



the power of **PLAY**

ELMHURST YMCA GROUP EXERCISE SCHEDULE

NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:20am (30min) AQUA FUSION Pool Marie		5:20am (30min) AQUA FUSION Pool Marie		
		5:30am CYCLE Cycle Studio Michele		5:30am CYCLE Cycle Studio Michele	5:30am LOWER BODY HITT Gym Mary	
				5:30am UPPER BODY HITT Classroom 2 & 3 Mary		
	7am AOA FITNESS Classroom 2 & 3 Helen	7am CHAIR YOGA Classroom 2 & 3 Helen		7am THRIVE™ Classroom 2 & 3 Beverly	7am AOA FITNESS Classroom 2 & 3 Helen	
		8:15am SHALLOW WATER FITNESS Pool Marie	8am AOA Fitness Classroom 2 & 3 Catherine	8:15am SHALLOW WATER FITNESS Pool Marie		8:15am SHALLOW WATER FITNESS Pool Cheryl
9am BODYPUMP™ Gym Michele	9:15am HITT Gym Lisette	9am (60min) BODYPUMP™ Gym Kile	9am (60min) BODYCOMBAT™ Gym Catherine	9am LOWER BODY BLAST Classroom 2 & 3 Lisette	9am EXTREME BODY BLAST Gym Catherine	9am HIIT Gym Lisette
	10am (60min) MOBILITY FLOW Classroom 2 & 3 Beverly	10am THRIVE™ Classroom 2 & 3 Beverly	9:15am SHALLOW WATER FITNESS Pool Marie		9:45am BOOTCAMP Gym Catherine	10am (60min) BODYCOMBAT™ Gym Catherine
	6pm CYCLE Cycle Studio Michele	6pm BODYPUMP™ Classroom 2 & 3 Michele	10am (60min) MOBILITY FLOW Classroom 2 & 3 Beverly	10am BODYPUMP™ Classroom 2 & 3 Beverly		
	6:15pm ZUMBA™ Classroom 2 & 3 Tiffany		6:15pm ZUMBA™ Classroom 2 & 3 Tiffany			10:00 am ZUMBA Classroom 2 & 3 Tiffany

Classes are 45 minutes unless otherwise specified.
(\$) Indicates a PAID program.

To make a reservation visit elmhurstymca.org
or call the Y at 630.834.9200

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

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO/STRENGTH CLASSES

BODYCOMBAT™: This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi, and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick, and kata your way through calories to superior cardio fitness.

BODYPUMP™: BODYPUMP®, the original barbell class, will sculpt, tone, and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP® formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low-weight loads and high-repetition movements, you'll burn fat, gain strength, and quickly produce lean body muscle conditioning. BODYPUMP® is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups.

BOOTCAMP: Get ready to sweat and push your limits in our Bootcamp class! This high-intensity workout combines cardio, strength training, and plyometrics to torch calories and build strength. Led by motivating instructors, each session is designed to challenge you with a mix of drills and circuits that target every muscle group. Whether you're a fitness enthusiast or just starting your journey, our Bootcamp class will help you achieve your goals and leave you feeling strong, energized, and accomplished. All fitness levels welcome!

SPINNING®: is the first and still the best name in indoor cycling. Tailored for all abilities and fitness goals, Spinning® delivers an experience at a self-directed pace. No other indoor cycling bikes offer the feel of a real outdoor bike - or the level of adjustments to fit every rider - quite like Spinning's patented line of Spinner® bikes. And with over a million Spinning® enthusiasts worldwide, you'll be joining a global community that is passionate about getting into the best shape of their lives.

XTREME BODY BLAST: Shift your workout into Overdrive. This high-intensity interval training class combines grueling, all-out work with brief recovery periods to provide a total body workout.

MIND BODY CLASSES

HATHA YOGA: Hatha yoga uses physical techniques to try to preserve and channel vital force or energy. There is no particular sequence or set of poses that have to be practiced, making Hatha yoga suitable for people of all experience levels, even beginners.

MOBILITY FLOW: Mobility refers to the ability of your joints to move freely and pain-free through a natural range of motion. This class uses yoga and mobility exercises to relieve muscular tension, increase your range of motion, build functional strength, and help you stay active throughout life. Participants will be moving between floor and standing exercises throughout class.

YIN VIN YOGA: Yin Vin yoga is a marriage of the strong, yang Vinyasa Yoga with the receptive Yin Yoga using long-held passive poses that opens the body to more flexibility and energy flow helping to strengthen and invigorate the body and mind while chasing away any fatigue.

YOGA: Yoga is known for its endless health benefits. Consciously linking the movement of the body to the movement of the breath, these classes are a dynamic, flowing practice that leads you through a balanced series of postures to strengthen and build flexibility, promoting physical stamina and a sense of deep inner calm. Add to any fitness routine and Yoga will improve your overall performance.

YOGA SCULPT: Join us for an invigorating Yoga Sculpt class that blends traditional yoga poses with strength training. Designed to tone muscles, build endurance, and enhance flexibility, this dynamic class incorporates hand weights and resistance bands to intensify your practice. With energizing music and mindful movements, you'll sculpt your body while calming your mind, leaving feeling empowered and rejuvenated. All levels welcome.

ZUMBA™: Zumba combines Latin and international music and dance with cardio moves. It can help improve aerobic fitness, body composition, and balance. Zumba classes are known for being high-energy and fun and are suitable for people of all ages and fitness levels.

AOA CLASSES

AOA FITNESS: Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of movement. Getting started and getting more out of your day-to-day activities is the focus. A variety of equipment is used and modifications are given.

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CHAIR YOGA: This gentle form of yoga is practiced sitting on a chair or using a chair for support during standing poses. Chair yoga is especially suitable for older adults, people with balance or coordination issues, and those with disabilities. Chair yoga helps increase flexibility, improves balance, and relieves stress. The class incorporates breathing exercises, stretching, yoga postures, and final relaxation.

THRIVE™: This is an active aging non-impact workout that focuses on lower body and core strength set to bopping beats. Designed to improve functional stability and flexibility while improving movement longevity. This workout can be performed with assistance, such as chair support, bodyweight, or light resistance.

AQUATIC CLASSES

SHALLOW WATER AEROBICS: Our most popular class. This low impact, medium intensity water fitness class provides all the benefits of a group fitness class without the impact on your joints. Individuals with beginner, intermediate and advanced fitness levels are welcome, and no swimming skills are necessary.

AQUA FUSION: We're taking water workouts to the next level! This interval training format pulls from disciplines like kickboxing and plyometrics, using resistance from the water to maximize heart rate, stimulate the total body and force mega calorie burn. Travel from shallow to deep water using the resistance of water to improve your cardiovascular and muscular endurance as well as increase strength. It's a phenomenal full body workout!

AQUA FUSION: When an instructor is not available, individuals can take part in this self-paced, 45-minute shallow water workout class.

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