

NORTH SUBURBAN YMCA

GROUP EXERCISE SCHEDULE SUMMER 2010

MONDAY, JUNE 7TH – SUNDAY, AUGUST 15TH

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		*5:30-6:30am Power Cycle (CS) Liz	5:30-6:30am Pump & Flex (D) Peggy	*7:00-8:00am Interval Cycle (CS) Rotation	
		8:00-9:00am Pump & Flex (D) Peggy		9:00-9:45am Walking Club (outside) Karen	7:40-8:30am General Fitness (NW) Steve	
			9:00-10:00am Step (NW) Amy	**8:45-10:00am Anusara Inspired Yoga (ABC) Wendy	7:45-8:45am Zumba (D) Dawn	
9:15-10:15am Interval Conditioning# (gym) Linda	9:00-10:00am Step (D) Amy	9:00-10:15am Cardio Resistance with extended Stretch# (gym) Joanna	9:00-9:30am Strength Express (D) Renee	9:15-10:15am Interval Cardio Fusion (D) Myleen	**8:45-10:00am Anusara Inspired Yoga (ABC) Wendy	
*9:00-10:00am Cycle & Sculpt (CS & D) Laurie	**9:15-10:30am Yoga Fundamentals (ABC) Jayne	*9:15-10:15am Interval Cycle (CS) Marlo / Dev	**9:00-10:15am Hatha Yoga (Y) Nancy	*9:15-10:15am Power Cycle (CS) Laurie / Megan	8:50-10:00am Interval Conditioning (gym) Linda	
10:20-11:20am Total Body Conditioning (D) Linda	10:00-10:30am Strength Express (D) Amy		9:30-10:30am Zumba (D) Dawn	10:20-10:50am Strength Express (D) Myleen		
10:05-11:05am Basic Cardio + (NW) Laurie		10:05-11:05am Basic Cardio + (D) Bridget				
EVENING	EVENING	EVENING	EVENING			
6:00-6:55pm Cardio Kickboxing (NW) Sari	6:00-6:55pm Boot Camp (D) Linda	6:00-6:55pm Total Body Conditioning (D) Casey	6:00-6:55pm Boot Camp (D) Casey			
*6:00-7:00pm Power Cycle (CS) Rob						
**6:30-7:45pm Vinyasa Yoga (Y) Julie	**7:00-8:15pm Vinyasa Yoga (Y) Bob	**6:00-7:15am Hatha Yoga (Y) Kathy				

IMPORTANT POLICIES:

*Paid classes are shaded in gray. Registration, class coupon or Infinity Pass is required for participation.

- Classes with less than 6 participants average will be cancelled at the end of June. Schedule is subject to change without notice.
- Fitness classes are for ages 14 and up.
- 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), ABC = Studio ABC (near front desk)
- # - on rainy days this class will meet in Studio D

SMALL GROUP TRAINING CLASSES: Class coupons and infinity pass are not valid - Registration required by June 6, 2010. All classes begin June 14, 2010.

	Room	Day	Time	Fees YM	Fees NM	
Free Weight Basics	Track	Wed	10:15-11:00am	\$48	\$72	4 weeks
Pilates/Body Ball Rolling	Studio Y	Mon	5:25-6:25pm	\$72	\$108	9 weeks
Pilates Fusion	Studio Y	Tues	11:05-12:05pm	\$72	\$108	9 weeks
AOA Circuit Training	NW	Thurs	10:30-11:30am	\$90	\$135	9 weeks
Stable Mable	Y	Tues	10:30-11:30am	\$90	\$135	9 weeks

To receive Group Exercise email updates, send an email to rdeeter@nsymca.org



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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.

Cardio Training Classes

Cardio Combo – Join us for a mix of energetic hi/low aerobics and basic step routines. ●■

Cardio Kickboxing – Cardiovascular workout using boxing and martial arts techniques. 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 – Cardio endurance class featuring advanced stepping patterns followed by core strengthening and final stretch. ■◆

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

Strength Training Classes

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. ■◆

Strength Express – Quick yet intense 30 minute muscular strength workout that includes all muscles of the body. ●■◆

Total Body Conditioning - Muscular strength and endurance exercises that work all muscles of the body. ●■◆

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

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

Cardio Resistance with Extended Stretch – 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. Concluded with 15 minutes of total body stretching. ●■◆

Interval Cardio Fusion - A high intensity mix of all the latest cardio formats including Hi/Lo, Boot Camp, Kickbox, and Step/BOSU with short intervals of strength and/or body weight exercises. Includes core, balance and stretching. ●■◆

Cycling Classes* (fee based)

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

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

Power Cycle – 60 minute class where the focus is a combination of strength and speed to increase power. Cycling experience is helpful. ■◆

- Register for the same weekly time. Good for 9 week session only. Members = \$30; Nonmembers = \$59
- Coupons for Members good for any classes. 1 coupon = \$8, 8 coupons = \$36
- Coupons for Nonmembers good for any classes. 1 coupon = \$12

Mind & Body Classes** (fee based)

Anusara Inspired Hatha Yoga - Emphasis on the "Universal Principles of Alignment", "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. ●

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. Good for 9 week session only. Members = \$51 Nonmembers = \$102
- Coupons for Members good for any classes. 1 coupon = \$8, 8 coupons = \$46
- Coupons for Nonmembers good for any classes. 1 coupon = \$12

Small Group Training Classes (registration based)

AOA Circuit Training- A complete workout for Active Older Adults that includes an easy mix of cardiovascular movements and strength training. Even if you have arthritis, a bad knee or osteoporosis, this program is for you.

Free Weight Basics – Learn proper form and safety precautions of 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.

Stable Mable - Designed specifically for seniors to keep you mobile by increasing strength, flexibility, balance and energy level. Postural exercises include multiple joints to challenge your stability in a safe environment.