

**YMCA GROUP  
EXERCISE SCHEDULE**



**Fall I SESSION**  
Sunday August 30<sup>th</sup> – Saturday October 24<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:30am <b>Y Cycle</b> Jen L - CS	5:45-6:30am <b>Y Cycle</b> Nancy - CS	5:45-6:30am <b>Y Cycle</b> Jen L - CS	5:45-6:30am <b>Y Cycle</b> Karen - CS	5:45-6:30am <b>Y Cycle</b> Jen L - CS		
5:45 -6:45am <b>Body Pump®</b> Kathy B-2	5:45 -6:45am <b>Sunrise Boot Camp</b> Caryn-2	5:45 -6:45am <b>Body Pump®</b> Kathy B-2	5:45 -6:45am <b>Sunrise Boot Camp</b> Nancy-2	5:45 -6:45am <b>Body Pump®</b> Kathy B-2	7:45-8:45am <b>Body Pump®</b> Julie-2	9:00-10:00am <b>Body Pump®</b> Sandy
8:15-9:00am <b>Y Cycle</b> Freya - CS	9:00-10:00am <b>Body Pump®</b> Kelly-2/Mandy-1	8:15-9:00am <b>Y Cycle</b> Freya - CS	8:00-8:45am <b>Pilates Level I</b> Kathy J-1	8:15-9:00am <b>Y Cycle</b> Kelly - CS	8:00-8:45am <b>Y Cycle</b> Cathy-CS	9:15-10:00am <b>Y Cycle</b> Bridget-CS
9:00 -10:00am <b>Cardio Plus</b> Rita-2	9:15-10:15am <b>Y Cycle</b> Cathy-CS	8:20-9:10am <b>Cardio Strength</b> Mandy-2	9:00-10:00am <b>Body Pump®</b> Kelly-2/Mandy-1	9:00 -10:00am <b>Cardio Plus</b> Rita-2	9:00 -10:00am <b>Cardio Plus</b> Rita-2	10:15-11:00am <b>Y Cycle</b> Phil-CS
9:15-10:00am <b>Y Cycle</b> Mandy-CS	10:15-11:15am <b>Cardio Strength</b> Mandy-2	9:15-10:45am <b>Hatha Yoga</b> Meg-2	9:15-10:00am <b>Y Cycle</b> Allyson-CS	9:15-10:00am <b>Y Cycle</b> Bridget-CS	9:00-9:45am <b>Y Cycle</b> Allyson-CS	10:30 -11:30am <b>Yoga Fundamentals</b> Kelly-2
10:10-11:10am <b>Muscles in Motion</b> Freya-2	1:00-2:00pm <b>Hour of Power</b> Rita-CS/1	9:15-10:00am <b>Y Cycle</b> Bridget-CS	10:15-11:15am <b>PiYo®</b> Kathy H -1	10:10-11:10am <b>Zumba</b> Kelly P-2	10:00-10:45am <b>Y Cycle</b> Linda-CS	
4:00-4:45pm <b>Y Cycle</b> Cathy K-CS	5:00-5:45pm <b>Core &amp; Stretch</b> Linda-1	11:00-11:45am <b>Drums Alive</b> Karen D-2	1:00-2:00pm <b>Hour of Power</b> Mandy-CS/1	4:00-4:45pm <b>Y Cycle</b> Tom-CS	10:15-11:15am <b>Zumba</b> Heidi-2	
5:00-5:30pm <b>Short &amp; Sweet</b> Jen F-2	5:15-6:15pm <b>Y Cycle</b> Cathy-CS	5:00-6:00pm <b>Zumba</b> Heidi-2	5:15-6:00pm <b>Y Cycle</b> Linda-CS	5:00-5:30pm <b>Short &amp; Sweet</b> Jen F-2		
5:45-6:45pm <b>Cardio Kickboxing</b> Loren-2	6:00-6:45pm <b>Pilates Level I</b> Linda-1	5:15-6:00pm <b>Y Cycle</b> Kelly-CS	6:00-7:00pm <b>Cardio boxing</b> Damen-2	<p align="center"><b>Group Exercise General Information</b>  <b>YMCA Members please note that ALL fitness classes are FREE!!</b></p> <p>Classes are all levels unless marked                      I= Intermediate                      IA= Intermediate Advanced</p> <ul style="list-style-type: none"> <li>• Children under 12 not allowed in classes</li> <li>• Teens 12-15 years old must attend with parent for the first class.</li> <li>• Minimum age for Body Pump is 16</li> <li>• Classes with continued low attendance (minimum 6 participants) are subject to cancellation.</li> <li>• For questions, comments or suggestions regarding the fitness schedule please contact Karen Dziagwa@708-497-1006</li> </ul>		
7:00-8:30pm <b>Hatha Yoga II/ I</b> Connie-2	6:00-7:00pm <b>Body Pump®</b> Sandy-2	6:05-7:50 <b>Sculpt to Sweat</b> Karen D-2	6:00-6:45pm <b>Pilates Level I</b> -1			
	7:00-7:45pm <b>Y Cycle</b> Tom-CS	7:00-8:30pm <b>Hatha Yoga</b> Jill-2	6:30 -7:15pm <b>Y Cycle</b> Karen D-CS			
	7:15-7:45pm <b>Short &amp; Sweet</b> Jen F-2	7:00-7:45pm <b>Y Cycle</b> Gena-CS	7:00-7:30pm <b>Core</b> Linda-1			
	7:45-8:45pm <b>Zumba</b> Kelly P-2		7:05-8:35pm <b>Hot Yoga/IA</b> Mauro-2			
			7:30-8:00pm <b>Short &amp; Sweet</b> Jen F-1			
			8:40-9:40pm <b>Belly Dancing</b> Samantha-2			



