



# FALL GROUP EXERCISE SCHEDULE

September 3-December 31, 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 Room 371 - Nicole S.		
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	7:00 to 7:55 AM Cycle R371 - Laima	
8:00 to 8:55 AM Pilates Mat GES - Denise	8:00 to 8:55 AM Zumba GES - Rhonda	8:30 to 9:25 AM Zumba SLC - Kristy		7:45 to 8:55 AM Vinyasa Yoga GES - Jessica	7:30 to 8:25 AM Pilates Mat GES - Denise	
			8:30 to 9:00 AM CxWORX™ GES - 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 Aqua Fit 6L - Maureen	9:00 to 9:55 AM BodyPump™ GES - Dee	9:00 to 9:55 AM Athletic NIA GES - Susan M	9:00 to 9:55 AM Pilates Mat PWC - Dee	9:00 to 9:55 AM Aqua Fit 6L - Maureen		9:00 to 9:55 AM Aqua Fit 4L - Carol/Denise
9:00 to 9:55 AM Power Yoga GES - Shauna			9:15 to 9:55 AM BodyPump™ Express GES - Lynn	9:00 to 9:55 AM Athletic NIA GES - Susan		9:30 to 10:25 AM NIA GES - Aliess
9:00 to 9:40 AM Cycling Express R371 - Tricia				9:00 to 9:40 AM Cycling Express R371 - Tina		9:30 to 10:25 AM Zumba SLC - Kristy
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 - Olivia	9:30 to 10:15 AM Boxing Boot Camp (P) WC - Chris	
9:45 to 10:25 AM Cycling Express R371 - Tricia				9:45 to 10:25 AM Cycling Express R371 - Tina	9:45 to 11:15 AM Hatha Yoga GES - Ine	
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	10:05 to 11:30 AM Hatha Yoga GES - Ine	10:00 to 10:55 AM Kickboxing GES - Marilyn		
10:30 to 10:55 AM Core Values PWC - DeWitt				11:00 to 11:45 AM Core Values PWC Kinga	10:15 to 11:10 AM T'ai Chi Chih ER - Vida	10:30 to 11:25 AM BodyPump™ GES - Mila
11:05 to 11:45 AM Active Older Adults GES - Sarah		11:00 to 11:55 AM AOA Chair Yoga GES - Ine		11:00 to 11:55 AM Active Older Adults GES - Ine	11:30 to 12:25 PM Zumba GES - Marilyn	
12:00 to 12:45 PM Cycling Express R371 - Tina	12:00 to 12:45 PM Cycling Express R371 - Mike	12:00 to 12:25 PM Cardio (Step) Express GES - Dee	12:00 to 12:45 PM Cycling Express R371 - Tina	12:00 to 12:55 PM T'ai Chi Chih ER - Vida		
12:00 to 12:55 PM T'ai Chi Chih ER - Vida	12:00 to 12:55 PM Vinyasa Level II Yoga GES - Jancy		12:00 to 12:55 PM Vinyasa Yoga GES - Sarah	12:00 to 12:55 PM BodyPump™ GES - Mila		
12:00 to 12:25 PM Cardio (Step) Express GES - Dee	12:05 to 12:55 PM Aqua Fit 4L - Erica	12:25 to 12:55 PM BodyPump™ GES - Dee	12:05 to 12:55 PM Deep Water 4L - Maureen	12:05 to 12:55 PM Aqua Fit 4L - Sarah		
12:05 to 12:55 PM AOA Deep & Shallow 4L - Maureen					12:45 to 1:40 PM BodyPump™ GES - Dee	
12:25 to 12:55 PM BodyPump™ GES - Dee		1:05 to 2:00 PM Balance for Strength (P) GES - Alyson				1:00 to 2:25 PM Hatha Yoga GES - Ine
1:00 to 1:30 PM CxWORX™ GES - Dee					2:00 to 2:55 PM Vinyasa Yoga GES - Kinga	
4:00 to 5:10 PM Gentle Yoga/Meditation GES - Shauna		4:00 to 4:55 PM BodyPump™ GES - Bethany				
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 Zumba Toning GES - Suzy	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 Yoga/Pilates Fusion GES - Kinga/Sarah	6:00 to 6:55 PM Zumba GES - David			
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 Cycling R371 - Tricia	6:00 to 6:55 PM Pilates Mat PWC - Kinga			
7:00 to 7:55 PM Boot Camp RT/PWC - DeWitt	7:00 to 7:55 PM BodyPump™ GES - Juchien	7:00 to 7:55 PM BodyPump™ GES - Mila	7:00 to 7:55 PM Boot Camp GES - Rosa			
7:00 to 7:55 PM Deep Water 4L - Denise		7:00 to 7:55 PM Deep Water 4L - Denise/Sarah				
7:00 to 8:25 PM Hatha Yoga GES - Ruth			8:00 to 8:55 PM Athletic NIA GES - Aliess			
	8:00 to 8:55 PM Zumba GES - Marilyn	8:00 to 9:10 PM Vinyasa Yoga GES - Jessica				

(P) = Indicates a paid program class. See Front desk or Wellness desk to register.

Solid Line Indicates a NEW CLASS or CHANGE from previous schedule.

McGaw YMCA

Group Exercise Schedule

847-475-7400

**LOCATION KEY:**

- 4L - 4 Lane Pool
- 6L - 6 Lane Pool
- ER - Evanston Review Room

**PWC - Personal Wellness Center**

- RT - Running Track
- SLC - Sebring-Lewis Center
- SD - Skydeck
- WC - Wellness Center

**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! Classes may be changed or canceled at any time.

# GROUP EXERCISE CLASS DESCRIPTIONS

## CARDIO

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

**Cardio (Step) 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.

**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.

## PILATES/STRENGTH TRAINING

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**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!

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

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

**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.

**CXWORXTM:** A 30-minute Les Mills class focusing on, but not limited to, your abs, butt, legs, core and arms. Move better and feel better with healthy, strong muscles from your shoulders to your hamstrings. Through this class you will develop a strong stable base for your other workouts as well as your activities of daily life. Using your bodyweight, resistance bands, and weighted plates you will learn body specific exercises to help you meet your core goals.

**Pilates Mat:** This class 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.

**Strength & Conditioning:** Description coming from the Health & Wellness Department soon!

## DANCE

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**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.

**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!

**Classic Zumba:** Classic Zumba is an "old school" Zumba class! Enjoy the songs and dances that put Zumba on the map with less jumping and hip hop BUT with the same amount of fun and chances to learn new dance moves. This class is perfect for any participant who wants to dance without any of the stress on your joints!

**Zumba kids/Family:** This is a group exercise for everyone! Bring your kids and exercise as a family.

**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!

## ACTIVE OLDER ADULTS (AOA)

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**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 Deep & Shallow:** Description coming from the Wellness Department soon.

## WATER EXERCISE

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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 Swim:** This adult only, recreational pool time, is for members who wish to use the pool for swimming, stretching, and general exercising. One lane line is set dividing the pool for lap and recreational exercise. Lane line can only be installed if the pool is clear of patrons or if extra staff is available.

**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.

## T'AI CHI CHIH / YOGA

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**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.

**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.

**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 Level I & II:** 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.

## PAID CLASSES

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**Balance for Strength:** Struggling with balance issues? This class addresses the importance of finding and maintaining physical balance. Participants will focus on upper and lower body conditioning to improve their balance and enhance their overall workout experience.

**Boxing Bootcamp:** A popular cardio workout that burns a lot of calories and tones muscle. Structured with High Intensity Interval Training (HIIT), participants work their upper and lower body, develop core strength and overall toning.

**Cross Training & Recovery:** Go through a series of fast-paced cardio and strength exercises to challenge your body and improve your performance.

**Fit 30:** This gives you the option to sign up for 1-2-3 days per week of difference classes: Kettlebell, Track/Cardio, Core, Strength, or Yoga. There's no better way to balance all aspects of fitness and then see results you want.

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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.