



GROUP EXERCISE MARCH 25-30 CLASS SCHEDULE

MONDAY				TUESDAY				WEDNESDAY			
TIME	CLASS	WHERE	INSTR.	TIME	CLASS	WHERE	INSTR.	TIME	CLASS	WHERE	INSTR.
5:30-6:30A	Tabata Bootcamp	YTC	JoElle	6-6:50A	Cycle	YTC	Steph	5:30-6:30A	Strength & Cardio	YTC	JoElle
7:15-8	Y's Way to Fitness	Gym	Nancy	7-7:45	Yoga Sculpt	YTC	Steph	7:15-8	Y's Way to Fitness	Gym	Nancy
8:15-9	Move & Groove	Gym	Nancy	7-8	Circuit Training	Gym	Abby	8:15-9	Move & Groove	Gym	Jessica
9:15-10:15	BodyPump™	YTC	Lauren	8-8:50	Zumba Gold®	Gym	Elissa	9:15-10:15	BodyPump™	YTC	Charles
10:20-11:20	30/30 Cycle/Core	YTC	Lauren	9-10	Strength & Cardio	Gym	Gilda	10:20-11:20	30/30 Cycle/Core	YTC	Jessica
				9:30-10:15	Core & More	YTC	Jessica	10:30-11:15	Just Balance	VG	Nancy
				10:20-11:20	Pilates	YTC	Jessica	11:30-12:30	Yoga for Neuromuscular Disorders	VG	Ronda
				10:30-11:15	Just Balance	VG	Nancy				
				11:30-12:30	PWR!Moves for Parkinsons	VG	Shannon				
EVENING CLASSES				EVENING CLASSES				EVENING CLASSES			
5-5:30P	Cycle SPRINT™	YTC	Lauren	4:30-5:15P	Circuit Training	YTC	Lauren	5:15-5:45P	Butts & Guts	Gym	Gina
5:15-5:45	Core Express	Gym	Gina	6:30-7:15	Deep Stretch/Restore	YTC	Kathy	5:45-6:30	Zumba®	Gym	Gina
5:45-6:30	Zumba®	Gym	Gina								
5:35-6:05	TRX	YTC	Lauren								
THURSDAY				FRIDAY				SATURDAY			
6-6:50A	Cycle	YTC	Steph	5:30-6:30A	Bootcamp	YTC	JoElle	7-7:50A	Cycle	YTC	Lauren
7-7:45	Yoga Sculpt	YTC	Steph	7:15-8	Y's Way to Fitness	Gym	Nancy	8-9	BodyPump™	YTC	Lauren
7-8	Bootcamp	Gym	Abby	8:15-9	Move & Groove	Gym	Lauren	8:30-9	Core & More	Gym	Gina
8-8:50	Zumba Gold®	Gym	Elissa	9:15-10:15	BodyPump™	YTC	Lauren	9:05-9:50	Zumba®	Gym	Gina
9-10	Strength & Cardio	Gym	Gilda	10:20-11:20	30/30 Cycle/Core	YTC	Steph	10-11	30/30 Strength & Step	Gym	Gilda
9:30-10:15	TRX	YTC	Jessica	<div>LOCATIONS</div> <div>(VG)= Village Green Baptist Church 200 S. Lambert Rd., Glen Ellyn</div> <div>(YTC)= Y Training Center (Adjacent to the Y on the south end of the YMCA Parking Lot)</div>				10:15-11:15	Gentle Yoga	YTC	Kathy
10:20-11:20	Vinyasa Yoga	YTC	Steph					<div>CLASS INFO AND NOTES</div> <ul style="list-style-type: none">High school students may attend classes after completion of a Wellness Center Orientation.See back side for class descriptions.Classes with low attendance may be cancelled.Instructors are subject to change without notice.Questions or comments, please contact: Jessica Rangel, Senior Director, Healthy Living jrangel@ryallymca.org			
10:30-11:15	Just Balance	VG	Nancy								
11:30-12:30	Exercising with Parkinsons	VG	Jessica								
EVENING CLASSES											
6:10-7	Gentle Yoga	YTC	Ronda								

The pool and family locker room will be closed Monday, March 25 through April 7, while construction is being done on the new pool viewing lobby. The YMCA will be closed on Sunday, March 31 in celebration of Easter.

30/30 Cycle/Core (ALL LEVELS) Start off with a cycle class focused on traditional cardiovascular fitness, followed by 30 min. of core. Come for one or stay for both classes!

30/30 Strength & Step(ALL LEVELS)

Start off with a Strength & Cardio based class and end with a classical 30 min. step class. Come for one or stay for both classes!

BODYPUMP™ (ALL LEVELS) BODYPUMP™, the original barbell class, will sculpt, tone and strengthen your entire body—fast! Low weight loads and high repetition movements aid in burning fat and gaining strength.

Bootcamp/Circuit Training/Tabata (INTERMEDIATE/ADVANCED)

These classes are not for the faint of heart! A mix of high intensity calisthenics and body-weight exercises with cardio intervals and strength training result in the ultimate full body workout.

Butts & Guts (ALL LEVELS) Just like the title implies, this class focuses on toning and tightening all regions of the lower body, as well as core strength!

Core Express/ Core & More (ALL LEVELS) In this class you will work on your foundation= your core! This is the point at which all movement begins. Sculpt and strengthen your midsection through a series of focused movement techniques as you improve your body's overall functional strength, balance and coordination. Core & More will incorporate light weights for an express full body conditioning.

Cycle (ALL LEVELS)/Cycle Sprint™ (INTERMEDIATE/ADVANCED)

Using an indoor stationary bike, instructors will lead you through an exhilarating ride designed to improve overall fitness while increasing performance with focus on cardiovascular endurance and strength. Options and resistance levels can be suited for each participant.

Deep Stretch (ALL LEVELS) This yoga-based deep stretch class is appropriate for all ages and fitness levels. Release and relax into each pose, allowing the body to open, as we work with the breath.

Deep Water (ALL LEVELS) Deep water exercises are easy on the joints and help increase flexibility, strength and cardiovascular endurance. Swimming skills are not necessary, but you must be comfortable in deep water with a flotation device.

Just Balance (BEGINNER) Older adults and those with chronic health conditions often feel they must accept impaired balance and limited mobility, but this simply is not true! Let us help you build strength, improve balance, and gain confidence in your mobility. Better balance has been proven to help reduce the risk of falls. Movements can be done in a chair or standing.

Move & Groove (BEGINNER/ALL LEVELS) Perfect for anyone new to group exercise and those wanting a lower impact class. This class incorporates choreographed light aerobics, strength training, and flexibility.

Parkinson's Classes (ALL LEVELS) The following classes are designed for those in all stages of Parkinson's, they are also open to the general public. Please see Parkinson's class flyer for full class descriptions.

Exercising with Parkinsons

Move & Groove with Parkinsons

PWR!Moves for Parkinsons

Yoga for Neuromuscular Disorders

Pilates (ALL LEVELS) Pilates is the ultimate in core training! This class focuses on the "powerhouse" in particular—abdominal and back muscles to help improve core strength and flexibility. Most movements are done seated or lying on a mat.

Shallow Water (ALL LEVELS) Shallow water exercises help increase flexibility, strength and cardiovascular endurance. Movements are accompanied by music. Member should be comfortable in the water but swimming skills are not necessary.

Strength & Cardio (ALL LEVELS) An invigorating workout, this class offers a mix of aerobic and strength training. It's a great way to burn fat and increase muscle tone.

Tai Chi for Balance (BEGINNER) Tai Chi for Balance is a slower paced version that focuses on fall prevention and balance, perfect for older adults, those who struggle with balance, and those living with multiple sclerosis, arthritis, or Parkinson's. This class can be done in a chair or standing. It will help develop tranquility and inner balance, improves concentration, relieves stress, pain, and stiffness.

TRX (ALL LEVELS) TRX is the ultimate in core and total body training. You'll use your bodyweight against gravity with the TRX suspension trainer to increase strength, improve form, and find the correct level of progression for your ability, allowing you to challenge goals you've set for yourself.

Y's Way to Fitness (ALL LEVELS) This class is perfect for active older adults and focuses on strengthening every major muscle group in a relaxed, social atmosphere.

Yoga (ALL LEVELS)

Gentle: A slower paced class focused on stretching, breathing and relaxing. Designed to be adaptable and gentle on the body. Suitable for all levels, but aimed at the beginner exerciser.

Restorative: A calming mat-based yoga class for physical & mental relaxation. We'll stretch deeper into muscles and quiet our busy minds as we hold poses longer fully supported by props.

Vinyasa: This class offers full body and mind awareness. Not only will you learn and flow through a series of yoga postures, you will also build strength and increase your flexibility. This class focuses on using the breath to flow from one posture to the next and to build awareness in the present moment.

Sculpt: This class takes yoga to a whole new level! Using light weights, participants will get their heart pumping with interval training. While suitable for all levels, this class moves at a much faster pace than a traditional yoga class.

Zumba

Aqua Zumba® Taught in the shallow end, this class is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

Zumba® (ALL LEVELS) Come join our party! Be prepared to move to hypnotic Latin and international rhythms. You'll enjoy this inspiring, muscle-pumping, calorie-burning blast as you immerse yourself in the music and the rhythms.

Zumba Gold® Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity