



# Summer Group Exercise Schedule

## July 2nd-August 31st 2018

(P) = Indicates a paid program class. See Wellness desk for info

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 to 6:40 AM Cycling R371 Joanna	5:45 to 6:40 AM Cycling R371 Laima	5:45 to 6:40 AM Cycling R371 Terri	5:45 to 6:40 AM Cycling R371 Joanna			
6:00 to 6:55 AM BodyPump™ GES Marina	6:00 to 6:55 AM Power Yoga GES Shauna	6:00 to 6:55 AM Body Shaping & Abs GES Marina	6:00 to 6:55 AM Power Yoga GES Shauna	6:00 to 6:55 AM BodyPump™ GES Marina	7:30 to 8:25 AM Pilates Mat GES Denise	
	8:00 to 8:55 AM Zumba/Zumba Toning GES Judy		8:00 to 8:55 AM Classic Zumba GES Judy		8:35 to 9:30 AM Cycling R371 Terri	
8:00 to 8:55 AM Pilates Mat GES Denise	9:00 to 9:55 AM BodyPump™ GES Dee	8:30 to 9:25 AM Zumba SLC Kristy		7:45 to 8:55 AM Vinyasa Yoga GES Jessica		
		9:00 to 9:55 AM Athletic NIA GES Susan M	9:00 to 9:55 AM Pilates Mat PWC Dee	8:05 to 8:45 AM Body Shaping PWC Sarah	8:30 to 9:25 AM Zumba GES Kristy	
9:00 to 9:55 AM Zumba Toning GES Marilyn	9:15 to 10:00 AM Dale Mas Fuerte PWC Megan	9:00 to 9:55 AM Aqua Fit 6L Manon		9:00 to 9:55 AM Athletic NIA GES Susan		9:00 to 9:55 AM Aqua Fit 4L Deb/Carol
9:00 to 9:55 AM Aqua Fit 6L Manon			9:15 to 9:55 AM BodyPump™ Express GES Lynn	9:00 to 9:55 AM Aqua Fit 6L Maureen		
9:30 to 10:00 AM FIT 30 MASH-UP PWC Alyson		9:30 to 10:00 AM FIT 30 MASH-UP PWC Alyson		9:30 to 10:00 AM FIT 30 MASH-UP PWC Allyson		
					9:45 to 11:15 AM Hatha Yoga GES Ine	9:30 to 10:25 AM Zumba SLC Kristy
10:00 to 10:55 AM Athletic NIA GES Susan M	10:00 to 11:15 AM Power Yoga GES Dee	10:00 to 10:55 AM Zumba Toning GES Marilyn	10:05 to 11:30 AM Hatha Yoga GES Ine			10:00 to 10:55 AM NIA GES Aliess
10:00 to 10:40 AM Cycling Express R371 Manon				10:00 to 10:55 AM Kickboxing GES Marilyn	10:15-11:10 AM T'ai Chi Chih ER Vida	
10:45 to 11:25 Core Values PWC Yvonne			12:00 to 12:40 PM Cycling Express R371 Manon		11:20-12:00pm English/Español Aqua Fit 6L Maureen	
11:05 to 11:45 AM Active Older Adults GES Sarah/Danielle		11:00 to 11:55 AM AOA Chair Yoga GES Ine	12:00 to 12:55 PM Hatha Yoga GES Sarah	11:00 to 11:45 AM AOA Fitness GES Ruth/Ine	11:30 to 12:25 PM Zumba GES Marilyn	
12:05 to 12:55 PM AOA Deep & Shallow 4L Maureen	12:00 to 12:40 PM Cycling Express R371 Manon	12:05 to 12:55 PM Aqua Fit 4L Denise	12:05 to 12:55 PM Deep Water 4L Maureen			
12:00 to 12:55 PM T'ai Chi Chih ER Vida	12:05 to 12:55 PM Aqua Fit 4L Erica	12:00 to 12:25 PM Cardio (Step) Express GES Dee		12:05 to 12:55 PM Aqua Fit 4L Sarah	12:45 to 1:40 PM BodyPump™ GES Dee	
12:00 to 12:25 PM Cardio (Step) Express GES Dee	12:00 to 12:55 PM Vinyasa Level II Yoga GES Jancy	12:25 to 12:55 PM BodyPump™ GES Dee		12:00 to 12:55 PM T'ai Chi Chih ER Vida		1:00 to 2:25 PM Hatha Yoga GES Ine
12:25 to 12:55 PM BodyPump™ GES Dee				12:00 to 12:25 PM Cardio (Step) Express GES Dee	2:00 to 2:55 PM Vinyasa Yoga GES Kinga	
4:00 to 5:10 PM Gentle Yoga/Meditation GES Jancy				12:25 to 12:55 PM BodyPump™ GES Dee		
5:15 to 5:55 PM Yoga/Pilates Fusion GES Kinga	4:45 to 5:45 PM Vinyasa Yoga GES Kinga		5:00 to 5:55 PM Gentle Yoga/Meditation GES Kinga			
6:00 to 6:55 PM WERQ GES Kristy	6:00 to 6:55 PM Strength & Conditioning GES Joanna/Denise R.	6:00 to 6:55 PM Cycling R371 TBD	6:00 to 6:55 PM Zumba Intervals GES Marilyn			
6:00 to 6:55 PM Cycling R371 Mike G	6:00 to 6:55 PM Pilates Mat PWC Sarah	6:00 to 6:55 PM Yoga/Pilates Fusion GES Kinga/Sarah	6:00 to 6:55 PM Pilates Mat PWC Kinga	5:30-6:15 PM (NEW TIME) Zumba Kids/Family GES Rosa		
7:00 to 7:55 PM Boot Camp Track/PWC DeWitt	7:00 to 7:55 PM Body Shaping GES Marilyn	7:00 to 7:55 PM Kickboxing GES Marilyn	7:00 to 7:55 PM Boot Camp GES DeWitt			
7:00 to 7:55 PM Deep Water 4L Denise		7:00 to 7:55 PM Deep Water 4L Denise				
7:00 to 8:25 PM Hatha Yoga GES Ruth	8:00 to 8:55 PM Zumba GES Marilyn	8:00 to 9:10 PM Vinyasa Yoga GES Jessica	8:00 to 8:55 AM Belly Dancing & Hula Hoop GES Marilyn			

(P) = Indicates a paid program class. See Wellness desk for info

McGaw YMCA

Group Exercise Schedule

847-475-7400

**Location Key:**

GES - Group Exercise Studio  
R371 - Cycling Studio, Sebring-Lewis Center (Gym)  
4L - 4 Lane Pool  
SLC - Sebring-Lewis Center (Gym)  
SD - Skydeck

PWC - Personal Wellness Center  
ER - Evanston Review  
6L - 6 Lane Pool  
WC - Wellness Center  
RT - Running Track (Gym)

Classes may be changed or cancelled at any time.  
Classes with low attendance may be changed or cancelled.

**Key to class listings:**

classes are listed with the time, followed by the class name, location and instructor.

**LEVEL:**

All group exercise classes are multi-level  
Everyone is welcome; join us!

## Group Exercise Class Descriptions

### Land Exercise Classes

**Core Values** Create the foundation for an integrated core that will take your strength and stability to the next level. A series of core focused exercises targeting the frontal, spiral and lateral lines for total mastery of movement.

**AOA: Active Older Adults (for ages 50 and up)**

Combination of chair & standing exercises designed to improve muscular strength and flexibility to help Active Older Adults continue activities of daily living with ease. Small hand weights may be used as tools to increase strength.

**AOA Chair Yoga** features seated yoga exercises and relaxation techniques.

**AOA Fitness** Short warm up, main focus consists of simple exercises that concentrate on improving balance & core strength. At times equipment will be used.

**Body Shaping** Using a combination of free weights, bodyweight, bands and balls this class will transform your body!

**BodyPump™** BODYPUMP™ is based on THE REP EFFECT, which is a proven formula that exhausts muscles using light weights, while performing high repetitions to develop lean, athletic muscle. It's a workout that challenges all your major muscle groups, builds strength and tones your entire body!

**Boot Camp** Challenging combinations of cardiovascular drills and resistance training will burn calories and take your fitness to the next level.

**Cardio Express** uses step, hi/lo aerobics, kickboxing, and athletic drills to raise your heart rate for a great sweat!  
This class is appropriate for all fitness levels.

**Dale Mas Fuerte** Una clase de entrenamiento de la resistencia total del cuerpo; Centrándose en la fuerza corporal y el equilibrio y la flexibilidad. Para todos los niveles de condición física.

**Kickboxing** is an intense non-contact cardiovascular workout derived from classic boxing and kick-boxing training methods. The class integrates kicks, punches and blocks into high energy, athletic combinations.

**Nia** blends dance, martial arts and healing arts (like yoga) to create a dynamic fitness practice through easy-to-follow moves set to fabulous music. A sensory-based practice for all fitness levels, Nia gets your heart pumping, your body moving and your energy flowing in a way that leads to health, wellness, and fitness.

**Athletic Nia** incorporates additional aerobic intensity.

**Pilates Mat** is designed to strengthen the core of the body by developing pelvic stability & abdominal control. It is an excellent way to increase muscular endurance, improve flexibility, & encompass the spirit, mind & body into one effective workout.

**Plates Fusion:** Based on traditional Pilates exercises, this class also incorporates athletic training moves to provide a workout that will improve core strength, balance and flexibility.

**T'ai Chi Chih** is a moving meditation. 20 easy to learn movements, when practiced regularly, will improve your balance, flexibility, increase bone density and enhance the function of the immune system.

**Cycling/Cycling Express** An exhilarating cycling experience that will torch hundreds of calories and improve cardiovascular strength. Good for your body, your heart, and your love for the ride. Express class is 40 minutes. All Cycling classes are limited to 14 participants and require reservation. Participants should sign-in at the front desk before each class to reserve a bike. Sign-in begins 30 minutes before each class.

**Treadmill Coaching:** A low or high impact cardio class designed to improve cardiovascular fitness, strengthen legs and core while providing technical instruction on treadmill use, walking, jogging and running. Led by a certified running coach.

**WERQ:** WERQ® is the fiercely fun dance fitness class based on pop, rock, and hip hop music taught by Certified Fitness Professionals

**Zumba / Zumba Express**

This dance fitness class combines international rhythms like Salsa, Merengue, Samba, Axe and more with easy-to-follow dance steps for a fun interval workout. No dance experience necessary, just follow the instructor. Ditch the workout. Join the party!

**Zumba Toning:** This dance fitness class combines international rhythms like Salsa, Merengue, Samba, Axe and more with easy-to-follow dance steps for a fun interval workout. Light weights with high repetitions are also used to build strength. No dance experience necessary, just follow the instructor. Ditch the workout. Join the party!

**BollyX:** Experience a Bollywood-inspired dance fitness program that combines exhilarating choreography and calorie-burning workouts with upbeat music from around the world. All levels welcome!

**Belly Dancing & Hula Hoop:** This class offers two exiting new dance format styles: hula hoop and belly dancing! Participants will learn the basics of both dance styles and be able to learn a completely new and exhilarating way to workout!

**Flexibility & Mobility:** This class focuses on stretching, foam rolling, and mobility drills. Participants will learn new stretches and exercises focused on improving overall body flexibility.

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### Water Exercise Classes

**Water Exercise Classes**

Water exercise increases flexibility, muscular strength, and endurance without stressing your joints.

These classes incorporate cardiovascular, strength training, and stretching for a total body workout!  
Water classes are appropriate for all ages.

Class size is limited to 25 due to lifeguard: swimmer ratio requirements.

**Aqua Fit** is a combination of deep and shallow water exercises, with a focus on keeping participants moving for a cardiovascular and strength workout.

**Aqua Zumba** is low-impact Latin dance performed in the water.

**Deep Water** takes place in the deep end with the aid of buoyancy equipment.

Men and women of all fitness levels are encouraged to participate in all aqua classes

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### Yoga Classes

**Gentle Yoga Stretch & Meditation**

The exercises in this class are slow moving and recommended for people with injuries, severe stiffness, or those who wish to approach yoga exercises gradually. Props such as balls and yoga mats may be used. This class ends with meditation.

**Hatha** This yoga class integrates the postures, breathing exercises, relaxation and meditation to harmonize you on every level - body, mind and spirit. It is a delicious, mindful and moving class. All levels welcome.

**Yoga/Pilates Fusion** combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to get the benefits of both yoga & Pilates.

**Power Yoga** is a more challenging yoga practice where the focus is on building muscular and core strength as well as flexibility.

**Vinyasa Yoga**

Vinyasa means "breath-synchronized movement". In a Vinyasa class, poses flow from one to another in conjunction with the breath.

**Yoga** is an ancient practice that helps create a sense of union in body, mind, and spirit. The physical postures, breathing exercises and meditation practices of yoga have been proven to reduce stress, lower blood pressure, and regulate heartbeat. Participants leave feeling more relaxed, while increasing flexibility and creating harmony of the mind and body. Classes are open to all levels.

**Class formats and times are subject to change or cancellation.**

Changes are based on attendance, space, and/or instructor availability. Classes with low attendance may be cancelled. Class formats are subject to change without advance notice.

Join the McGaw YMCA Group Exercise Facebook page to receive periodic updates, changes, and announcements.

If you have questions or need more information, contact Yvonne Taylor, Health & Wellness Manager at yvonne@McGawYMCA.org. 847-475-7400 ext. 232