



We build strong kids, strong families, strong communities.

## YMCA Group Exercise Schedule

Effective Sunday, February 21st – Saturday, June 12<sup>th</sup>

**ELMHURST**

211 W. First Street, Elmhurst, IL 60126  
630-834-9200 www.elmhurstymca.org

\*\*For questions, comments, or suggestions regarding the Group Exercise Schedule please contact: Laura Morgan, Fitness Director, 630-929-2482

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday  | Sunday   |
|--|--|---|--|--|---|--|
| 5:00-5:55am<br><b>*Y Boot Camp IA</b><br>GY, Laura     | 5:30-6:30am<br><b>Y Cycle</b><br>CS, Karen R.        | 5:00-5:55am<br><b>*Y Boot Camp IA</b><br>GY, Rachel | 5:30-6:30am<br><b>Y Cycle</b><br>CS, Karen R.                                  | 5:00-5:55am<br><b>*Y Boot Camp</b><br>GY, Laura  | 8:00-8:55am<br><b># BODYPUMP™</b><br>GY, Karen R.     | 9:00-9:55am<br><b>Zumba®</b><br>GY, Coleen/Andy    |
| 6:00-6:55am<br><b>Y Cycle</b><br>CS, Laura             | 8:00-8:55am<br><b>Pilates</b><br>GY, Amie            | 8:45-9:30am<br><b>Zumba® Gold</b><br>B/G, Beverly   | 9:00-9:55am<br><b>Y Cycle</b><br>CS, Laura                                     | 9:00-9:55am<br><b>BODYCOMBAT™</b><br>GY, Laura   | 9:00-9:55am<br><b>BODYCOMBAT™</b><br>GY, Niall        | 10:00-10:55am<br><b>BODYCOMBAT™</b><br>B/G, Amy S. |
| 9:00-9:55am<br><b>*Y Boot Camp</b><br>GY, Rachel       | 9:00-9:55am<br><b># BODYPUMP™</b><br>GY, Beverly     | 9:00-9:55am<br><b>*Y Boot Camp</b><br>GY, Rachel    | 10:00-10:55am<br><b># BODYPUMP™/ All About the Ball</b><br>GY, Jennifer/Rachel | 10:00-10:55am<br><b>Zumba®</b><br>½ GY, Beverly  | 9:00-9:55am<br><b>Kids Yoga 6-12yrs</b><br>B/G, Susan | 11:00-11:55am<br><b>Yoga</b><br>B/G, Amy S.        |
| 10:00-10:55am<br><b>PiYo®</b><br>G, Kathy              | 10:00-10:55am<br><b>Cardio Remix</b><br>GY, Amie     | 10:00-10:55am<br><b>Pilates</b><br>GY, Beverly      |  |  | 10:00-10:55am<br><b>Yoga</b><br>B/G, Susan            |  |
|  |  |   |  | <b>Group Exercise General Information:</b>   |   |  |
| 4:00-4:45pm<br><b>Youth Fitness 6-12yrs</b><br>GY, Bob |  |   |  | <p><b>Classes are beginner, immediate, advanced unless otherwise marked. B= Beginner BI= Beginner Intermediate IA= Intermediate Advanced</b></p> <p><b>\$\$ = Fee for Class</b><br/># = Please pick up a card at the front desk. Cards can be picked up no earlier than one hour before the class begins. In order to participate, turn in your card to the instructor just before class begins. Cards are handed out on a first come, first served basis -only one card per guest/class.</p> <ul style="list-style-type: none"> <li><b>*YMCA Boot Camp requires registration</b></li> <li><b>Fitness classes are included with Membership.</b></li> <li><b>Group exercise classes are for members' ages 16+.</b></li> <li><b>Schedule is subject to change without notice.</b></li> <li><b>Classes with continued low attendance (minimum 6 participants) are subject to cancellation.</b></li> </ul> |   |  |
| 6:15-7:10pm<br><b>PiYo®</b><br>B/G, LuAnn              | 6:15-6:45pm<br><b>\$\$Plyo-ble</b><br>B/G, Niall     | 6:15-7:10pm<br><b>Yoga</b><br>B/G, Jordan           | 6:15-6:45pm<br><b>\$\$Plyo-ble</b><br>½ GY, Niall                              | <p><b>Locations: B/G= Bates &amp; Gloss, B= Bates, G=Gloss, CS=Cycle Studio, GY=Gym, R=Rink</b></p>  |   |  |
| 6:30-7:00pm<br><b>Boxing</b><br>½ GY, Andy             | 7:00-7:55pm<br><b># BODYPUMP™</b><br>B/G, Kristy     | 7:15-8:10pm<br><b>BODYCOMBAT™</b><br>B/G, Laura     | 6:00-6:55pm<br><b>Y Cycle</b><br>CS, Beverly                                   |  |   |  |
| 7:05-8:00pm<br><b>Y Cycle</b><br>CS, Andy              | 7:00-8:30pm<br><b>Zumba® X 2</b><br>GY, Beverly/Andy |   | 7:00-7:55pm<br><b>Zumba®</b><br>½ GY, Beverly                                  |  |   |  |
|  |  |   | 6:30-8:00pm<br><b>Andy's Boot Camp</b><br>B/G, Andy                            |  |   |  |



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| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday | Sunday |
|--|---|---|--|---|----------|--------|
| 8:15-8:55am<br><b>Forever Fit</b><br>GY, Kristen | 8:15-8:45am<br><b>Bone Building</b><br>B/G, Karen<br><br>8:45-9:30am<br><b>Silver Sneakers®</b><br>B/G, Karen | 8:45-9:30am<br><b>Zumba® Gold</b><br>B/G, Beverly | 8:45-9:30am<br><b>Silver Sneakers®</b><br>B/G, Kristen | 8:45-9:30am<br><b>Forever Fit</b><br>B/G, Beverly<br><br>9:35-10:05am<br><b>Yogalates</b><br>B/G, Karen |          |        |

### Class Descriptions

|  |   |  |  |
|--|---|--|--|
| <p><b>Cardio</b></p> <p><b>Boxing:</b><br/>Using punching mitts you will perform punching drills to tone strengthen your upper body.</p> <p><b>BODYCOMBAT™:</b> This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.</p> <p><b>\$\$PEDAL PERFORMANCE:</b> We take an already great cycle class and extend it. Designed for a range of people in mind, this class is perfect for anyone looking for extra cycle time, training for a race, or who just want a terrific workout.</p> <p><b>Y Cycle:</b><br/>A revolutionary stationary bike class which is set to music and simulates a real bike ride. This is a non-competitive, cardiovascular workout designed for all fitness levels.</p> <p><b>Zumba®/ Zumba Gold®:</b><br/>A fusion of Latin inspired music and dance will find you dancing day, night, and calories away.</p> <p><b>Zumba® X 2:</b><br/>Two formats, two instructors, twice as much FUN!</p> | <p><b>Cardio/Strength</b></p> <p><b>Andy's Boot Camp:</b><br/>A great mix of low impact floor work with easy to follow routines combined with calisthenics and strength training. All fitness levels welcome!!</p> <p><b>Cardio Remix:</b><br/>Be bore no more. This cardio workout combines two or more cardio formats that may include step, kickboxing, intervals, circuit, jump rope and toning. Class format changes every time.</p> <p><b>Forever Fit:</b><br/>A low impact class including cardiovascular and resistance training. A great class for seniors as well as those new to exercise.</p> <p><b>Silver Sneakers® Muscular Strength &amp; Range of Movement:</b><br/>Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. A chair is used for seated and/or standing support</p> <p><b>YMCA Boot Camp:</b><br/>This program won't just help you strengthen, tone, and increase your cardio fitness – it'll make you feel fabulous in your skin. Be prepared to sweat and have fun!! <b>Registration required</b></p> | <p><b>Mind Body</b></p> <p><b>Pilates:</b><br/>Pilates is a fitness routine that will increase strength and flexibility. You can expect improved posture, balance, and core strength.</p> <p><b>PiYo®:</b><br/>PiYo is a fusion style flexibility workout that combines pilates and yoga, for movement and power.</p> <p><b>Yoga:</b><br/>Join us for flowing, controlled yoga moves; stringing poses together with deep breathing to experience a sense of well being and reawakening of the mind and body.</p> <p><b>Yogalates:</b><br/>Yogalates will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.</p> <p><b>Strength</b></p> <p><b>All About the Ball:</b><br/>This is a strength training class that focuses on the CORE. You use the stability ball throughout the class.</p> | <p><b>BODYPUMP™:</b> This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!</p> <p><b>Bone Building:</b><br/>A total body strength conditioning class that will use barbells, dumbbells, and resistance bands. This class will work your entire body, improving muscular strength and endurance.</p> <p><b>\$\$PLYO-BLE:</b> This relatively new, scientific approach to training is designed for all fitness levels in mind and meant to be challenging both physically and mentally. By mainly utilizing bodyweight in a circuit training format, participants can expect to increase effective body strength, aerobic ability, flexibility, and target fat loss. This 8 week program will consist of 30 minute classes that build upon each other to help you achieve that desired result!</p> <p><b>Youth Fitness Class</b></p> <p><b>Kids Yoga:</b><br/>An uplifting, noncompetitive, mind expanding and fun way for kids to build strength, spirit, and self-esteem. <b>Ages: 6-12</b></p> <p><b>Youth Fitness:</b><br/>Traditional exercise, games, and music get your child moving towards a healthier lifestyle. These games will encourage children to get off the computer and into activity. <b>Ages: 6-12</b></p> |
|--|---|--|--|

## **Elmhurst YMCA** **Thursday Schedule**

|      |                   |                    |
|------|-------------------|--------------------|
| 2/25 | Jennifer Hagstrom | # BODYPUMP™        |
| 3/4  | Rachel Baron      | All About the Ball |
| 3/11 | Jennifer Hagstrom | # BODYPUMP™        |
| 3/18 | Rachel Baron      | All About the Ball |
| 3/25 | Jennifer Hagstrom | # BODYPUMP™        |
| 4/1  | Rachel Baron      | All About the Ball |
| 4/8  | Jennifer Hagstrom | # BODYPUMP™        |
| 4/15 | Rachel Baron      | All About the Ball |
| 4/22 | Jennifer Hagstrom | # BODYPUMP™        |
| 4/29 | Rachel Baron      | All About the Ball |
| 5/6  | Jennifer Hagstrom | # BODYPUMP™        |
| 5/13 | Rachel Baron      | All About the Ball |
| 5/20 | Jennifer Hagstrom | # BODYPUMP™        |
| 5/27 | Rachel Baron      | All About the Ball |
| 6/3  | Jennifer Hagstrom | # BODYPUMP™        |
| 6/10 | Rachel Baron      | All About the Ball |

Class times:

Thursday 10:00-10:55am

Location: GYM

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