

SUMMER: JUNE 15TH – AUGUST 16TH, 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) Ken		*5:30-6:30am Power Cycle (CS) Liz	5:30-6:30am Pump & Flex (D) Peggy	*7:00-8:00am Challenge Cycle (CS) Terry	
					7:40-8:40am General Fitness (NW) Steve	
				*8:45-10:00am Anusara Inspired Hatha Yoga (NW) Wendy	*8:45-10:00am Anusara Inspired Hatha Yoga Level 2 (ABC) Wendy	
*9:00-10:00am Power Cycle (CS) Laurie	9:00-10:00am Step Surprise (D) Amy	*9:15-10:15am Power Cycle (CS) Marlo	9:00-10:00am Step Surprise (D) Amy	*9:00-10:00am Cycle & Sculpt (D) Laurie	9:00-10:15am Step Circuit (D) Linda	
9:15-10:15am Cardio Mix (NW) Myleen	*9:30-10:30am Power Circuit Myleen (\$8)	*9:15-10:15am Basic Pilates (Y) Renee D.				
9:15-10:15am Interval Blast (D) Linda	*9:45-11:00am Yoga Fundamentals (Y) Jayne	9:15-10:15am Cardio Mix (NW) Linda				
10:20-11:20am Pump & Flex (D) Peggy	10:05-11:05am Cardio Boxing (D) Sarah	9:15-10:15am Pump & Flex (D) Peggy	10:05-11:05am Cardio Kick Mix (D) Myleen	10:05-11:05am Interval Blast (D) Myleen		
10:20-11:20am Basic Cardio + (NW) Laurie	*10:35-11:35am Zumba (ABC) Dawn	10:20-11:20am Basic Cardio + (D) Bridget		10:05-11:05am Basic Cardio + (NW) Renee D.		
	*11:15-12:15pm Pilates Fusion (Y) Judi (\$8)		*11:05-12:05pm Level 2 Hatha Yoga (Y) Nancy			
MIDDAY	MIDDAY	MIDDAY	MIDDAY	MIDDAY	MIDDAY	MIDDAY
	1:30-2:15pm Complete Strength (D) Renee D.	*1:00-2:00pm Stable Mable (D) Karen (\$8)				*12:30-1:30pm Rotation Yoga (Y) Instructors on pg. 2
EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING
*5:30-6:30pm Pilates/Body Ball Rolling (Y) Lucy (\$8)	6:00-7:00pm Boot Camp (D/track/outside) Kym		6:00-7:00pm Boot Camp (D) Kym			
*6:00-6:45pm Interval Cycle (CS) Rob			*6:00-6:45pm Interval Cycle (CS) Shari			
*6:30-7:45pm Vinyasa Yoga (Y) Julie	*7:00-8:00pm Vinyasa Yoga (Y) Bob	*6:15-7:15pm Hatha Yoga (Y) Kathy				

IMPORTANT POLICIES: All non-shaded classes are free to members.

***COUPON CLASSES ARE SHADED GRAY. Please purchase class coupons at the front desk.**

^REGISTERED CLASSES ARE SHADED BLACK. Coupons not valid. There is an \$8 fee to drop-in this class.

- Classes with less than 6 participants will be cancelled. Schedule is subject to change without notice.
- See back for class descriptions.
- 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)

The Health & Wellness Team encourages a balance of workouts between aerobic, strength, and flexibility classes for a better you!
Please direct any questions to Renee Deeter, Health & Wellness Director at 847-272-7250, ext. 1217 or email rdeeter@nsymca.org.

North Suburban YMCA • 2705 Techny Road • Northbrook, Illinois 60062
Phone • 847-272-7250 • Fax • 847-272-7587 • www.nsymca.org

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.



Cardio Kick Mix – Includes a mix of energetic hi/low aerobics, step routines, and an emphasis on kickboxing. ●■◆

Cardio Mix – Join us for a mix of energetic hi/low aerobics, step routines, plyometrics and/or slide. ●■◆

Cardio Boxing - Boxing techniques combined with boot camp drills that may include jumping rope, jumping jacks, pushups, sit-ups and much more. The combination of these activities improves cardiovascular endurance, muscular strength, agility, coordination and balance. ●■◆

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. ●■

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

Strength Training Classes

Complete Strength - Muscular strength and endurance exercises that work all muscles of the body. ●■◆

Pump & Flex - A high intensity muscular endurance class that will target each major muscle group for four to five minutes. Equipment used is body bars and free weights ranging from 5 to 25 lbs. ■◆

Combination Cardio & Strength Training Classes

Basic Cardio + - Utilize low impact moves in this joint friendly class. Geared for a low to moderate intensity level, the class will include cardiovascular, strengthening and stretching exercises. ●■

Boot Camp – High energy interval training offering advanced drills for agility, speed and power, including bodyweight conditioning and cardio and strength training drills. ■◆

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

Step Circuit - Basic aerobic movements on the step mixed with resistance exercises to improve muscular endurance and coordination. ●■◆

Cycling Classes* (coupon required)

Challenge Cycle – 90-minute aerobic interval training to improve cardiovascular endurance. Non-impact, high intensity workout, designed for people who like long distance endurance rides. This class is a great way to train for outdoor cycling events. ◆

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

Interval Cycle – 45-minute class designed for people of all fitness levels that are looking for a fun, but challenging non-impact workout. Aerobic interval training is utilized to help improve your cardiovascular fitness as well as strengthening lower body muscles. ●■◆

Power Cycle – 60-minute high intensity class using a combination of strength and speed to increase power. Cycling experience helpful. ■◆

Mind & Body Classes* (coupon required)

Anusara Inspired Yoga - Emphasis on “Universal Principles of Alignment”, “heart opening” postures, and the spiritual/meditative benefits of Yoga.●■

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

Level 2 Hatha Yoga - (pre-requisite-Hatha Yoga) 75 minutes of breathing and relaxation exercises are taught for balance and energy. Poses will advance faster and be held longer. Yoga is an effective way to decrease mental and physical fatigue, and reduce stress for better overall health. ■◆

Basic Pilates – A classical series of pilates exercises are taught to increase core strength and improve overall posture. ●■◆

Rotation Yoga – Each week a different perspective on yoga is taught: Hatha Yoga, Vinyasa Yoga, Yoga Fundamentals or Anusara Inspired Yoga. ●■◆

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. ●■◆

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

Small Group Training^ (Pre-registration required; class limited in size)

Core Training – Learn exercises to strengthen and tone those critical areas of the abdominals and lower back.

Interval Boot Camp – With 3-6 people, your certified personal trainer will push you to your limit while you alternating between cardio and strength training exercises. (some classes outside, weather permitting)

Pilates/Body Ball Rolling - Utilizing Pilates exercise, this innovative method educates, realigns and balances your body. Promoting maximum muscle strength while increasing flexibility, coordination and stamina. Benefits include healing soft tissue injuries, stress reduction, and improved self-image.

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

Power Circuit – Join 3-8 others through an intense total body conditioning cardio strength circuit program.

Senior Circuit – A complete workout that includes an easy mix of cardiovascular movements and strength training.

Stable Mable – Designed to keep you mobile by increasing strength, flexibility, agility, balance and energy level.

X-treme Fitness – Designed for 3-6 people to improve your strength and endurance utilizing the fun and active stations in the X-zone.

Sunday Yoga Rotation	12:30pm	
June 21	Suzanne	<i>Hatha Yoga</i>
June 28	Bob	<i>Vinyasa Yoga</i>
July 5	Joanne	<i>Hatha Yoga</i>
July 12	Suzanne	<i>Hatha Yoga</i>
July 19	Bob	<i>Vinyasa Yoga</i>
July 26	Marcia	<i>Hatha Yoga</i>
August 2	Suzanne	<i>Hatha Yoga</i>
August 9	Bob	<i>Vinyasa Yoga</i>
August 16	Marcia	<i>Hatha Yoga</i>