

September - October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6am BODYCOMBAT Studio 1 Jessica	5:30-6:15am BOOTCAMP Studio 1 Sara	5:30-6:15am CYCLE & STRENGTH Studio 3 Lindsay	5:30-6am LM GRIT Studio 1 Jessica	5:30-6:15am TABATA Studio 1 Sara		
6:10-6:40am CORE & MORE Studio 1 Lindsay			7-7:45am LM CORE Studio 1 Audrey		7:15-8:15am CROSSTRAIN Gym Lindsay	7:15-8am BODYCOMBAT Studio 1 Yuka
8-8:45am LOW IMPACT Studio 2 Rae	8-9am BODYBALANCE Studio 2 Pam	8-8:45am POWER STEP Studio 1 Chris	8-9am BODYBALANCE Studio 2 Pam	8-9am BODYATTACK & CORE Studio 1 Marianne	8:30-9:15am BODYPUMP Studio 1 Chris	8:15-9:15am BODYPUMP Studio 1 Pam
8:15-9:15am BODYPUMP Studio 1 Marianne	8:15-9am TBC Studio 1 Chris	8-9am GENTLE YOGA Studio 2 Stephanie	9-10am BODYCOMBAT Gym Yuka	8-9am DEEP STRETCH Studio 2 Cat	9-10am VINYASA FLOW Studio 2 Donna	8:15-9:15am RIDE & RESIST Studio 3 Lindsay
9-9:45am DEEP STRETCH Studio 2 Donna	8:45-9:30am CYCLE & CORE Studio 3 Yuka	9-10am BODYPUMP Studio 1 Chris	9:15-10am TBC Studio 1 Steph V		9:30-10:15am POWER STEP Studio 1 Chris	8:30-9:15am MAT PILATES Studio 2 Yuka
9:30-10:30am STEP & LM CORE Studio 1 Chris	9:15-10:15am KICKBOX/COMBAT Studio 1 Steph V/Marianne	9:15-10am CYCLE Studio 3 Steph V	9:15-10:15am YOGA Studio 2 Cat	9:15-10:00am LM THRIVE Studio 1 Chris	9:30-10:30am ZUMBA Gym Rae	9:30-10:15am TNT Studio 1 Lindsay
10-11am ALL LEVEL YOGA Studio 2 Donna	9:15-10:15am YOGA Studio 2 Stephanie	10:15-11am LM CORE Studio 1 Pam	10:15-10:45am BARRE Studio 1 Steph V	9:15-10:15am CHAIR PILATES Studio 2 Yuka		
10:45-11:30am TBC LITE Studio 1 Heidi	10:30-11:15am PILATES w/ PROPS Studio 2 Abbe	11:15am-12:15pm LM THRIVE Studio 1 Pam	10:30-11:15am STRENGTH FOUNDATIONS Studio 2 Rae	10:15-11:00am TBC LITE Studio 1 Heidi	10:15-11:15am BODYBALANCE Studio 2 Rotates	
11:15am-12:15pm CHAIR YOGA Studio 2 Donna	10:30-11:30am ZUMBA GOLD Studio 1 Rae	11:15am-12:15pm CHAIR YOGA Studio 2 Donna	11:25am-12:10pm SILVERSNEAKER ENERCHI Studio 2 Rae	10:45-11:45am ALL LEVEL YOGA Studio 2 Donna		
4:30-5:30pm BODYBALANCE Studio 2 Eric	11:30am-12:30pm CHAIR STRENGTH Studio 2 Yuka	4:30-5:15pm TNT Studio 1 Lindsay				
4:30-5:30pm TBC Studio 1 Chris	4:30-5:15pm BARRE Studio 1 Steph V	4:30-5:30pm PILATES w/PROPS Studio 2 Rae	4:30-5:15pm LM THRIVE Studio 1 Marianne	4:45-5:30pm LM DANCE Studio 1 Jessica		
5-5:45pm BIKE & BOX Studio 3 Lindsay		5:30-6:15pm CARDIO COMBO Studio 1 Sara	5:15-6pm CYCLE Studio 3 Sara			
5:45-6:30pm HIIT MIX Studio 1 Rand	5:30-6:15pm BOOTCAMP Studio 1 Lindsay	5:45-6:15pm SILVERSNEAKER BOOM MOVE Studio 2 Rae	5:30-6:15pm POWER UP Studio 1 Lindsay	5:45-6:45pm BODYPUMP Studio 1 Yuka		
5:45-6:45pm ZUMBA Studio 2 Jackie	5:45-6:45pm ALL LEVEL YOGA Studio 2 Donna	6:25-6:55pm SILVERSNEAKER BOOM MUSCLE Studio 2 Rae	5:30-6:30pm BODYBALANCE Studio 2 Marianne	5:45-7:00pm RESTORATIVE YOGA Studio 2 Cat		
6:45-7:30pm HYBRID PILATES Studio 1 Abbe	6:30-7:30pm BODYPUMP Studio 1 Sarah S	6:30-7pm GRIT STRENGTH Studio 1 Alyssa	6:30-7:15pm BODYCOMBAT Studio 1 Jessica		Online Reservation Required sageymca.org	

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO CLASSES

LES MILLS (LM) BODYCOMBAT*:** Non-contact martial arts inspired workout.

LES MILLS (LM) BODYATTACK*:** Choreographed athletic movements combined with strength exercises.

LES MILLS (LM) DANCE*:** High-energy dance combines innovative movements with the latest music.

KICKBOXING*:** A form of martial art with multiple combinations of punches & kicks.

TABATA:** HIIT training: 20 seconds of max effort followed by 10 seconds recovery.

ZUMBA*: Movements inspired by various styles of Latin American dance and music.

POWER STEP:** Step with high intensity power moves at a faster pace with advanced choreography.

CARDIO & LES MILLS (LM) CORE*:** Mixed cardio moves followed by LM Core.

CARDIO COMBO:** High-energy mix of cardio moves.

CYCLE CLASSES

CYCLE:** Focus on endurance, strength, intervals, high intensity, racing and recovery.

BIKE & BOX:** Cycle drills with bouts of boxing throughout the class.

RIDE & RESIST:** Full body workout with resistance segments between cycle drills.

CYCLE & CORE:** Cycle drills followed by core work off the bike.

LES MILLS SPRINT:** 30-minute HIIT indoor ride. A high intensity, low impact workout.

STRENGTH/STRENGTH & CARDIO MIXED CLASSES

LES MILLS (LM) BODYPUMP*:** Full body barbell & weight workout focused on high reps, low weight.

LES MILLS (LM) CORE*:** Build strength, stability & endurance in the muscles that support your core.

LES MILLS(LM) GRIT SERIES*:** High intensity interval training (HIIT)-Strength, Athletic & Cardio.

TIGHTEN & TONE (TNT):** Mix of cardio & strength training.

BOOTCAMP:** Intermediate-Advanced drills of high intensity cardio, agility & strength exercises.

BARRE*: Fusion of Ballet, Yoga, Pilates & light resistance.

TOTAL BODY CONDITIONING (TBC):** Cardio, strength, core, balance & intervals with various equipment.

POWER UP*:** Focus is on strength training with heavy use of the barbell & shots of cardio.

CROSSTRAIN:** Multiple disciplines of fitness with use of kettlebells, medicine balls, gliders & more.

CORE & MORE*: Train your abs, back, pelvic floor & minor core muscles including lats, traps & glutes.

SILVER SNEAKERS BOOM MUSCLE*:** Increase muscle strength, endurance, function & cardiorespiratory.

HIIT MIX:** Intervals of several rounds of high intensity and low intensity. Mix of cardio & strength.

MIND/BODY CLASSES (LOW IMPACT)

LES MILLS (LM) BODYBALANCE*:** A yoga-based class with elements of Tai Chi and Pilates.

DEEP STRETCH*: Long, static stretches to lengthen & move through full range of motion.

ALL LEVEL YOGA:** Asanas introduced & deepened through an instructor's guidance.

VINYASA FLOW*:** Advanced yoga where poses are linked with the breath in a flowing sequence.

YOGA*: Balance of mind & body through exercise, meditation, & control of breathing.

CHAIR YOGA*:** Yoga practice using a chair to assist poses.

RESTORATIVE YOGA*: Mix of mindfulness meditation, breathing & relaxation exercises.

CHAIR PILATES*:** Pilates based class using a chair for assistance.

SILVER SNEAKERS ENERCHI*:** Modified tai chi forms in a slow, flowing sequence. (Chair optional)

PILATES CLASSES (LOW IMPACT)

MAT PILATES*: Strengthening & lengthening exercises that focus on the core muscles.

HYBRID PILATES*: Traditional Pilates with fitness disciplines such as yoga, strength, dance, and cardio.

PILATES WITH PROPS*: Pilates incorporating a modern approach with various props & equipment.

LOW IMPACT CLASSES

LOW IMPACT*: Full body workout without impact. Focus on cardio, strength, balance & flexibility.

STRENGTH FOUNDATIONS:** Functional strength training principles & technique incorporated into class.

TOTAL BODY CONDITIONING (TBC) LITE:** Cardio, strength, core, balance & intervals without impact.

CHAIR STRENGTH*:** Strength training using a chair for assistance.

ZUMBA GOLD*: A modified Zumba class that recreates the original moves you love at a lower intensity.

LES MILLS (LM) THRIVE*:** Focus on lower-body strength to enhance functional stability and walking ability, in conjunction with core strength and flexibility training. Ideal for all ages with emphasis to the needs of the 55+ age group along with pre/post-surgery and post-therapy.

SILVER SNEAKERS BOOM MOVE*:** Low Impact Dance with easy-to-follow moves.

* = 8-12 years old youth appropriate with parent

* & ** = 13-15 years old youth appropriate after attending a fitness orientation

* & ** & *** = 16+ years old appropriate

Schedule subject to change at any time.

For additional information or questions, please contact
svedder@ymcachicago.org or visit sageymca.org



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the power of **PLAY**