

# NS YMCA Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>
<b>Free To Members</b>	Registered Classes	Registered Classes	Registered Classes			
5:45-6:30 am Pump and Flex (D) Amanda	<b>Time Change!</b> 5:30-6:15 am Interval Cycle (CS) Ken	5:45-6:30 am Interval Cycle (CS) Terry	5:45-6:30 am Power Cycle (CS) Amanda			
9:15-10:15 am Interval Blast (GYM) Linda	<b>New Class!</b> 6:15-7:15am Open Hatha Yoga (Y) Suzanne			<b>Free To Members</b>	<b>Free To Members</b>	<b>Free To Members</b>
9:15-10:00 am Water Aerobics (Pool)	<b>Free To Members</b>	<b>Free To Members</b>	<b>Free To Members</b>	5:45-6:30 am Pump and Flex (D) Peggy	7:40-8:40 am General Fitness (NW) Steve	
10:15-11:15 am Pump & Flex (D) Peggy	9:00-10:00 am Step Surprise (GYM) Amy	9:00-10:15 am Complete Strength (D) Joanna	9:00-10:00 am Step Surprise (GYM) Amy	9:00-10:00 am 30/30 (GYM) Myleen	<b>New Time!</b> 8:45-10:00 am Step & Strength Circuit (GYM) Linda	9:00-10:00am Bike Club Ride (outside lobby) Shari
10:05-11:05 am Basic Cardio + (NW) Laurie	9:00-10:00 am Cardio Box & Boot (D) Sarah	9:15-10:00 am Shallow Water Aerobics (Pool)	9:00-10:00 am Cardio Kickboxing (D) Erin	9:15-10:00 am Shallow Water Aerobics (Pool)		11:15-12:15 pm Step Surprise (D) Rotation
Registered Classes	Registered Classes	Registered Classes	Registered Classes	Registered Classes	Registered Classes	Registered Classes
9:15-10:00 am Power Cycle (CS) Laurie	9:15-10:00 am Interval Cycle (CS) Shari	9:00- 10:00 AM Mat Pilates (St Y) Mary		8:45-10:00 am Anusara Inspired Hatha Yoga (ABC) Wendy	7:00-8:30 am Challenge Cycle (CS) Terry	
	9:45-11:00am Yoga Fundamentals (St Y) Jayne	9:15-10:00 am Interval Cycle (CS) Marlo	11:05-12:20 pm Inter. Hatha Yoga (St Y) Nancy	9:00-10:00 am Cycle & Sculpt (CS & D) Laurie	8:45-10:00 am Anusara Inspired Hatha Yoga Level 2 (NW) Wendy	12:30-1:45 pm Fitness Yoga (St Y) Rotation
<b>Midday</b>	<b>Midday</b>	<b>Midday</b>	<b>Midday</b>	<b>New Class!</b> 10:15-11:15am Power Cycle (CS) Shari	10:30-11:45 am Anusara Inspired Yoga (St Y) Wendy	
	<b>Free To Members</b>	Registered Classes				
	1:15-2:15 pm Cardio Pump (D) Erin	<b>New Class &amp; Time!</b> 12:15-1:00pm Lunchtime Cycle (CS) Erin				
<b>Evening</b>	<b>Evening</b>	<b>Evening</b>	<b>Evening</b>			
<b>Free To Members</b>	<b>Free To Members</b>					
6:00-7:00pm Cardio Pump (NW) Erin	<b>New Class!</b> 6:00-7:00pm Complete Strength (Gym) Bob					
Registered Classes	Registered Classes	Registered Classes	Registered Classes			
5:30-6:30 pm Yamuna Body Rolling Basic Pilates (St Y) Lucy	6:00-6:45pm Interval Cycle (CS) Terry	4:00pm-5:00pm Kids Yoga (NW) Debbie				
6:30-7:45 pm Vinyasa Yoga (St Y) Julie	7:00-8:30 Fitness Yoga (St Y) Bob		6:00-6:45 Interval Cycle (CS) Amy			
7:00-7:45 pm Interval Cycle (CS) Rob			6:15-7:30 All Level Hatha Yoga (St Y) Kathy			

## Fall 1 Session 2008 (Sept 2 - Oct

**Kidzone will be open until 7:30pm Monday-Friday starting this Fall!**

All 'Registered' classes are fee based specialty classes that must be pre-registered at the Front Desk.

Please contact Erin Cheever, Health and Wellness Director, with any questions. 847-272-7250, ext 1217 or echeever@nsymca.org

Arrive on time for all classes. Classes are for ages 14 and up.

Schedule is subject to change without notice. Please check frequently for updated schedules!!

Classes with less than six participants may be subject to cancellation.

www.nsymca.org \* Visit our website for more information about classes and schedules and see the back for class descriptions

