			
6:45			6:45	6:45	6:45			6:45	6:45	6:45			
7:00	7:30-8:30PM VINYASA FLOW YOGA CHERYL	7:30-8:30PM MAT PILATES SUE G	7:00-8:00PM HATHA FLOW YOGA JESSICA	6:45-7:30PM POWER CYCLE JENN	6:30 - 7:30PM ZUMBA STAFF	 <p>FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</p>		7:00					
7:15			7:15	7:15	7:15			7:15	7:15	7:15			
7:30			7:30	7:30	7:30			7:30	7:30	7:30			
7:45			7:45	7:45	7:45			7:45	7:45	7:45			
8:00	7:30-8:30PM VINYASA FLOW YOGA CHERYL	7:30-8:30PM MAT PILATES SUE G						8:00					
8:15								8:15	8:15	8:15	8:15	8:15	8:15
8:30								8:30	8:30	8:30	8:30	8:30	8:30
8:45								8:45	8:45	8:45	8:45	8:45	8:45
COLOR KEY	SKY ROOM	AEROBICS STUDIO A/S	LOWER LEVEL FITNESS STUDIO LLFS	PAID FITNESS CLASS (LLFS)	Please direct questions, and suggestions to Karen Prorok. kprorok@ymcachicago.org		Thank you for your participation in our group fitness classes! Please view our online schedule for the most up to date version of the schedule daily. Last minute cancellations will be posted to our Facebook Site.						