

# NS YMCA Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>
<b>Free To Members</b>	<b>Registered Classes</b>	<b>Registered Classes</b>	<b>Registered Classes</b>			
5:45-6:30 am Pump and Flex (D) Amanda	5:30-6:15 am Interval Cycle (CS) Ken	5:45-6:30 am Interval Cycle (CS) Terry	5:45-6:30 am Power Cycle (CS) Amanda			
9:15-10:15 am Interval Blast (gym) Linda	<b>New Class!</b> 6:15-7:15am Open Hatha Yoga (Y) Suzanne			<b>Free To Members</b>	<b>Free To Members</b>	<b>Free To Members</b>
9:15-10:00 am Water Aerobics (Pool)	<b>Free To Members</b>	<b>Free To Members</b>	<b>Free To Members</b>	5:45-6:30 am Pump and Flex (D) Peggy	7:40-8:40 am General Fitness (NW) Steve	
10:15-11:15 am Pump & Flex (D) Peggy	9:00-10:00 am Step Surprise (gym) Amy	<b>Room Change!</b> 9:15-10:15 am Complete Strength (Gym) Linda	9:00-10:00 am Step Surprise (gym) Amy	9:00-10:00 am 30/30 (gym) Myleen	<b>New Time!</b> 8:50-10:00 am Step & Strength Circuit (gym) Linda	
10:05-11:05 am Basic Cardio + (NW) Laurie	9:00-10:00 am Cardio Box & Boot (D) Sarah	9:15-10:00 am Water Aerobics (Pool)	9:00-10:00 am Cardio Kickboxing (D) Erin	9:15-10:00 am Water Aerobics (Pool)		
	10:05-11:05 am CardioStep Circuit (D) Myleen	10:15-11:15am Basic Cardio + (Y) Bridget	10:05-10:50 am Glutes & Guts (D) Renee C.	10:05-11:05 am Basic Cardio + (NW) Jeannie		11:15-12:15 pm Step Surprise (D) Rotation
	11:10-11:25 15 Minute Abs (D) Myleen			10:10-11:00am Strength (D) Myleen		
<b>Registered Classes</b>	<b>Registered Classes</b>	<b>Registered Classes</b>	<b>Registered Classes</b>	<b>Registered Classes</b>	<b>Registered Classes</b>	<b>Registered Classes</b>
9:15-10:00 am Power Cycle (CS) Laurie	9:15-10:00 am Interval Cycle (CS) Shari	9:00- 10:00 AM Mat Pilates (St Y) Mary	10:00-11:00am Pilates Fusion (St Y) Judy	8:45-10:00 am Anusara Inspired Hatha Yoga (ABC) Wendy	7:00-8:30 am Challenge Cycle (CS) Terry	11:15-12:15pm Sunday Cycle (CS) Rotation
	9:45-11:00am Yoga Fundamentals (St Y) Jayne	9:15-10:00 am Interval Cycle (CS) Marlo	11:05-12:20 pm Inter. Hatha Yoga (St Y) Nancy	9:00-10:00 am Cycle & Sculpt (CS & D) Laurie		12:30-1:45 pm Fitness Yoga (St Y) Rotation
		10:20-11:20 ZUMBA (D) Debbie W		10:15-11:15am Power Cycle (CS) Shari		
<b>Midday</b>	<b>Midday</b>	<b>Midday</b>	<b>Midday</b>			
	<b>Free To Members</b>	<b>Registered Classes</b>			8:45-10:00 am Anusara Inspired Hatha Yoga Level 2 (NW) Wendy	
	1:15-2:15 pm Cardio Pump (D) Erin	12:15-1:00 pm Lunchtime Cycle (CS) Erin			10:30-11:45 am Anusara Inspired Yoga (St Y) Wendy	
<b>Evening</b>	<b>Evening</b>	<b>Evening</b>	<b>Evening</b>			
<b>Free To Members</b>	<b>Free To Members</b>		<b>Free To Members</b>			
6:00-7:00pm Cardio Pump (NW) Erin	6:00-7:00pm Complete Strength (Y) Bob		6:00-7:00pm Cardio Pump (D) Renee			
<b>Registered Classes</b>	<b>Registered Classes</b>	<b>Registered Classes</b>	<b>Registered Classes</b>			
5:30-6:30 pm Yamuna Body Rolling Basic Pilates (St Y) Lucy	6:00-6:45pm Interval Cycle (CS) Terry	4:00pm-5:00pm Kids Yoga (D) Debbie	6:00-6:45 Interval Cycle (CS) Terry			
6:30-7:45 pm Vinyasa Yoqa (St Y) Julie	7:00-8:30 Fitness Yoga (St Y) Bob		6:15-7:30 All Level Hatha Yoga (St Y) Kathy			
7:00-7:45 pm Interval Cycle (CS) Rob	7:30-8:30 pm DLG Zumba (D) Alberto					

## Fall 2 Session 2008 (Oct 27 - Dec 21)

**Kidzone will be open until 7:30pm  
Monday- Friday starting this Fall!**

All 'Registered' classes are fee based specialty classes that must be pre-registered at the Front Desk.

Please contact Erin Cheever, Health and Wellness Director, with any questions. 847-272-7250, ext 1217 or echeever@nsymca.org

Arrive on time for all classes. Classes are for ages 14 and up.

Schedule is subject to change without notice. Please check frequently for updated schedules!!

Classes with less than six participants may be subject to cancellation.

[www.nsymca.org](http://www.nsymca.org) \* Visit our website for more information about classes and schedules and see the back for class descriptions

