



the power of **PLAY**

LAKE VIEW YMCA Group Exercise Schedule

OCTOBER 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00a		LES MILLS SPRINT Cycling Studio Abigail 6:15-6:45a			LES MILLS SPRINT Cycling Studio Abigail 6:15-6:45a		
No Classes 7:00a-8:00a							
8:00a			BODY PUMP Aerobics Studio Juanita 8:30-9:15a	BODYFLEX Aerobic studio Joshua 8-9a	YOGA BASICS Aerobic Studio Mary 8-8:45a	<i>Paid Class</i> TAICHI Aerobic Studio Yantong 8-9am	
9:00a	ACTIVE OLDER ADULTS DANCING Aerobic studio Amy 9:15-10:15a	PILATES SCULPT Aerobic Studio Mary 9-9:45a	TREAD & TRAIN North Fitness Center Manda 9-9:45a	ACTIVE OLDER ADULTS Core Room Glenda 9:15-10:15a	FULL BODY CONDITIONING Aerobic Studio Manda 9-9:45a	PILATES SCULPT Pilates Studio Mary 9-9:45a	RHYTHM RIDE Cycling Studio Etienne 9-9:45am
	FREESTYLE SPIN Cycling Studio Manda 9-9:45a	ACTIVE OLDER ADULTS Core Room Glenda 9:15-10:15a			WATER FITNESS Pool Glenda 9:15-10:15a		
10:00a	FULL BODY CONDITIONING Aerobic Studio Manda 10-10:45a	WATER FITNESS Pool Glenda 10:30-11:30a		FULL BODY CONDITIONING Aerobic Studio Manda 10-10:45a		BOOT CAMP Aerobic Studio Etienne 10:00-10:45a	OPEN YOGA VINYASA Aerobic studio Joshua 10-11a
				WATER FITNESS Pool Glenda 10:30-11:30a			
No Classes 11:30a-5:30p						Closed 5:00p	
5:00p				SMALL MUSCLE GROUP TRAINING Core Studio Betrand/Etienne 5:30-6:15p			
6:00p	ZUMBA Aerobic Studio Lauren 6-7p	<i>Paid Class</i> QUIGONG CLASS Aerobic Studio Yantong 6-6:45p	ZUMBA Aerobic Studio Lauren 6-7p	BASIC DANCING COMPONENTS Aerobic studio Amy 6:30-7:30p			
			RHYTHM RIDE Cycling Studio Lizzie 6:30-7:15p				
No Classes 7:15p-Close							

GROUP EXERCISE CLASS DESCRIPTIONS

ACTIVE OLDER ADULTS/DANCE: Maintain health and functionality with a program designed specifically for the needs of those young at heart.

BODYPUMP/BODYFLEX: is a weights class for absolutely everyone. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns many calories.

CORE: Utilize athletic training principles to build strength, stability, and endurance in the muscles that support your core.

FULL BODY CONDITIONING: A full body workout that targets all major muscle groups.

LES MILLS SPRINT: A 30 minute High-Intensity Interval Training (HIIT) class on an indoor bike that uses short bursts of all-out energy to push your limits, increase your heart rate and burn more calories.

PILATES SCULPT A workout focusing on core stability, mobility and breath.

RHYTHM RIDE: A 45 minute cycle class with a focus on movements, music and pedaling to the beat. Designed to help increase endurance and strength.

SMALL GROUP TRAINING: Small Group Training is an affordable class designed for a small group of family or friends of 4-6 people that is personalized to everybody's goals. **Registration is required. If there is an alternate time you would like to schedule small group training, please feel free to reach out to lvfitness@ymcachicago.org for available days and times.

TABATA EVOLUTION: A series of timed HIIT exercises designed to help increase endurance and strength.

TREAD & TRAIN: 20 minutes on a treadmill training with 30 minutes of resistance training.

WATER FITNESS: Low impact class designed to improve flexibility, range of motion, strength and cardio while using resistance of water.

YOGA BASICS/VINYASA: A widely practiced form of yoga, using body postures, breathing techniques and meditation.

ZUMBA: Bring a dance party to your fitness routine with the calorie burning workout to Latin and World Rhythms.

BASIC DANCING COMPONENTS : a dancing class open to all, teaching basic elements of different dances styles

Check our website or app for the most current information on substitutions & cancellations.

lakeviewymca.org

For additional information or questions, please contact lvfitness@ymcachicago.org or visit lakeviewymca.org

