

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

NEW SCHEDULE! NEW CLASSES!

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GET FIT! STAY YOUNG!

	<u>TME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>LOCATION</u>	
MON.	5:30-6:30 AM	Hip Hype Cycle	Wanda	Studio	
	8:00-9:00	Butts & Gutts	Wanda	Studio	
	8:30-9:15	★Water Aerobics	Diane	Pool	
	9:00-10:00	Fatburner	Rosalyn	Studio	
	9:15-10:00	Water Aerobics	Blanche	Pool	
	10:30-11:30	★Tai Chi	Baba Bey	Studio	

	5:30-6:30 PM	★Creative Cardio	Lorraine	Studio	
	6:35-7:35	Step Challenge	Wesley	Studio	
	6:30-7:30	Hip Hype Cycle (Level III)	Wanda	Cycling Studio	
	7:40-8:40	<i>New Day & New Time Chicago Step</i>	Steppin' Out	Studio	
	7:45-8:45	★Water Aerobics	Eloise	Pool	
	TUES.	5:30-6:30 AM	Cross Training	Ramona	Studio
6:45-7:30		Praise Ride (Level II)	Wesley	Cycling Studio	
8:00-9:00		Butts & Gutts	Chastain	Studio	
8:30-9:30		★Arthritis Aerobics	E. Gross	Pool	
9:00-10:30		★Cardio Sculpt	Rosalyn	Studio	

5:30-6:30 PM		★Step	Juanita	Studio	
6:35-7:35		★Yoga	N. Lewis	Studio	
WED.		5:30-6:30 AM	★50/50	Lynnae	Studio
		6:45-7:30	Cross City Cycle (Level I)	Alexis	Cycling Studio
	8:00-9:00	<i>New Class Zero Impact Stability Ball</i>	Steven	Studio	
	8:30-10:00	★Water Aerobics	Rosalyn	Pool	
	10:30-11:30	★Tai Chi	Baba Bey	Studio	

	5:45-6:30 PM	Body Sculpting	Wanda - 1 st 3 rd & 5 th Joyce - 2 nd & 4 th	Studio	
	6:35-7:35	Hip Hype Cycle (Level III)	Wanda	Cycling Studio	
	7:30-8:30	<i>New Class Judocise</i>	Steven	Studio	
	7:45-8:45	★Water Aerobics	Eloise	Pool	
THU.	5:30-6:30 AM	Cardio Kick	Ramona	Studio	
	6:45-7:30	Praise Ride (Level II)	Wesley	Cycling Studio	
	8:00-9:00	Butts & Gutts	Chastain	Studio	
	8:30-9:30	★Arthritis Aerobics	E. Gross	Pool	
	9:00-10:30	Cross Training	Rosalyn	Studio	
	9:00-10:00	Urban Line Dancing	Diane	Multi Purpose Rm	

	5:30-6:30 PM	★Body Sculpting	Wesley - 1 st & 3 rd Rosalyn - 2 nd & 4 th	Studio	
	6:30-7:30	★Salsa (P)	Mr. Ashley	Studio	
	6:45-7:45	Cross City Cycle (Level I)	Alexis	Cycling Studio	
	7:45-8:45	★Hip Hop	Anthony	Studio	

FRI.	5:30-6:30 AM	Blasting Abdominals	Lynnae	Studio
	8:15-8:55	★Stretch & Tone	Davyd	Studio
	8:30-10:00	★Water Aerobics	Diane	Pool
	9:00-10:00	★Body Sculpting	Rosalyn	Studio
	5:30-6:30 PM	Capoiera	Kwabena	Studio
	6:30-7:30	★Bellydancing (P)	Golda	Studio
SAT.	8:30-9:30 AM	Step Survival	Jameela -1 st & 3 rd Elgin -2 nd & 4 th	Studio
	9:45-10:15	★Cycle (Level I)	Alexis	Studio
	12:00-1:00 PM	★Water Aerobics	Blanche	Pool
SUN.	3:05-4:05	★Soulful Sunday Sculpt	Naviar	Studio

CLASS DESCRIPTIONS

50/50-this cross-training class provides a 25 minute cardio workout & 25 minutes of resistance training.

Arthritis Aerobics- taught in the pool the focus is on increasing range of motion in the joints.

Blasting Abdominals-an abdominal workout that targets the core muscles of the abdominals and back.

Body Sculpting- using hand weights and bands to focus on toning all muscles groups.

Butts & Gutts-exercises to tone the abdominals, buttocks and hips.

Cardio Blast- aerobic drills -- jumping rope, running, step at varying levels of intensity.

Cardio Kick-a cardio workout combining boxing skills and techniques with aerobic conditioning.

Cardio Sculpt-a low impact cardio workout combined with toning/sculpting techniques using hand weights, bands.

Creative Cardio-an upbeat aerobics class that combines cardiovascular and toning exercises for a total body workout.

Cross Training-a variable workout combining jogging (weather permitting)and upper/lower body conditioning.

Cycle – a 45 to 60 minute indoor cycling program that offers a challenge and an exceptional calorie burn.

Fat burner-A combination of high/low, step and strength training and outdoor jogging or walking (weather permitting).

Hip-Hop-a high energy, rhythmic workout that incorporates high and low impact dance moves.

Judocise – based on the martial principles of Judo, “maximum efficient use of mind and body”, and yogic principles of individual development.

Kickboxing-a cardio workout combining boxing skills and techniques with aerobic conditioning.

Step-aerobics done on a step bench; involves stepping up and down.

Step Challenge/Survival-an intense step aerobics workout with challenging choreography and combinations.

Step/Sculpt- cross-training class provides a 25 min. cardiovascular workout and a 25 min. of resistance workout.

Water Aerobics-an aerobic workout done in the water.

Yoga- yoga is designed to work mind & body through strengthening, conditioning & flexibility

Zero Impact Stability Ball – a class built around using the stability ball that increases in power, agility, flexibility, balance and self-esteem.

NEW MEMBERS 6 MONTHS FREE WELLNESS COACHING!

CHECK OUT THE COACH APPROACH- EXERCISE SUPPORT PROGRAM!

★ BEGINNER LEVEL/COACH APPROACH CLASSES (P) – FEE REQUIRED

NOTE: Please be advised Group Exercise classes are subject to change without prior notice and though we always strive to conduct every class on the schedule there are occasions where last minute notice prevents our ability to cover a class.