

## September 3-October 29

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:15am <b>CARDIO BURN &amp; BUILD</b> Dance Studio Toshi	9:15-10:15am <b>ALL LEVELS YOGA</b> Dance Studio Brenna	5:45-6:30am <b>BODY PUMP EXPRESS</b> Dance Studio Erica	9:15-10:15am <b>ALL LEVELS YOGA</b> Dance Studio Cheryl	9:15-10:15am <b>CARDIO BURN &amp; BUILD</b> Dance Studio Toshi	8-8:55am <b>STEP</b> Dance Studio Rose/Toshi	8:30-9:15am <b>CYCLING</b> Cycling Studio Susan
10:30-11:30am <b>SILVER SNEAKERS</b> Large Gym Barry	10:30-11:30am <b>CHAIR YOGA</b> Dance Studio Brenna	9:15-10:15am <b>CARDIO BURN &amp; BUILD</b> Dance Studio Toshi	10:30-11:30am <b>CHAIR YOGA</b> Dance Studio Cheryl	10:30-11:30am <b>SILVER SNEAKERS</b> Large Gym Toshi	9-10am <b>Weekend Warrior</b> Playlot or Small Gym Steven (\$\$ Premium) Dates: 9/14-11/2	9:30-10:30am <b>PILATES</b> Dance Studio Rose M
6-7pm <b>ALL LEVELS YOGA</b> Dance Studio Cheryl	6-7pm <b>BODY PUMP</b> Dance Studio Agnes	10:30-11:30am <b>SILVER SNEAKERS</b> Large Gym Toshi	6:00-7:00pm <b>POWER YOGA</b> Dance Studio Renee		9:15-10:15am <b>VINYASA YOGA</b> Dance Studio Cheryl	10:45-11:45 am <b>BODY PUMP</b> Dance Studio Sharon
6-6:45pm <b>CYCLING</b> Cycling Studio Johnny D.	6-7pm <b>POWER HOUR</b> PT Studio Spencer (\$\$ Premium) Dates: 9/10-10/29	6-6:45pm <b>CYCLING</b> Cycling Studio Johnny D.	6-7pm <b>POWER HOUR</b> PT Studio Cathy (\$\$ Premium) Dates: 9/12-10/24		10:15-11am <b>CYCLING</b> Cycling Studio Lisa	
7:15-8:15pm <b>WERQ</b> Dance Studio Anna	7:15-8:15pm <b>VINYASA YOGA</b> Dance Studio Renee	7:15-8:15pm <b>WERQ</b> Dance Studio Anna	7-8pm <b>Boxing</b> PT Studio Brian (\$\$ Premium) Dates: 9/12-10/24			

**Check our website or app for the most current information on substitutions & cancellations. Book a FREE Wellness Consult by contacting [irvingparkfitness@ymcachicago.org](mailto:irvingparkfitness@ymcachicago.org)**

## GROUP EXERCISE CLASS DESCRIPTIONS

**ALL LEVELS YOGA:** This class is typically practiced at a slower pace. Class begins with a period of focus on the breath, followed by a gentle warm-up, transitioning through standing, seated, and supine flow sequences, ending with relaxation and/or simple meditation. Students learn proper breathing techniques, biomechanics, and postural alignment. All classes offer options to accommodate new students and challenge continuing students.

**BODYPUMP:** A scientifically backed barbell workout using light to moderate weights and high reps to increase your strength and fitness.

**BODY PUMP EXPRESS:** This version of Body Pump will give you the benefits of a full-body workout and get you to work on time (This is a 45-minute version of the Body Pump class).

**BOXING:** Join Brian for his great workouts using basic boxing moves to increase your speed, agility, strength, and functional movement. This class is suitable for all fitness levels and no experience is necessary. Hand wraps not required, but highly recommended. You must bring your own gloves. This is a Premium class requiring additional fee.

**CARDIO BURN & BUILD:** This complete body workout class presents a fun, effective way to lose fat, tone muscles and improve body awareness and flexibility. A choreographed, easy to follow low impact (high impact optioned) aerobic workout burns calories while resistance work builds core strength and tones muscles. Various types of equipment including weights, bands, and mats are provided.

**CHAIR YOGA:** A gentle class adapting yoga poses with a chair. This class cultivates awareness and deep relaxation through meditation, breath work, and gentle stretches all without the stress of getting up and down off the floor.

**INDOOR CYCLING:** Instructors will lead you through an exhilarating ride designed to improve overall fitness while increasing performance with focus on endurance, strength, interval and all-terrain training. This class is suitable for all fitness levels and no experience is necessary.

**PILATES:** A form of exercise, which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Like Yoga, Pilates concentrates on posture, balance and flexibility.

**POWER HOUR:** This small group personal training offer explores HITT training, strength training, functional fitness, and cardiovascular endurance for a full body work out. This is an affordable way to work with a personal trainer while building community.

**POWER YOGA:** A dynamic and fast-paced style of yoga that provides a great full-body workout to enhance strength, flexibility, posture, and mental focus. Poses are done one by one by connecting with the breath, warming the body, and raising heart rate. The body's range of motion will be challenged with both seated and standing postures, twists, backbends, forward folds, and hip openers.

**SILVER SNEAKERS®:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**STEP:** Step is a low impact cardio workout on and around a step box. Choreographed to fun music, Step gets your heart rate up and has a great community feel.

**Strength & Conditioning:** This small group personal training offer is perfect to help members to establish an understanding and practice of safe, and effective strength and conditioning exercises, under the guidance of a certified personal trainer. Suitable for all levels of conditioning.

**VINYASA YOGA:** Commonly referred to as "flow" yoga, Vinyasa is a style of yoga characterized by a connected sequence of poses used throughout the class so that you move seamlessly from one pose to the next. Emphasis on linking movement with the flow of breath as you build heat and increase your strength and flexibility over time. Vinyasa classes offer a variety of postures, and no two classes are ever alike.

**WEEKEND WARRIOR:** This is a fun, outdoor circuit training class (weather permitting) including strength, cardio, and functional training. Join Steven on our new turf in the playlot on Saturday mornings to start your weekend off. Exercises can be modified for most levels. This is a Premium class requiring additional fee.

**WERQ:** WERQ is a wildly addictive cardio dance fitness class based on the hottest trending pop and hip-hop music. WERQ is for everybody and everybody, so bring your good vibes for a zero-judgment dance party. We will sweat and have a ton of fun with a great full body workout to the heart-pumping playlist.