

# GROUP FITNESS SCHEDULE WINTER 2010

## MONDAY, JANUARY 4TH – SUNDAY, MARCH 28

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) Terry	*5:45-6:30am Interval Cycle (CS) Terry	*5:30-6:30am Power Cycle (CS) Liz	5:30-6:30am Pump & Flex (D) Peggy	*7:00-8:00am Power Cycle (CS) Terry	
		8:00-9:00am Pump & Flex (D) Peggy		9:00-9:45am Walking Club (gym) Karen	7:40-8:30am General Fitness (NW) Steve	
		**9:00-10:00am Mat Pilates (Y) Amy A.		**8:45-10:00am Anusara Inspired Yoga (ABC) Wendy	7:45-8:45am Zumba (D) Dawn	
9:00-10:00am Interval Blast (gym) Linda	9:00-10:00am Step Surprise (D) Amy C.	9:00-10:00am Interval Blast (gym) Joanna	9:00-10:00am Step Surprise (D) Amy C.	9:00-10:00am Interval Blast (D) Myleen	**8:45-10:00am Anusara Inspired Yoga (ABC) Wendy	
*9:00-10:00am Cycle & Sculpt (CS & D) Laurie	*9:15-10:00am Interval Cycle (CS) Megan/Dev	*9:00-10:00am Power Cycle (CS) Marlo	**9:15-10:30am Hatha Yoga (Y) Nancy	*9:00-10:00am Power Cycle (CS) Laurie	8:50-10:00am Step Circuit (gym) Linda	
10:05-11:05am Pump & Flex (D) Peggy	**9:45-11:00am Yoga Fundamentals (NW) Jayne	10:05-10:50am Complete Strength (NW) Renee/Marlo	10:05-11:05am Zumba (ABC) Dawn	10:05-11:05am Complete Strength (D) Myleen		
10:05-11:05am Basic Cardio + (NW) Laurie		10:05-11:05am Basic Cardio + (D) Bridget		10:05-11:05am Basic Cardio + (NW) Jeannie	**10:15-11:30am Anusara Inspired Yoga (Y) Wendy	*11:15-12:15pm Power Cycling (CS) Shari
MIDDAY	MIDDAY	MIDDAY	MIDDAY	MIDDAY	MIDDAY	MIDDAY
	1:30-2:30pm Complete Strength (D) Renee	1:30-2:30pm Core and More (D) Linda	1:30-2:30pm Complete Strength (D) Linda			**12:30-1:45pm Hatha Yoga (Y) Marcia
EVENING	EVENING	EVENING	EVENING			
6:00-6:55pm Cardio Kickboxing (NW) Sari	6:00-6:55pm Boot Camp (track) Linda	6:00-6:55pm Cardio Combo (D) Amy	6:00-6:55pm Boot Camp (D) Tim			
*6:00-7:00pm Power Cycle (CS) Rob		*6:00-7:00pm Power Cycle (CS) Terry	*6:00-6:45pm Interval Cycle (CS) Renee			
**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 will be cancelled for the Spring session.
- 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)

### SMALL GROUP TRAINING CLASSES

Sample one day for \$8 (class coupons and infinity pass are not valid) Registration fees prorated to join class mid-session

	Room	Day	Time	Fees YM	Fees NM	
Free Weight Basics	Track	Tue	10:15-11:00am	\$48	\$72	Feb 2 - 23
Free Weight Basics	Track	Wed	10:15-11:00am	\$48	\$72	Feb 3 - 24
Pilates/Body Ball Rolling	Studio Y	Mon	5:25-6:25pm	\$96	\$144	Jan 4 – March 22
Pilates Fusion	Studio Y	Tues	11:05-12:05pm	\$96	\$144	Jan 5 – March 23
AOA Circuit Training	NW	Mon	11:45-12:45pm	\$120	\$180	Jan 4 – March 22
Stable Mable	NW	Wed	11:45-12:45pm	\$120	\$180	Jan 6 – March 24

*To receive Group Exercise email updates, send an email to [rdeeter@nsymca.org](mailto: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 Surprise** – 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

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

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

**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 Circuit** – Circuit intervals increasing muscular strength and endurance to 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 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\* (fee based)

**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. ●■◆

**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 12 week session only. Members = \$39 (\$3.25 per class); Nonmembers = \$78 (\$6.50 per class)
- Coupons for Members good for any classes. 1 coupon = \$8, 8 coupons = \$36 (\$4.50 per class), 16 coupons = \$68 (\$4.25 per class)

### 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. ●

**Mat Pilates** - Includes the six fundamentals of the Pilates method: concentration, control, centering, flowing, movement, and breathing. ●■◆

**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 12 week session only. Members = \$51 (\$4.25 per class); Nonmembers = \$102 (\$8.50 per class)
- Coupons for Members good for any classes. 1 coupon = \$8, 8 coupons = \$46 (\$5.75 per class), 16 coupons = \$88 (\$5.50 per class)

### 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.