

# Group Fitness Schedule

Spring 1 Session February 22 - April 18, 2010



**Members Only, ages 14+**

## BROADVIEW CENTER

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Fit For Life	5:50 AM	Waterworks	6:00 AM	Fit For Life	5:50 AM	Waterworks	6:00 AM	Fit For Life	5:50 AM	Deep Water Conditioning	
Deep Water	6:00 AM	Gentle Fitness H <sub>2</sub> O	7:45 AM	Deep Water	6:00 AM	Gentle Fitness H <sub>2</sub> O	7:45 AM	Deep Water	6:00 AM	7:00 AM	
Waterworks	7:45 AM	Cardio-Kickboxing	8:00 AM	Waterworks	7:45 AM	Cardio-Kickboxing	8:00 AM	Waterworks	7:45 AM	Fit For Life	
Step	8:00 AM	Interval 1-2-3	4:00 PM	Time to Tone	8:00 AM	Family Zumba	4:00 PM	Step	8:00 AM	7:30 AM	
Senior Water	9:15 AM	Zumba	7:00 PM	Sit and Be Fit	8:15 AM	Interval 1-2-3	7:00 PM	Senior Water	9:15 AM	8:00 AM	
Interval 1-2-3	9:15 AM	Get on the Ball - Core		Senior Water	9:15 AM			Interval 1-2-3	9:15 AM	Saturday Morning	
Stroller Aerobics	11:15 AM		7:50 PM	Interval 1-2-3	9:15 AM			Zumba	4:30 PM	Workout	
Fit for Life	12:10 PM			Stroller Aerobics	11:15 AM			Waterworks	5:00 PM	8:45 AM	
Cardio-Kickboxing	4:30 PM			Fit for Life	12:10 PM			Fit for Life	5:30 PM		
Fit for Life	5:30 PM			Cardio-Kickboxing	4:30 PM						
Waterworks	5:40 PM			Waterworks	5:00 PM						
Flex and Balance	6:40 PM			Fit for Life	5:30 PM						
Deep Water Conditioning	7:15 PM			Deep Water Conditioning	7:15 PM						

## DOWNTOWN CENTER

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Lively Low	9:00 AM	Circuit Work-It	12:00 PM	Fit For Life	6:00 AM	Express Fit 30	6:30 AM	Fit For Life	6:00 AM
Senior Water	9:45 AM	Get On the Ball - Core	5:30 PM	Sit and Be Fit	9:00 AM	Cardio-Kickboxing	12:00 PM	Lively Low	9:00 AM
Arthritis Program	11:30 AM	Deep Water Conditioning	5:30 PM	Senior Water	9:45 AM	Get On the Ball - Core	5:30 PM	Senior Water	9:45 AM
Express Fit 30	11:00 AM			Arthritis Program	11:30 AM	Deep Water Conditioning	5:30 PM	Express Fit 30	11:00 AM
Step	12:00 PM			Express Fit 30	11:00 AM			Arthritis Program	11:30 AM
Get On the Ball - Core	12:30 PM			Zumba	12:00 PM			Time to Tone	12:00 PM
Express Fit 30	4:45 PM			Get On the Ball - Core	12:30 PM			Get On the Ball - Core	12:30 PM
Flex and Balance	5:30 PM			Express Fit 30	4:45 PM				
Family Zumba	6:00 PM			Cardio-Kickboxing	5:00 PM				
				Zumba	6:00 PM				

## CLASS DESCRIPTIONS LAND

**CARDIO-KICKBOXING** - An exciting, high-energy workout using the fundamentals of boxing. Includes shadow boxing, kicks and blocks, jumping rope, coordination skills and upper body muscle toning - all to "hard hitting" music!

**CIRCUIT WORK-IT** - A complete body workout combining stations of resistance training and cardiovascular exercises. Excellent class for all levels of fitness. You and the instructor challenge yourself to a motivating and fun workout!

**EXPRESS FIT 30** - Short on time? This 30 minute circuit class uses the cybex weight machines as well as cardiovascular exercises to give you a complete workout in 30 minutes. Classes are limited to 6-8 participants and require daily check in at the front desk.

**FIT FOR LIFE** - A free-style mix of speed walking or running, jumping rope, basic aerobic patterns and sports conditioning moves. No rhythm required! A fun challenge for any fitness level.

**FLEX AND BALANCE** - A 45 minute class that consists of balance exercises, including various lunges, squats, etc. plus various core strengthening and major muscle stretching exercises, designed to provide "functional training" to muscles that aren't addressed during normal workout activities.

**GET ON THE BALL CORE** - Improve body alignment, balance, muscular strength and endurance. Target your core (abs, back, glutes) with a variety of exercises performed on the stability ball.

**INTERVAL 1-2-3** - A high energy class that's fun and full of variety! Combines cardio and strength intervals: One minute hi-intensity cardio; two minutes strength; three minutes moderate-intensity cardio.

**INTRO TO LINE DANCING/LINE DANCING** - Learn the basics or more advanced steps to fun country music. Good exercise and good fun.

**LIVELY LOW IMPACT** - An energetic, effective low impact and varied intensity aerobic class for those who like to move but don't want to bounce.

**SIT AND BE FIT** - Experience this fun but challenging chair-based class that builds strength, flexibility and balance.

**SLIDE** - It might look easy, but this 30-minute class will leave you huffing and puffing in no time. Using every muscle in your lower body to slide from side to side, not only will you get a great cardiovascular workout, but you will also improve your balance and coordination as well. Come and take this slide for a ride!

**STEP** - Step up to improved aerobic conditioning that's fun and challenging. New patterns and exciting moves keep you motivated.

**STROLLER AEROBICS** - This class will tone up your muscles, improve your cardiovascular conditioning and provide socialization with other adults, all while your newborn baby is at your side.

**SATURDAY MORNING WORKOUT** - A great workout that changes every week with a mix of Step, Cardio-Kickboxing, Strength Training, or circuit-style class.

**TIME TO TONE** - Get a total body toning workout to start your day! Resistance exercises are performed using dumbbells, resistance tubing, bands and stability balls to improve both muscular strength and endurance.

**WALK FIT** - Why stay inside when you can workout outdoors? Burn calories and tone your muscles while walking on the scenic Fox River Trail, while mixing in strength and conditioning exercises. Work your body and soak up the sun at the same time!

**ZUMBA / FAMILY ZUMBA**-ages 6+ - Combines high energy and motivating Latin and international music with unique moves that are fun and easy to do. Ditch the workout, join the party!

## EAST SIDE CENTER

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Fit For Life	5:45 AM	Zumba	5:45 AM	Circuit Work-It	5:45 AM	Aqua Circuit	5:45 AM	Fit For Life	5:45 AM	Waterworks	7:30 AM
Waterworks	7:30 AM	Aqua Circuit	5:45 AM	Fit For Life	5:45 AM	Step	8:15 AM	Waterworks	7:30 AM	Time to Tone	8:00 AM
Senior Water	8:45 AM	Zumba	8:15 AM	Waterworks	7:30 AM	Sit and Be Fit	9:00 AM	Senior Water	8:45 AM	Zumba *	9:15 AM
Cardio-Kickboxing	8:45 AM	Sit and Be Fit	9:00 AM	Senior Water	8:45 AM	Get On the Ball - Core	9:05 AM	Cardio-Kickboxing	8:45 AM	Zumba *	10:15 AM
Get On the Ball - Core	9:35 AM	Get On the Ball - Core	9:05 AM	Time to Tone	8:45 AM	Zumba	9:45 AM	Get On the Ball - Core	9:35 AM		
Express Fit 30	10:00 AM	Cardio-Kickboxing	4:30 PM	Get On the Ball - Core	9:35 AM	Family Zumba	4:30 PM	Express Fit 30	10:00 AM		
Flex and Balance	10:20 AM	Get On the Ball - Core	5:20 PM	Intro to Line Dancing	10:20 AM	Get On the Ball - Core	5:20 PM	Flex and Balance	10:20 AM		
Intro to Line Dancing	10:20 AM	Waterworks	5:40 PM	Circuit Work-It	10:20 AM	Waterworks	5:40 PM				
Circuit Work-It	10:45 AM	Zumba	6:00 PM	Line Dancing	10:50 AM	Flex and Balance	6:00 PM				
Line Dancing	10:50 AM	Circuit Work-It	7:15 PM	Stroller Aerobics	11:10 AM						
Stroller Aerobics	11:10 AM			Step	5:35 PM						
Step	5:35 PM			Get On the Ball - Core	6:25 PM						
Get On the Ball - Core	6:25 PM			Cardio-Kickboxing	7:00 PM						
Cardio-Kickboxing	7:00 PM			Waterworks	7:35 PM						
Ai Chi	7:45 PM			Zumba	7:55 PM						
Zumba	7:55 PM										

\* Please see Front Desk for a participation tag to attend class.

## WEST SIDE CENTER

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Fit For Life	5:45 AM	Gentle Fitness H <sub>2</sub> O	7:45 AM	Fit For Life	5:45 AM	Ai Chi	7:45 AM	Fit For Life	5:45 AM	Step	8:00 AM
Step	7:15 AM	Step	8:30 AM	Step	7:15 AM	Step	8:30 AM	Aqua Circuit	9:00 AM	Waterworks	8:00 AM
Waterworks	7:45 AM	Zumba	9:15 AM	Waterworks	7:45 AM	Zumba	9:15 AM	Step	9:15 AM	Zumba	10:15 AM
Aqua Circuit	9:00 AM	Cardio-Kickboxing	9:20 AM	Aqua Circuit	9:00 AM	Cardio-Kickboxing	9:20 AM	Zumba	9:15 AM		
Step	9:15 AM	Sit and Be Fit	9:30 AM	Step	9:15 AM	Sit and Be Fit	9:30 AM	Senior Water	10:05 AM		
Zumba	9:15 AM	Intro Line Dancing	10:15 AM	Senior Water	10:05 AM	Intro Line Dancing	10:15 AM	Get On the Ball - Core	10:20 AM		
Senior Water	10:05 AM	Line Dancing	10:45 AM	Step	4:30 PM	Line Dancing	10:45 AM	Step	4:30 PM		
Get On the Ball - Core	10:20 AM	Aqua Circuit	12:00 PM	Waterworks	5:05 PM	Water Works	12:00 PM				
Step	4:30 PM	Cardio-Kickboxing	4:30 PM	Cardio-Kickboxing	5:45 PM	Step	4:30 PM				
Cardio-Kickboxing	5:45 PM	Get On the Ball - Core	5:00 PM	Family Zumba	6:45 PM	Get On the Ball - Core	5:00 PM				
		Zumba	6:30 PM	Get On the Ball - Core	7:30 PM	Waterworks	7:30 PM				
		Waterworks	7:30 PM								

## CLASS DESCRIPTIONS WATER

**AI CHI** - Learn to go with the flow. A relaxing spirit, mind and body experience conducted in the water with an emphasis on flexibility and breathing techniques.

**AQUA CIRCUIT** - This workout involves intervals of cardiovascular work and strength training exercises using pool resistance equipment. Maximize your water workout!

**DEEP WATER CONDITIONING** - This challenging class uses interval training techniques and the water's natural resistance to increase cardio-vascular endurance while wearing a floatation belt.

**GENTLE FITNESS H<sub>2</sub>O** - If you're new to exercise and love the water or just need to take a load off your feet - this one's for you! Stabilization, flexibility and balance is the focus.

**SENIOR WATER** - This class is for the older adult who is young at heart. Exercise to big band and other fun music. It's a great workout that's easy on the joints.

**ARTHRITIS FOUNDATION AQUATICS PROGRAM** - Arthritis Foundation approved recreational program in a shallow pool designed to improve joint flexibility and relieve pain and stiffness through gentle movements in the warm 90 degree water.

**WATER WORKS** - A great cardiovascular workout that is easy on the joints. This shallow water class uses the water's natural resistance to get your heart rate up and strengthen your muscles. Swimming skills not required.

*Informed Consent for Program and Recreational Participation: All forms of physical activity involve a risk of injury. By voluntary participation in YMCA programs and activities, you assume and accept any and all risks of injury related to that activity.*

*Photograph and Videotape Permission: The YMCA reserves the right to take photographs or make videotape recordings of adults and children participating in our programs to be used in promotional literature and our Web site.*

*Mission Statement: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.*

*Financial Assistance Policy: We build strong kids, strong families, strong communities. Scholarships and financial assistance help to ensure that everyone belongs at the YMCA.*