



Dotted Outline Indicates a NEW CLASS or CHANGE from previous schedule
 (P) = Indicates a paid program class. See Wellness desk for info

WINTER Group Exercise Schedule

January 6th- March 22nd, 2019

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	5:45 to 6:40 AM Cycling R371 Nicole	7:00 to 7:55 AM Cycling R371 Laima	
6:00 to 6:55 AM Basic Training (P) SLC Marilyn		6:00 to 6:55 AM Basic Training (P) SLC Marilyn		6:00 to 6:55 AM Basic Training (P) SLC Marilyn		
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 GES Rhonda		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 Cycling R371 Tricia/Joanna
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				9:00 to 9:55 AM Athletic NIA GES Susan	10:00 to 10:45 AM Boxing BootCamp (P) WC Chris	9:00 to 9:50 AM Aqua Fit 4L Carol/Denise
9:00 to 9:55 AM Aqua Fit 6L Maureen			9:15 to 9:55 AM BodyPump™ Express GES Lynn	9:00 to 9:55 AM Aqua Fit 6L Maureen		
9:00 to 9:40 AM Cycling Express R371 Tricia				9:00 to 9:40 AM Cycling Express R371 Tina/Tricia		
9:30 to 10:00 AM FIT 30 MASH-UP (P) PWC Alyson		9:30 to 10:00 AM FIT 30 MASH-UP (P) PWC Alyson		9:30 to 10:00 AM FIT 30 MASH-UP (P) PWC Megan		
9:45 to 10:25 AM Cycling Express R371 Tricia					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 11:25 AM Power Yoga GES Dee	10:00 to 10:55 AM Zumba Toning GES Marilyn	10:00 to 11:25 AM Hatha Yoga GES Ine	9:45 to 10:25 AM Cycling Express R371 Tina/Tricia		9:30 to 10:25 AM NIA GES Aless
10:30 to 10:55 AM Core Values PWC DeWitt				10:00 to 10:55 AM Kickboxing GES Marilyn	10:15-11:10 AM T'ai Chi Chih ER Vida	10:30 to 11:25 AM BodyPump™ GES Mila
	12:00 to 12:40 PM Cycling Express R371 Manon		12:00 to 12:40 PM Cycling Express R371 Manon	10:30 to 10:55 AM Core Values PWC TBD		
11:05 to 11:45 AM Active Older Adults GES Sarah	12:05 to 12:55 PM Aqua Fit 4L Maureen	11:00 to 11:55 AM AOA Chair Yoga GES Ine	12:00 to 12:55 PM Vinyasa Yoga GES Sarah	11:00 to 11:45 AM Active Older Adults GES Ine	11:30 to 12:25 PM Zumba GES Marilyn	
12:05 to 12:55 PM AOA Deep & Shallow 4L Maureen			12:05 to 12:55 PM Deep Water 4L Maureen	11:00 to 11:40 AM Treadmill Coaching WC TBD		
12:00 to 12:55 PM T'ai Chi Chih ER Vida		12:05 to 12:55 PM Aqua Fit 4L Denise		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	12:00 to 12:25 PM Cardio (Step) Express 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		12:25 to 12:55 PM BodyPump™ GES Dee			2:00 to 2:55 PM Vinyasa Yoga GES Kinga	
4:00 to 5:10 PM Gentle Yoga/Meditation GES Shauna				12:00 to 12:55 PM BodyPump™ GES Mila		
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 Denise	6:00 to 6:55 PM Cross-Training (P) PWC/Track Danny/Jason	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-Beginner PWC Sarah	6:00 to 6:55 PM Cycling R371 Tina	6:00 to 6:55 PM Pilates Mat PWC Kinga	5:30 to 6:15 PM Zumba Kids/Family GES Rosa		
		6:00 to 6:55 PM Yoga/Pilates Fusion GES Kinga/Sarah				
7:00 to 7:55 PM Boot Camp RT/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 Rosa		(P) = Indicates a paid program class. See Wellness desk to register	
7:00 to 7:55 PM Deep Water 4L Denise		7:00 to 7:55 PM Deep Water 4L Denise			Dotted Outline Indicates a NEW CLASS or CHANGE from previous schedule	
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 PM Belly Dancing & Hula Hoop GES Marilyn			

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

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!

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.

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, 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 designed to 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.

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. Beginner class available for those with no Pilates experience.

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

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!

Belly Dancing & Hula Hoop: This class offers two exciting 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!

Zumba Intervals-Increase the fun and intensity of your Zumba dance fitness workout with dance and toning interval bouts designed to create a calorie burning, muscle toning combination

Tabata Cardio-A great way to start your day. This class blends the energy of cardio workouts to the precision of Tabata for an exhilarating yet challenging workout .

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.

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

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. Level I classes available for participants with some Vinyasa experience. Level II classes for experienced Yoga participants.

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, The Wellness Desk, at 847-475-7400 ext. 242.