

# INTER-SESSION BREAK: JUNE 8 – 14, 2009

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 Power Cycle (CS) Liz	5:30-6:30am Pump & Flex (D) Peggy	7:40-8:40am General Fitness (NW) Steve	
	9:00-10:00am Step Surprise (D) Amy	9:15-10:15am Power Cycle (CS) Marlo		*8:45-10:00am Anusara Inspired Hatha Yoga (NW) Wendy	*8:45-10:00am Anusara Inspired Hatha Yoga Level 2 (ABC) Wendy	
9:15-10:15am Cardio Mix (D) Linda	9:45-11:00am Yoga Fundamentals (Y) Jayne	9:15-10:15am Interval Blast (D) Linda	*9:30-10:30am Interval Boot Camp (D) Kym	*9:00-10:00am Cycle & Sculpt (D) Laurie	*9:00-10:15am Step Circuit (D) Linda	
10:20-11:20am Pump & Flex (D) Peggy	*10:30-11:15am Senior Circuit (D) Karen	10:20-11:20am Basic Cardio + (D) Bridget	*10:00-11:00am Pilates Fusion (Y) Judi	*10:05-11:05am Interval Blast (D) Myleen		
	*10:35-11:35am Zumba (NW) Dawn					
MIDDAY	MIDDAY	MIDDAY	MIDDAY	MIDDAY	MIDDAY	MIDDAY
	1:30-2:15pm Complete Strength (D) Myleen					
EVENING	EVENING	EVENING	EVENING			
*6:00-6:45pm Interval Cycle (CS) Rob	6:00-7:00pm Boot Camp (D) Kym	*6:15-7:15pm Hatha Yoga (Y) Kathy	6:00-7:00pm Boot Camp (D) Kym			

## IMPORTANT POLICIES: ALL CLASSES ARE FREE THIS WEEK – TRY A NEW CLASS!!

**\*Bring a Friend for FREE. Any non-member friend can come and try one of these classes with you!**

**^REGISTERED CLASSES. Normally a registered class, try FREE this week!**

- Water bottle and towel is required for all cycling classes.
- Class locations: D = Studio D (near fitness center), CS=Cycle Studio (upstairs from D), NW = Northwest Studio (downstairs), Y = Studio Y (downstairs)

*If you would like to be added to the weekly Group Exercise email update list, please contact Renee Deeter, Health & Wellness Director at [rdeeter@nsymca.org](mailto:rdeeter@nsymca.org).*

Class Descriptions

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

- Anusara Inspired Yoga - Emphasis on "Universal Principles of Alignment", "heart opening" postures, and the spiritual/meditative benefits of Yoga. ●■
- Basic Cardio + - Utilize low impact moves in this joint friendly class, which includes cardiovascular, strengthening and stretching exercises. ●■
- Boot Camp – Interval training with advanced drills for agility, speed and power, including bodyweight conditioning, cardio and strength training drills. ■◆
- Cardio Mix – Join us for a mix of energetic hi/low aerobics, step routines, plyometrics and/or slide. ●■◆
- Complete Strength - Muscular strength and endurance exercises that work all muscles of the body. ●■◆
- Cycle & Sculpt - Combines 30 minutes of cycling and 30 minutes of strength training to improve cardiovascular and muscular endurance. ●■◆
- General Fitness - Combination of basic free-style aerobic moves, calisthenics and general body conditioning. ●■
- Hatha Yoga – Gentle stretching and limbering the body to increase health, strength, flexibility, vitality and self-awareness. ●■
- Interval Boot Camp – Alternate between cardio and strength training exercises. ●■◆
- Interval Cycle – 45-minute class designed for people of all fitness levels that are looking for a fun, but challenging non-impact workout. ●■◆
- Pilates Fusion – Combines poses and techniques from yoga and pilates to strengthen, lengthen and increase flexibility. ●■◆
- Power Cycle – 60-minute high intensity class using a combination of strength and speed to increase power. ■◆
- Pump & Flex - A high intensity muscular endurance class that will target each major muscle group for four to five minutes. ■◆
- Senior Circuit – A complete workout that includes an easy mix of cardiovascular movements and strength training. ●
- Step Circuit - Basic aerobic movements on the step mixed with resistance exercises to improve muscular endurance and coordination. ●■◆
- Step Surprise – Cardio endurance class featuring advanced stepping patterns followed by core strengthening and final stretch. ■◆
- Yoga Fundamentals – Use basic Hatha Yoga poses and breathing techniques to build strength, flexibility, and aid in relaxation. ●■◆
- Zumba – Combines Latin rhythms into cardiovascular exercise to create an routine that is fun and easy to follow. ●■

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*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.*

**YGROUP EXERCISE™**  
We build strong kids, strong families, strong communities.