



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cycle 45 5:45-6:30 am Anne Studio 2		Cycle 45 5:45-6:30 am Anne Studio 2			
Back 2 Basics 8:25-9:25 am Chris Studio 1	Ultimate Conditioning 8:30-9:30 am Chelsea Studio 2	Simple Step 8:30-9:30am Chris Studio 1	ZUMBA 8:30-9:30 am Lisa Marie Studio 1	Strength and More 8:25-9:25 am Chris Studio 1		
Cardio Blast 9:30-10:30 am Deb Studio 1	Raise the Bar 9:30-10:30am Lisa Marie Gym	Turbo Step 9:30-10:30 am Deb Studio 1	Raise the Bar 9:30-10:30 am Lisa Marie Gym	Boot Camp 9:30-10:30 am Deb Studio 1	ZUMBA 9:00-10:00 am Lisa Marie Studio 2	
					Restorative Yoga 10:15-11:15 am Lisa S Studio 2	
Silver Sneakers 1 9:30-10:30 am Kimberly Gym		Silver Sneakers 1 9:30-10:30 am Kimberly Gym		Silver Sneakers 1 9:30-10:30 am Kimberly Gym		
Silver Sneakers 1 10:45-11:45 pm Kimberly Gym	Silver Sneakers 2 10:45-11:45 Kimberly Gym	Silver Sneakers 1 10:45-11:45 pm Kimberly Gym	Silver Sneakers Yoga 10:45-11:45 Kimberly Studio 2	Silver Sneakers 1 10:45-11:45pm Kimberly Gym		GX Key:
Silver Sneakers Yoga 12:00-1:00 pm Kimberly Studio 2						Wellness Center
Raise the Bar 5:10-5:55 pm Sandy Gym	Barre 5:10-5:55 pm Chelsea Studio 2	Strength 5:10-5:55 pm Sandy Studio 2	Mixed Fit 5:00-5:50 pm Courtnee Studio 2	PIYo 5:10-6:00 Sandy Studio 2		Studio 1
	Circuit Training 5:15-6:15 pm Kimberly WC					Studio 2
MEDITATION 6:00 PM-7:00 PM Lisa S Hot Spot 1st Monday of the Month	Hatha Yoga 6:00-7:00 pm Lisa S Studio 2	HIIT 5:50-6:30 pm Lisa Marie Gym	Heavy Pedal 6:15-7:00 pm Chelsea Studio 2			GYM
ZUMBA 6:30 - 7:30 pm Lisa Marie Gym		ZUMBA 6:30-7:30 pm Lisa Marie Gym				Hot Spot

- If you are new to a class, please let the instructor know and 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 a discounted rate. Age for participation is 14 and up.

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:
Lisa Marie Piec
Group Exercise Coordinator
lisap@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 FITNESS 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 BLAST

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

CIRCUIT TRAINING

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

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.

HEAVY PEDAL

This cycle class puts the "pedal to the metal". Rock on while burning major calories.

MIXXED FIT

MixedFit® is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning.

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.

RAISE THE BAR

Build muscle endurance and strength working all the major muscle groups using a barbell.

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.

ULTIMATE CONDITIONING

Increase your strength, speed and endurance with this total body workout.

ZUMBA

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