

## March-May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6am <b>BODYCOMBAT</b> Studio 1 Jessica	5:30-6:15am <b>BOOTCAMP</b> Studio 1 Sara	5:30-6:15am <b>CYCLE &amp; STRENGTH</b> Studio 3 Lindsay	5:30-6am <b>LM GRIT</b> Studio 1 Jessica	5:30-6:15am <b>TABATA</b> Studio 1 Sara		
6:10-6:40am <b>CORE &amp; MORE</b> Studio 1 Lindsay			6:15-6:45am <b>SPRINT</b> Studio 3 Audrey		7:15-8:15am <b>CROSSTRAIN</b> Gym Lindsay	7:15-8am <b>BODYCOMBAT</b> Studio 1 Yuka
8-8:45am <b>LOW IMPACT</b> Studio 2 Rae	8-9am <b>BODYBALANCE</b> Studio 2 Pam	8-8:45am <b>STEP</b> Studio 1 Chris	7-7:30am <b>LM CORE</b> Studio 1 Audrey	8-9am <b>BODYATTACK &amp; CORE</b> Studio 1 Marianne	8:30-9:30am <b>BODYPUMP &amp; LM CORE</b> Studio 1 Chris	8:15-9:15am <b>BODYPUMP</b> Studio 1 Pam
8:15-9:15am <b>BODYPUMP</b> Studio 1 Marianne	8:15-9am <b>TBC LITE</b> Studio 1 Chris	8-9am <b>GENTLE YOGA</b> Studio 2 Stephanie	8-9am <b>BODYBALANCE</b> Studio 2 Pam	8-9am <b>DEEP STRETCH</b> Studio 2 Penny	9-10am <b>VINYASA FLOW</b> Studio 2 Donna	8:15-9:15am <b>RIDE &amp; RESIST</b> Studio 3 Lindsay
9-9:45am <b>DEEP STRETCH</b> Studio 2 Donna	8:45-9:30am <b>CYCLE &amp; CORE</b> Studio 3 Yuka	9-10am <b>BODYPUMP</b> Studio 1 Chris	9-10am <b>BODYCOMBAT</b> Gym Yuka	9:15-10:15am <b>TABATA &amp; BODYPUMP</b> Studio 1 Chris	9:45-10:30am <b>POWER STEP</b> Studio 1 Chris	8:30-9:15am <b>MAT PILATES</b> Studio 2 Yuka
9:30-10:30am <b>STEP &amp; LM CORE</b> Studio 1 Chris	9:15-10:15am <b>KICKBOX/COMBAT</b> Studio 1 Steph V/Marianne	9:15-10am <b>CYCLE</b> Studio 3 Steph V	9:15-10am <b>TBC</b> Studio 1 Steph V	9:15-10:15am <b>CHAIR PILATES</b> Studio 2 Yuka	9:30-10:30am <b>ZUMBA</b> Gym Rae	9:30-10:15am <b>TNT</b> Studio 1 Lindsay
10-11am <b>ALL LEVEL YOGA</b> Studio 2 Donna	9:15-10:15am <b>YOGA</b> Studio 2 Stephanie	10:15-11am <b>LM CORE</b> Studio 1 Pam	9:15-10:15am <b>YOGA</b> Studio 2 Stephanie			
10:45-11:30am <b>TBC LITE</b> Studio 1 Heidi	10:30-11:15am <b>GENTLE STRETCH</b> Studio 2 Stephanie		10:15-10:45am <b>BARRE</b> Studio 1 Steph V	10:30-11:15am <b>TBC LITE</b> Studio 1 Heidi	10:15-11:15am <b>BODYBALANCE</b> Studio 2 Rotates	
11:15am-12:15pm <b>CHAIR YOGA</b> Studio 2 Donna	10:30-11:30am <b>ZUMBA GOLD</b> Studio 1 Rae	11:15am-12:15pm <b>CHAIR YOGA</b> Studio 2 Donna	10:30-11:15am <b>STRENGTH FOUNDATIONS</b> Studio 2 Rae	10:45-11:45am <b>ALL LEVEL YOGA</b> Studio 2 Donna		
4:30-5:30pm <b>BODYBALANCE</b> Studio 2 Eric	11:30am-12:30pm <b>CHAIR STRENGTH</b> Studio 2 Yuka					12:45-1:45pm <b>ZUMBA</b> Studio 1 Jackie
5-5:30pm <b>GRIT CARDIO</b> Studio 1 Alyssa	4:30-5:15pm <b>BARRE</b> Studio 1 Steph V	4:30-5:15pm <b>TNT</b> Studio 1 Lindsay	4:30-5:15pm <b>BODYCOMBAT</b> Studio 1 Jessica			
5-5:45pm <b>BIKE &amp; BOX</b> Studio 3 Lindsay		4:30-5:30pm <b>MAT PILATES</b> Studio 2 Rae	5:15-6pm <b>CYCLE</b> Studio 3 Sara			
5:45-6:30pm <b>ZUMBA</b> Studio 2 Jackie	5:30-6:15pm <b>BOOTCAMP</b> Studio 1 Lindsay	5:30-6:15pm <b>CARDIO COMBO</b> Studio 1 Sara	5:30-6:15pm <b>POWER UP</b> Studio 1 Lindsay	5:45-6:45pm <b>BODYPUMP</b> Studio 1 Yuka		
5:45-6:35pm <b>BODYPUMP</b> Studio 1 Chris	5:45-6:45pm <b>ALL LEVEL YOGA</b> Studio 2 Donna	5:45-6:45pm <b>DANCE FUSION</b> Studio 2 Rae	5:30-6:30pm <b>BODYBALANCE</b> Studio 2 Marianne	5:45-7:00pm <b>RESTORATIVE YOGA</b> Studio 2 Cat		
6:45-7:15pm <b>LM CORE</b> Studio 1 Chris	6:30-7:30pm <b>BODYPUMP</b> Studio 1 Sarah S	6:30-7pm <b>GRIT STRENGTH</b> Studio 1 Jessica			<b>Online Reservation Required</b> <a href="https://sageymca.org">sageymca.org</a>	

# GROUP EXERCISE CLASS DESCRIPTIONS

## CARDIO CLASSES

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

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

**DANCE FUSION\*:** Mixed dance formats incorporating light weights.

**HIIT\*\*:** Interval training with several rounds of high intensity followed by low intensity.

**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.

**STEP\*\*:** Choreographed moves on a step platform to high energy music.

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

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

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

**CARDIO & CORE\*\*:** Mixed cardio moves incorporating various ab & core exercises.

**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.

**CYCLE & STRENGTH\*\*:** Cycle drills with an emphasis on strength & use of weights.

**LES MILLS SPRINT\*\*:** 30-minute HIIT indoor ride. Short, intense style of training where the thrill & motivation comes from pushing your physical and mental limits. 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\*\*\*:** 30-minutes of high intensity interval training (HIIT)-Strength, Athletic & Cardio Formats.

**STEP & STRENGTH\*\*:** Traditional step class incorporating weights and other resistance equipment.

**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.

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

**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.

## MIND/BODY CLASSES

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

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

**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\*\*\*:** An advanced form of yoga where poses are linked together 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.

**GENTLE STRETCH\*:** Series of stretches at a slower pace & less intense positions.

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

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

## 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 the 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.

\* = 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](mailto:svedder@ymcachicago.org) or visit [sageymca.org](http://sageymca.org)