



# Illinois Valley YMCA Group Exercise Schedule

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

\*Updated January 26, 2017\*

Time	Class	Instructor	Location
<b>MONDAY</b>			

<b>AM</b>			
8:00-8:50	Ageless Yoga	Wendy	GEN
9:00-9:50	Wet 'n Wild	Wendy	POOL
9:00-10:00	Body Pump	Dana J	GEN
9:00-10:00	SilverSneakers Classic	Crystal	GES
10:00-11:00	SilverSneakers Circuit	Crystal	GES
10:00-11:00	Basic Yoga	Connie	WEST
11:10-11:50	Tai Chi	Connie	GEN
<b>PM</b>			
12:00-1:00	Body Pump	Connie	GEN
5:00-5:50	Kardio Kick	Angie	GEN
5:00-6:00	Indoor Cycling	Dana W	SPR
5:30-6:30	Yoga Blend	Courtney	GES
6:00-7:00	Body Pump	Jill M	GEN
6:10-6:45	Beginner Cycling	Ed F.	SPR

<b>TUESDAY</b>			
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<b>AM</b>			
6:30-7:30	Body Pump	Karla	GEN
7:00-8:00	Indoor Cycling	Angie	SPR
8:00-8:50	Ageless Yoga	Wendy	GEN
8:30-9:30	Fluid Fusion	Dana J	POOL
9:00-9:50	SilverSneakers Cardio	Wendy	GEN
9:05-10:05	Indoor Cycling	Sara	SPR
9:30-10:30	Silver Sneakers Splash	Dana J	POOL
<b>PM</b>			
4:30-5:20	Pilates	Mike F	GES
5:10-5:40	Grit	Jill M	GEN
5:30-6:15	Ballet Barre	Courtney	SPR
5:45-6:30	Indoor Cycling	Ed	GEN
5:55-6:25	CX Worx	Kelly	GES
6:15-6:45	CIZE Live!	Kelly	GEN
6:30-7:30	Zumba	Gabby	GEN

<b>WEDNESDAY</b>			
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<b>AM</b>			
8:00-8:50	Ageless Yoga	Wendy	GEN
9:00-9:50	Wet 'n Wild	Dana J/ Wendy	POOL
9:00-10:00	Body Pump	Dana J/ Connie	GEN
9:00-10:00	SilverSneaker Classic	Crystal	GES
10:00-11:00	SilverSneakers Circuit	Crystal	GES
<b>PM</b>			
12:00-1:00	Body Pump	Kelly	GEN
5:00-6:00	Indoor Cycling	Angie	SPR
5:10-5:40	Beginner Grit/Yoga	Jill K	GEN
6:00-7:00	Body Pump	Kelly	GEN
6:00-7:00	Mindful Meditation	Barb	WEST
6:10-6:45	Beginner Cycling	Ed F.	SPR
7:00-7:30	Cize Live!	Kelly	GEN

\*The YMCA retains the right to change/cancel any classes\*

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Time	Class	Instructor	Location
<b>THURSDAY</b>			

<b>AM</b>			
6:30-7:30	Body Pump	Karla	GEN
7:00-8:00	Indoor Cycling	Angie	SPR
8:00-8:50	Ageless Yoga	Wendy	GEN
8:30-9:30	Fluid Fusion	Marge	POOL
9:00-9:50	SilverSneakers Cardio	Wendy	GEN
9:05-10:05	Indoor Cycling	Sara	SPR
9:30-10:30	Silver Sneakers Splash	Marge	POOL
11:10-11:50	Tai Chi	Rhonda	GEN
<b>PM</b>			
4:30-5:20	Pilates	Mike F	GES
5:15-5:50	Grit	Kelly	GEN
5:30-6:15	Ballet Barre	Courtney	GES
5:45-6:30	Indoor Cycling	Dana W	SPR
5:55-6:25	CX Worx	Jill M	GEN
6:30-7:30	Zumba	Rosanna	GEN

<b>FRIDAY</b>			
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<b>AM</b>			
6:30-7:30	Bike Boot Camp	Angie	SPR
8:00-8:50	Ageless Yoga	Wendy	GEN
9:00-9:50	Water in Motion	Marge	POOL
9:00-9:50	321 Blast	Gabby	GEN
10:00-11:00	SilverSneakers Circuit	Wendy	GES
10:10-11:10	Ashtanga Yoga	Sara	GEN
<b>PM</b>			
12:00-1:00	Body Pump	Kelly	GEN

<b>SATURDAY</b>			
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<b>AM</b>			
8:00-8:50	Ageless Yoga	Wendy	GEN
9:00-10:00	Indoor Cycling	Varies	SPR
9:15-9:45	CX Worx	Jill M	GEN
10:00-11:00	Body Pump	Varies	GEN
10:00-11:00	Zumba	Varies	GES

### Key

GEN= Group Exercise North  
GES= Group Exercise South  
SPR= Sports Performance Room  
POOL= Pool  
WEST= West Studio

\*Monday Evenings; No Yoga Blend January, Resumes February 6\*

### Child Watch

Monday-Thursday.....9:00am-1:00pm & 4:00-8:00pm  
Friday.....9:00am-1:00pm & 4:00-8:00pm  
Saturday.....8:30-11:00am  
Sunday.....Closed

### Facility Hours

Monday-Thursday.....5:00am-9:00pm  
Friday.....6:00am-9:00pm  
Saturday.....6:00am-5:00pm  
Sunday.....6:00am-8:00pm

**Ageless Yoga** – This class features elements of traditional Ashtanga Yoga such as sun salutations, standing and seated poses, and breathe work. This practice will build strength, aid balance and weight loss, while reducing stress and increasing vitality. The class is popular with both men and women of all ages.

**Therapeutic Tai Chi** – is the slow and harmonious physical fitness system of gentle stretching, calm movement, and relaxation that has been practiced in China for thousands of years to achieve and maintain wellness.

**Wet N' Wild** – is a great way to get started for the day with cardiovascular and resistance training exercise in the shallow water.

**SilverSneakers® Classic**– Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**SilverSneakers® Splash**– Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

**SilverSneakers® Circuit**– Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

**SilverSneakers CardioFit**– Get up and go in this cardio workout. The class focuses on low-impact movement, building upper-body strength, abdominal conditioning, stretching, and relaxation exercises designed to energize your active lifestyle.

**Fluid Fusion** – takes you beyond the normal limits to the great depths of the pool for an exhilarating exercise experience in the water!

**Ashtanga Yoga** – is derived from the teachings of K. Patthabi Jois a renowned Sanskrit scholar. This approach is thought to be the most ancient, the original form of Yoga. The emphasis is on strength, constancy, concentration and flow.

**Pilates** – combines the practice of Joseph Pilates with fitness balls, resistance bands, and foam rollers, helping to build long, lean muscles. These tools come together to formulate a powerful mixture to help build a stronger core, which helps to keep the body balanced and which are essential to providing support for the spine.

**Indoor Cycling** – is a class that will lead you through an indoor bike cycling journey that simulates a variety of terrains, hills, and intervals. Great for toning the lower body as well as the heart and lungs!

**Kardio Kickboxing** is a form of martial art exercise that challenges the mind to keep up with the body! Highly motivating for those who need an extra "PUNCH" in their daily workout routine!

**Basic Yoga**– Yoga training that can be modified for everyone. Easy to follow movements for flexibility and strength combined with peaceful music is the perfect combination for the beginner-level participant.

**Mindfulness Meditation**– Barb McLaughlin will be teaching Mindfulness Meditation and her mission is to help as many people as possible learn to help themselves improve their health, happiness, and general satisfaction with life through learning the technique of Mindfulness Meditation.

**Zumba®** – fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

**Ballet Barre** – While barre has origins in dance, the rhythmically challenged should not worry. You do not need any dance experience! Most barre classes follow the same basic structure; you'll start with a mat-based warm-up full of planks and push-ups, do a series of arm exercise, and continue at the bar with a lower-body section to work your thighs and glutes. Finally, you'll finish with a series of core-focused moves at the bar or a short session on the mat. And the best part is Anyone-no matter their age, weight, or fitness level-can hit the bar and get results.

**Bike Boot Camp** – gets your day started off on the right TIRE! Join Angie while she leads you through a fast paced, hilly, bike workout mixed with weights that will be sure to get your day going first thing in the morning!

**BodyPUMP** – The original LES MILLS™ 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.

**LesMills Grit**– If you want to take your fitness to the next level and see results like never before, LES MILLS GRIT™ is perfect for you. Enjoy spending less time at the gym and reap the benefits of working at your maximum.

**CX Worx**– Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? CXWORX™ is for you! CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

**Beginner Yoga Blend**– Beginner Yoga Blend is a gentle class. It is appropriate for anyone who is new to yoga or rediscovering yoga. This class is designed for students who want a gentle practice. We will be focusing on introductory poses with an emphasis on alignment, breath/body awareness and gentle strength building. This practice will help to cultivate an appreciation for the feeling of the shapes and movement of yoga postures and the freedom and vitality gained through breathing consciously and coordinating the movement of the breath and the body.

**CIZE Live!** – Tired of your workout? It's time to WORK IT! Don't call it a workout, but great dancing the way it's designed is hard work! The more you get into it, the more you'll get out of it! Performing these pulse-pounding, thrilling routines is serious cardiovascular training, core strengthening and over muscle toning, all at once! The class will be broken down in moves step-by-step, as you go, so you can learn them, repeat them until you're comfortable. Put the sequence together, then you'll be busting out a full routine You'll be amazed at how good you do and how good you feel!

**WATERinMOTION** – is the new wave in aquatic fitness! This class is for everyone- all ages, all fitness levels! If you love incredible music, invigorating movement, this class is for you!