


North Suburban YMCA

2705 Techny Road • Northbrook, Illinois 60062 • 847-272-7250 • www.nsymca.org

WINTER I FITNESS SCHEDULE: JANUARY 2 – FEBRUARY 19, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING
5:30-6:30am Total Body Conditioning (D) Karen	5:30-6:30am Interval Cycle (CS) Terry	5:30-6:30am Muscle Definition (D) Liz	5:30-6:30am Interval Cycle (CS) Terry	5:30-6:30am Boot Camp (D) Karen	7:00-8:00am Interval Cycle (CS) Terry	
8:00-9:00am Muscle Definition (D) Marlo		8:00-9:00am Muscle Definition (D) Karen		*8:45-10:00am Anusara Inspired Yoga (NE) Wendy	7:40-8:30am General Fitness (NW) Steve	
*9:00-10:00am Healthy Lifestyles (NW) Karen - \$	9:00-10:00am Step (D) Amy C.	*9:00-10:00am Healthy Lifestyles (track) Karen - \$	9:00-10:00am Step (D) Amy C.		8:00-9:00am Zumba (D) Dawn	
9:00-10:00am Interval Conditioning (gym) Linda	9:00-10:00am Cardio Kickboxing (gym) Linda	9:00-10:00am Zumba (D) Linda	9:00-10:00am Total Body Conditioning (gym) Dawn	9:00-10:00am Interval Cardio Fusion (D) Myleen	*8:45-10:00am Anusara Inspired Yoga Intermediate/Advanced (NE) Wendy	8:10-8:55am Interval Cycle (CS) Shari
9:00-10:00am Power Cycle (CS) Laurie	9:00-10:00am Power Cycle (CS) Liz	9:00-10:00am Interval Cycle (CS) Megan/Dev	9:00-10:00am Interval Cycle (CS) Dev	9:00-10:00am Power Cycle (CS) Laurie	8:50-10:00am Interval Conditioning (gym) Linda	9:00-10:00am Total Body Conditioning (D) Shari
*9:00-10:15am Beginner Hatha Yoga (NE) Suzanne	*9:30-10:45am Yoga Fundamentals (NE) Jayne	*9:00-10:00am Mat Pilates (NE) Amy A.	*9:00-10:15am Hatha Yoga Intermediate/Advanced (NE) Nancy	9:00-9:45am Walking Group (gym) Karen	9:00-10:00am Interval Cycling (CS) Casey/Marlo	*10:00-11:15am Hatha Yoga All Levels (NE) Suzanne
*9:30-10:45am Circuit Training (track) Myleen - \$	10:05-11:05am Total Body Conditioning (D) Liz		10:05-11:05am Zumba (D) Dawn	10:05-11:05am Core, Strength & Flexibility (D) Myleen	*10:15-11:30am Anusara Inspired Yoga Beginner (NE) Wendy	
10:05-11:05am Zumba (D) Linda	*10:30-11:30am Stability & Strength (NW) Karen - \$	10:05-10:50am Core & More (D) Linda	*10:30-11:30am Stability, Strength & Heart (NW) Karen - \$		*10:15-11:15am Teen Strength Training Basics (track) Casey - \$	
10:05-11:05am Basic Cardio Plus (NW) Laurie		10:05-11:05am Basic Cardio Plus (NW) Bridget/Marlo		10:05-11:05am Basic Cardio Plus (NW) Jeannie		
*11:05am -12:05pm Fusion Yoga/Pilates (NE) Judi - \$						
MIDDAY	MIDDAY	MIDDAY	MIDDAY	MIDDAY	MIDDAY	MIDDAY
	1:30-2:30pm Total Body Conditioning (D) Linda	1:30-2:30pm Interval Cycle (CS) Marlo	1:30-2:30pm Total Body Conditioning (D) Casey			
EVENING	EVENING	EVENING	EVENING			As of 1/19/12
*5:25-6:25pm Pilates/Body Ball Rolling (NE) Lucy - \$	*4:00-4:55pm Youth Fitness Conditioning (D) Casey- \$	*4:00-4:55pm Kids Yoga (NE) Debbie - \$		6:00-7:00pm Family Fitness Fridays (D) Rotation		
6:00-7:00pm Power Cycle (CS) Rob		*5:00-5:55pm Youth Yoga (NE) Debbie - \$	*6:30-7:15pm Fitness/Sport Specific Fundamentals (NW) Casey - \$			
6:00-6:55pm Cardio Plus Muscle (NW) Amy C.	6:00-6:55pm Zumba (NE) Erin	5:45-6:45pm Cycle (CS) Megan	6:00-6:55pm Boot Camp (NW) Tim	 <p>FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</p>		
*6:30-7:45pm Vinyasa Yoga Intermediate/Advanced (NE) Julie	*7:00-8:15pm Vinyasa Yoga All Levels (NE) Bob	6:00-6:55pm Muscle Definition (D) Casey	6:30pm-7:30pm Piloxing (NE) Marlo			

All classes free to YMCA Members except where noted.

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

***Registration deadline Dec 29 to avoid \$25 late fee. Coupons/Infinity Pass not valid. \$12 fee to try this class one day.**

Classes with less than 6 participants will be cancelled for the Winter session. Schedule is subject to change without notice.

No classes on Limited schedule

Check out our sub instructor calendar at www.nsymca.org

Class locations: D = Studio D, CS = Cycle Studio, NE = Northeast Studio (downstairs poolside), NW = Northwest Studio (downstairs front doorside)

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 Kickboxing- Uses boxing techniques to improve cardiovascular endurance, agility, coordination and balance.

General Fitness - A combination of basic free-style aerobic moves, calisthenics and general body conditioning.

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 and balance exercises.

Step – Cardiovascular endurance class featuring advanced stepping patterns.

Zumba – Combines Latin rhythms into cardiovascular dance exercise to create a routine that is fun and easy to follow.

Muscular Training Classes

Core, Strength & Flexibility – Focus on strengthening the entire body with focus on abdominals, obliques, lower back muscles and flexibility.

Muscle Definition - Improve muscle tone and increase metabolic rate. This class may use any combination of weights, balls, bands or tubes for the ultimate resistance training experience.

Combination Classes

Basic Cardio Plus - Utilizes low impact dance aerobics moves in this joint friendly class geared for a low to moderate intensity level. The class will include 35-40 minutes of cardiovascular movement followed by strengthening and stretching exercises.

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

Cardio Plus Muscle – 40 minutes of mixed cardio formats followed by 20 minutes of muscular strength and endurance exercises.

Family Fitness – Rotating formats suitable for the entire family! Try Boot Camp, Zumba, Yoga, etc for a fun-filled Friday night!

Interval Conditioning – Intervals of floor and step aerobics alternated with full body muscular toning exercises.

Piloxing – Come try the latest Hollywood craze! Piloxing blends the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates. It's a fat-torching, core-centric, muscle sculpting interval workout guaranteed to whip you into shape!

Total Body Conditioning – Muscular strength and endurance exercises that increase conditioning of all muscles in the body.

Cycle Classes - Bikes are on a first come, first serve basis. Please stop at Front Desk to pick up a cycle tag 30 minutes before class start time.

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.

Mind & Body Classes* (fee based)

Anusara Inspired Hatha Yoga - Emphasis on “heart opening” postures, and the meditative benefits of Yoga.

Beginner Hatha Yoga – For all fitness levels. Focus on building strength, flexibility and balance through postures and breathing.

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 day and time. Check program guide for pricing by class.
- Coupons for Members good for any classes. 1 coupon = \$10, 8 coupons = \$64, 16 coupons = \$112

Small Group Training Classes (registration based-See fee in Program Guide)

Circuit Training – Alternate between cardio and strength training exercises to burn more calories and tone your muscles at the same time.

Pilates/Body Ball Rolling- This innovative method realigns and balances your body to promote muscle strength while increasing flexibility.

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

Healthy Lifestyle Class- Designed for people that are chronically overweight, struggle to find ways to burn calories, have questions about nutrition and fitness and are looking for support from like-minded people. Combines exercises along with education for a healthier you.

Stability & Strength – Increase your balance, stability and overall body strength.

Stability & Strength + Heart – Improve your balance, stability, overall body strength and cardiovascular system.

Youth Fitness Classes (registration based – See fee in Program Guide)

Boot Camp – Includes a variety of exercises, ladder drills, relays and games.

Fitness Conditioning- Overall conditioning for cardiovascular training and confidence building.

Fitness/Sport Specific Conditioning – Learn exercises that will improve your athletic performance through drills on speed, power, agility.

Teen Strength Training – Learn proper and safe use all of the equipment in the fitness center as well as basic free weight/body exercises.

Kids Yoga – Relax, energize, focus, balance, stretch and strengthen your body. Play win-win games and act out stories with weekly theme.

Youth Yoga – Learn proper alignment, gain self-confidence and focus, increase your strength and flexibility, reduce stress and learn relaxation.