



# Kishwaukee Family YMCA

## June Group Exercise Schedule

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

TIME	CLASS	INST	ROOM
<b>MONDAY</b>			

<b>AM</b>			
5:30-6:30	Group Power	Jen	MPR
8:00-8:50	Have a Ball	Diana	ST
8:30-9:15	Strength and Balance	John	MPR
9:30-10:30	Cardio Step & Tone	Sue	MPR
9:30-10:30	Circuit Training	Laurie	CTR
10:45-11:45	Muscles in Motion	Laurie	MPR
<b>PM</b>			
5:30-6:20	Zumba	Bonnie	MPR

<b>TUESDAY</b>			
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<b>AM</b>			
5:15-6:00	Spin	Mary-Ann	CR
8:00-9:00	Pilates	Diana	MPR
9:00-9:50	SilverSneakers	Karen	ST
9:15-10:15	Group Power	Chris	MPR
11:30-12:30	Yoga	Josy	MPR
<b>PM</b>			
4:30-5:15	Step and Strengthen	Sue	MPR
5:30-6:30	Group Power	Mike	MPR

<b>WEDNESDAY</b>			
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<b>AM</b>			
5:30-6:30	Group Power	Jen	MPR
8:00-8:50	Have a Ball	Diana	ST
8:30-9:15	Strength and Balance	John	MPR
9:30-10:30	Cardio Step & Tone	Peggy	MPR
9:30-10:30	Circuit Training	Laurie	CTR
10:45-11:30	Enhance Fitness	Karen	ST
10:45-11:45	Muscles in Motion	Laurie	MPR
<b>PM</b>			
5:30-6:30	Group Ride	Kara	CR
5:30-6:20	Zumba	Tonya	MPR
6:30-7:30	Yoga	Margaret	MPR

TIME	CLASS	INST	ROOM
<b>THURSDAY</b>			

<b>AM</b>			
5:15-6:00a	Spin	Mary-Ann	CR
8:00-9:00	Pilates	Diana	MPR
9:00-9:50	SilverSneakers	Karen	ST
9:15-10:15	Group Power	Chris	MPR
11:30-12:30	Yoga	Josy	MPR
<b>PM</b>			
4:30-5:15	Step and Strengthen	Sue	MPR
5:30-6:30	Group Power	Mike	MPR
6:45-7:30	Zumba	Bonnie	MPR

<b>FRIDAY</b>			
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<b>AM</b>			
5:30-6:30	Group Power	Mike	MPR
8:00-8:50	Have a Ball	Diana	ST
8:30-9:15	Strength and Balance	John	MPR
9:30-10:30	Cardio Step & Tone	Sue	MPR
9:30-10:30	Circuit Training	Laurie	CTR
10:45-11:45	Muscles in Motion	Laurie	MPR

<b>SATURDAY</b>			
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<b>AM</b>			
8:00-8:45	Spin	Mary-Ann	CR
9:00-9:50	Zumba	Bonnie	MPR
10:00-11:00	Group Power	Chris	MPR

<b>SUNDAY</b>			
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<b>AM</b>			
10:00-11:00	Yoga	Rotating	PD

### TEXT ALERTS

Sign up for text alerts to receive notifications straight to your phone regarding class changes and cancelations.

Text EXERCISE to 84483.

Class times and offerings are subject to change without notice based on class attendance, space, and instructor availability.

#### NEW TO GROUP EXERCISE?

Come to class 5 minutes early, so the instructor can help you get comfortable with the class format, set up equipment, and discuss any modifications you might require.

#### Location Key

Lower level: Circuit Training Room (CTR), Studio (ST)  
Second floor: Cycling Room (CR), Multipurpose Room (MPR)  
Other: Sports Center (SC), Lap Pool Deck (PD)

## CLASS DESCRIPTIONS

**Cardio Step and Tone:** This class incorporates all the basics: cardio, strength training, core work, balance, and flexibility. You'll get your heart pumping with basic, easy-to-follow step aerobics combinations; then, you'll strengthen and tone your body with dumbbells, resistance bands, and bodyweight exercises. Let the fun music and a supportive group environment motivate you!

**Chair Yoga:** This class specifically targets flexibility, range-of-motion, balance, and mind-body integration. Poses are done both sitting in the chair and standing with the assistance of the chair; no floor work, and shoes are worn.

**Circuit Training:** Move through a series of stations designed to elevate your heart rate and challenge your muscles. Stations can include strength machines, free weights, stability balls, and more.

**Enhance Fitness:** This class combines the key components of fitness: strength training, cardiovascular exercise, flexibility, and balance. Classes begin with a warm-up, followed by work with light, soft weights, some cardio, and finish with a cool-down and stretching.

**Group Power:** Your hour of power! This 60-minute barbell program strengthens all the major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. Simple, athletic movements such as squats, lunges, presses, and curls make this class suitable for all fitness levels.

**Group Ride:** The hour-long "ride" consists of 10 tracks that make use of different terrains, speeds, and intensity levels to create a fun and highly effective, interval-based cardiovascular workout.

**Have a Ball:** Exercising with a stability ball improves balance, strength, and mobility, and provides a challenging and fun workout.

**Muscles in Motion:** Work every muscle group in the body with a variety of exercises and equipment, from dumbbells to stability balls to resistance bands to gliders. This class has a theme each day of the week: Mondays are for muscles, Wednesdays are for the waist (core), and Fridays are for fat-burning.

**Pilates:** Use Pilates and yoga-based stretches, poses, and breathing to strength and tone muscles and improve posture, balance, and flexibility.

**Spin:** This class will lead you on a ride that simulates a variety of terrains set to motivating music that will empower you to push yourself to the next level.

**SilverSneakers:** Build overall fitness using resistance bands and light hand weights, all set to music that will make you smile.

**Step and Strengthen:** Reduce stress, increase strength, and improve your balance and coordination. Let the music move you and join our friendly, supportive group in this class that combines traditional step aerobics and strength training.

**Strength and Balance:** It is never too late to build strength and endurance, improve balance, and increase flexibility. Developed with Northern Illinois University, this class incorporates balls, resistance bands, and light hand weights to build overall fitness for everyday life. Exercises are done standing and/or in a chair.

**Yoga:** Develop a stronger body, mind, and spirit, regardless of your fitness level. Flow through basic poses and stretches, explore modifications with the help of blocks and straps, and practice relaxation in a stress-free atmosphere. \*Requires participants to be able to get down to and up from the floor. Suitable for all fitness levels.

**Zumba:** A high energy, motivating Latin-flavored dance party that fuses aerobic fitness with fast and slow rhythms to burn calories and tone the body. Regardless of your fitness level, you'll leave feeling empowered and energized!

### FIND US ON FACEBOOK

Join our group exercise Facebook page. Search "Kishwaukee Family YMCA Group Exercise" and request to join the group.