



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

WINTER 2019 LAND (EFFECTIVE JAN 7 TO MAY 31)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
Cycle 45 5:45-6:30 am Amanda Studio 2	Cycle 45 5:45-6:30 am Anne Studio 2	Cycle 45 5:45-6:30 am Amanda Studio 2	Cycle 45 5:45-6:30 am Anne Studio 2			
Back 2 Basics 8:25-9:25 am Chris Studio 1	Strength & More 8:30-9:30 am Sandi Studio 1	Simple Step 8:30-9:30am Chris Studio 1	ZUMBA 8:30-9:30 am Lisa P Studio 1	Strength and More 8:25-9:25 am Chris Studio 1	Wake up & Shape up 8:00-8:50 am Esther Studio 1	
Cardio Blast 9:30-10:30 am Deb Studio 1	Piyo 9:30 pm- 10:30 am Sandi Studio 1	Turbo Step 9:30-10:30 am Deb Studio 1	Barre 9:30-10:30 am Chelsea Studio 1	Boot Camp 9:30-10:30 am Deb Gym	ZUMBA 9:00-10:00 am Lisa P Studio 2	
	Raise the Bar 9:30-10:30am Lisa Gym		Raise the Bar 9:30-10:30 am Lisa Gym		Restorative Yoga 10:15-11:15 am Lisa Studio 2	ZUMBA 10:30-11:30 am Lisa P Studio 2
Silver Sneakers 1 9:30-10:30 am Kimberley Gym		Silver Sneakers 1 9:30-10:30 am Kimberley Gym		Silver Sneakers 1 9:30-10:30 am Kimberley Gym		
Silver Sneakers 1 10:45-11:45 pm Kimberley Gym	Silver Sneakers 2 10:45-11:45 Kimberley Gym	Silver Sneakers 1 10:45-11:45 pm Kimberley Gym	Silver Sneakers Yoga 10:45-11:45 Kimberley Gym	Silver Sneakers 1 10:45-11:45pm Kimberley Gym		GX Key:
Silver Sneakers Yoga 12:00-1:00 pm Kimberley Gym						Wellness Center
Step and Strength 5:10-5:55 pm Sandi Studio 2	Barre 5:10-5:55 pm Chelsea Studio 2	Piyo 5:10-5:55 pm Sandi Studio 2	Mixed Fit 5:00-5:50 pm Courtnee Studio 2			Studio 1
	Circuit Training 5:15-6:15 pm Kimberley WC					Studio 2
MEDITATION 6:00 PM—7:00 PM Lisa S Hot Spot January 14	Hatha Yoga 6:00-7:00 pm Lisa S Studio 2	HIIT 5:45-6:30 pm Esther Gym	Cycle 45 6:15-7:00 pm Amanda Studio 2			GYM
ZUMBA 6:30 - 7:30 pm Lisa P Gym		ZUMBA 6:30-7:30 pm Lisa P Gym				

- If you are new to a class, please let the instructor know, they will help you get started
- Due to inability to warm-up properly, please refrain from entering class after warm-up has finished
- Punch cards may be purchased at discounted rate. Age participation 14 and up

WATER CLASSES FOR MEMBERS:
\$5/Drop-In or \$10 per month
Couple (2): \$15 per month
Family: \$25 per month

COMMUNITY MEMBER:
\$6/Drop-In or \$15 per month
Couple (2) \$25 per month
Family: \$35 per month

PROGRAM PARTICIPANTS:
\$10/Drop-In

SCHEDULE SUBJECT TO CHANGE AT ANY TIME!

Contact:
Donna Lombardo
Group Exercise Coordinator
donna@gcfymca.org
847.888.7410 x 217

Taylor Family YMCA
50 N. McLean Blvd
Elgin, IL 60123

Check out our Facebook
page for daily updates!

www.taylorymca.org

GROUP EXERCISE CLASS DESCRIPTIONS

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LAND CLASSES

BACK TO BASICS

Get the benefits of traditional floor aerobics along with muscle strengthening and flexibility exercise. Join this class for low impact and high fun!

BARRE

A mix of pilates, dance, yoga and functional training.

BOOT CAMP

Combine high-energy activities to increase cardiovascular endurance, agility, speed, strength and flexibility.

CARDIO KICK!

Punch and kick your way to health with focus on proper arm extension and hip rotation to help torch calories!

CARDIO BLAST

Add some variety to your cardio routine! This class is a mix of traditional aerobics with a dose of strength training.

CARDIO FIT

Try a safe and heart-healthy aerobics class to energize your active lifestyle. This class focuses on building upper-body and core strength plus cardio endurance

CIRCUIT TRAINING

Features include a fun, low/mid impact, high-variety workout using the equipment in the Wellness Center.

CORE AND MORE

This class offers the benefits of traditional floor aerobics along with muscle strengthening and flexibility exercises.

CYCLE 45

45 minutes of a calorie torching ride!

HATHA YOGA

While concentrating on physical health and mental well-being, you will place emphasis on proper alignment, deep stretching, and breathing.

HIIT

High intensity interval training. Short periods of intense anaerobic exercise with less intense recovery Periods.

MIXXED FIT

A cardio class with a bit of dance and strength

MEDITATION TO RUN THE FIRST MONDAY OF THE MONTH

PIYO

A mix of yoga and pilates. The core-firming benefits of pilates with the strength and flexibility of yoga

RESTORATIVE YOGA

Recuperative postures are held for longer lengths of time and props are used to supports a deep sense of letting go and healing spirit, mind, and body

Silver Sneakers Classic®

Strength and range of movement benefits are the focus here. This class offers modifications, intensity-level changes and LOTS of choreography with a chair, hand-held weights, elastic tubing with handles, and ball. Great for adults with MS, Parkinson's, Fibromyalgia, Arthritis or balance issues.

Silver Sneakers Classic 2®

A more intense version of our original Silver Sneakers MS-ROM®

Silver Sneakers Yoga Level 1®

Class focuses on performing yoga poses while seated in chairs.

SIMPLE STEP

Low-impact class with basic footwork ! Combines step aerobics with body toning.

STRENGTH & MORE

With bands, hand weights, steps and any toy we can find to help you become stronger and more powerful! And a little bit more!

TURBO STEP

Advanced step class at a faster tempo.

YOGA FOR EVERYBODY

This class takes a more therapeutic approach with individual attention given to specific needs. Helps to develop flexibility and inner peace.

ZUMBA

Zumba fuses hypnotic Latin rhythms in each class of calorie burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements.

ROTATION

A different class each week with a Different instructor. Check out our website