



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE FALL I: AUGUST 30 – OCTOBER 24, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING
5:30-6:30am Pump & Flex (D) Peggy	*5:30-6:30am Interval Cycle (CS) Karen / Terry	5:30-6:30am Boot Camp (D) Karen	*5:30-6:30am Power Cycle (CS) Liz	5:30-6:30am Pump & Flex (D) Peggy	*7:00-8:00am Interval Cycle (CS) Terry	
8:00-9:00am Pump & Flex (D) Peggy	9:00-10:00am Step (gym) Amy C.	8:00-9:00am Pump & Flex (D) Peggy		**8:45-10:00am Anusara Inspired Yoga (ABC) Wendy	7:40-8:30am General Fitness (NW) Steve	*8:15-9:00am Interval Cycle (CS) Shari
9:00-10:00am Interval Conditioning (gym) Linda	9:00-10:00am Kickbox & Core (D) Linda	9:00-10:00am Cardio Resistance (gym) Joanna	9:00-10:00am Step & Strength (gym) Amy C.	9:00-10:00am Interval Cardio Fusion (D) Myleen	8:00-9:00am Zumba (D) Dawn	
*9:00-10:00am Cycle & Sculpt (CS & D) Laurie	*9:15-10:00am Interval Cycle (CS) Dev	*9:00-10:00am Power Cycle (CS) Marlo	9:15-10:00am Muscular Strength (D) Linda	*9:00-10:00am Power Cycle (CS) Laurie	**8:45-10:00am Anusara Inspired Yoga Level 2 (ABC) Wendy	**10:00-11:15am Hatha Yoga (Y) Suzanne
	**9:00-10:15am Yoga Fundamentals (NW) Jayne	**9:15-10:15am Mat Pilates (Y) Amy A.	**9:00-10:15am Hatha Yoga (Y) Nancy	9:00-9:45am Walking Group (outside) Karen	8:50-10:00am Interval Conditioning (gym) Linda	
10:05-10:50am Muscular Strength (D) Liz	10:05-10:50am BOSU Sculpt (D) Myleen	10:05-11:05am Basic Cardio Plus (D) Bridget	10:05-11:05am Zumba (D) Dawn	10:05-10:50am Core & More (D) Myleen	**10:15-11:30am Anusara Inspired Yoga Level 1 (ABC) Wendy	
10:05-11:05am Basic Cardio Plus (NW) Laurie	10:15-10:45am Walking Group (outside/track) Renee			10:05-11:05am Basic Cardio Plus (NW) Jeannie		
MIDDAY	MIDDAY	MIDDAY	MIDDAY	MIDDAY	MIDDAY	MIDDAY
		1:30-2:00pm Treadmill Training (FC) Renee				
	1:30-2:30pm Total Body Conditioning (D) Joanna	2:00-2:30pm Stretch & Core (D) Renee	1:30-2:30pm Total Body Conditioning (D) Casey			
EVENING	EVENING	EVENING	EVENING			
6:00-6:55pm Pump & Flex (NW) Peggy	6:00-6:55pm Boot Camp (track) Casey	6:00-6:55pm Cardio Combo (D) Linda	6:00-6:55pm Boot Camp (D) Tim			
*6:00-7:00pm Power Cycle (CS) Rob			*6:00-6:45pm Interval Cycle (CS) Megan / Shari			
**6:30-7:45pm Vinyasa Yoga (Y) Julie	**7:00-8:15pm Vinyasa Yoga (Y) Bob	**6:00-7:15am Hatha Yoga (Y) Kathy				NEW or CHANGED classes are in purple

*Fee classes are shaded in gray. Registration, class coupon or Infinity Pass is required for participation. Classes with less than 6 participants will be cancelled for the Fall 2 session. Schedule is subject to change without notice. No classes on Labor Day. All classes run as normal for Rosh Hashanah. All classes run on Yom Kippur except for 10:15am Yoga.

Class locations: D = Studio D (near fitness center), CS = Cycle Studio (upstairs from D), NW = Northwest Studio (downstairs), Y = Studio Y (downstairs), ABC (upstairs near front desk), FC (Fitness Center)

SMALL GROUP TRAINING - Class coupons and infinity pass are not valid

	Room	Day	# of classes	Time	Fees YM	Fees NM	
Fit Ball	Studio D	Sat	4^	6:30-7:00am	\$26	\$39	^starts 1 st week of each month
Free Weight Basics	Track	Tue	4^	10:15-11:00am	\$48	\$72	^starts 1 st week of each month
Pilates/Body Ball Rolling	Studio Y	Mon	7	5:25-6:25pm	\$56	\$84	No class on Labor Day
Pilates Fusion	ABC	Tues	8	11:05-12:05pm	\$64	\$96	
Pilates Fusion	Studio Y	Wed	8	1:15-2:15pm	\$64	\$96	

Our Mission: The North Suburban YMCA promotes values that build strong families and the health of each individual's spirit, mind and body in an inclusive, welcoming environment.

NORTH SUBURBAN YMCA

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Class Levels: ●=Level 1, ■=Level 2, ◆=Level 3

All Group Exercise Classes are for members 14 years and older.

Cardio Training Classes

Fall 2010

Cardio Combo – Includes a variety of formats to keep your heart pumping: hi/low aerobics, kickboxing, plyometrics and basic step routines. ●■

General Fitness - This class is the combination of basic free-style aerobic moves, calisthenics and general body conditioning. Great for the beginner or those who like simple, easy to follow choreography. ●■

Interval Cardio Fusion – High intensity intervals of various cardio formats including Hi/Lo, Boot Camp, Kickbox, and Step/BOSU. May include short intervals of body weight exercises, core strengthening, balance and stretching. ●■◆

Kickbox & Core - Cardiovascular workout using boxing and martial arts techniques to improve cardiovascular endurance, muscular strength, agility, coordination and balance. Extended focus on strengthening the core muscles as well. ●■◆

Step – Cardio endurance class featuring advanced stepping patterns followed by core strengthening and final stretch. ■◆

Treadmill Training – Walk or run on the treadmill as a group with an instructor to guide you through hills and various intensities. ●■

Walking Group – Stay motivated to walk at a pace to increase your fitness level and get tips from a trainer while participating. ●■

Zumba – Combines Latin rhythms into cardiovascular exercise to create a routine that is fun to follow. ●■

Strength Training Classes

BOSU Sculpt – Use the BOSU to increase total body muscular strength and balance. ■◆

Core and More – Focus on strengthening the abs, obliques, and lower back. Also includes lower body exercises to firm thighs and glutes. ●■◆

Pump & Flex - Muscular endurance class that will target each major muscle group for four to five minutes. ■◆

Muscular Strength – Use of heavier weights with fewer repetitions to increase muscular strength for all muscles of the body. ●■◆

Stretch & Core – Focus on extended stretching to improve flexibility along with basic core exercises to strengthen the abs, obliques, and lower back. ●■◆

Total Body Conditioning – Circuit intervals that increase conditioning of all muscles of the body. ●■◆

Combination Cardio & Strength Training Classes

Basic Cardio Plus - This low impact class utilizes moves that will include cardiovascular, strengthening and stretching exercises. ●■

Boot Camp – Intense interval training offering military-type drills for strength, agility, speed and power. ■◆

Cardio Resistance - A mix of compound weight work with high intensity cardio drills including simple drills either on or off the step board with ten to fifteen minutes devoted to chest and core work ●■◆

Interval Conditioning – Intervals of floor and step aerobics alternated with full body strength and toning exercises. ●■◆

Cycling Classes* (fee based) - *Water bottle and towel is required for all classes*

Cycle & Sculpt - Combines 30 minutes of cycling and 30 minutes of strength training to improve cardiovascular and muscular endurance. ●■◆

Interval Cycle – Designed for people of all fitness levels that are looking for a fun, but challenging non-impact workout. ●■◆

Power Cycle – Focus is a combination higher resistance and strength to increase power. Cycling experience is helpful. ■◆

- Register for the same weekly time by August 22. Good for 8 week session only. Members = \$26; Nonmembers = \$52
- Coupons for Members good for any classes. 1 coupon = \$8, 8 coupons = \$36, 16 coupons = \$68

Mind & Body Classes** (fee based)

Anusara Inspired Hatha Yoga - Emphasis on "heart opening" postures, and the meditative benefits of Yoga. ●■

Hatha Yoga – Gentle stretching and limbering the body to increase health, strength, flexibility, vitality and self-awareness. ●■

Mat Pilates – Uses a variety of specific exercises the focuses on strengthening the core, improving posture and flexibility. ●■◆

Vinyasa Yoga – This dynamic and physically demanding style of yoga is energetic and heating, as it flows from one pose to the next. Great for building stamina and strength. Meditation is experienced through movement, as opposed to seated meditation. ■◆

Yoga Fundamentals – Use basic Hatha Yoga poses and breathing techniques to build strength, flexibility, and aid in relaxation. Special attention is paid to alignment. ●■

- Register for the same weekly time by August 22. Good for 8 week session only. Members = \$36; Nonmembers = \$72
- Coupons for Members good for any classes. 1 coupon = \$9, 8 coupons = \$50, 16 coupons = \$92

Small Group Training Classes (registration based)

Fit Ball – Learn new exercises using the Stability Ball and Medicine Ball to give you a new a different workout.

Free Weight Basics – Learn proper form and new exercises using dumbbells, medicine balls and other weight room equipment.

Pilates/Body Ball Rolling- Utilizing Pilates exercise, this innovative method realigns and balances your body. Promotes maximum muscle strength while increasing flexibility, coordination and stamina.

Pilates Fusion - Combines poses and techniques from yoga and pilates to strengthen, lengthen and increase flexibility.