



the power of **PLAY**

LAKE VIEW YMCA Group Exercise Schedule

April - May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9-9:45am Freestyle Spin Cycling Studio Manda	6:15-6:45am LES MILLS SPRINT Cycling Studio Kim	8:30-9:15am BODY PUMP Aerobics Studio Juanita	9:15-10:15am ACTIVE OLDER ADULTS Core Room Glenda	8-8:45am YOGA BASICS Aerobic Studio Mary	8-9am TAICHI Aerobic Studio Yantong *Paid class	9-9:30am LES MILLS SPRINT Core Studio Kim
10-10:45am FULL BODY CONDITIONING Aerobic Studio Manda	9-9:45am PILATES SCULPT Aerobic Studio Mary	9-9:45am TREAD & TRAIN North Fitness Center Manda	10-10:45am FULL BODY CONDITIONING Aerobic Studio Manda	9-9:45am FULL BODY CONDITIONING Aerobic Studio Manda	9-9:30am LES MILLS SPRINT Core Room Kim	
6-7pm ZUMBA Aerobic Studio Lauren	9:15-10:15am ACTIVE OLDER ADULTS Core Room Glenda	6-7pm ZUMBA Aerobic Studio Lauren	10:30-11:30am WATER FITNESS Pool Glenda	9:15-10:15am WATER FITNESS Pool Glenda	9-9:45am PILATES SCULPT Aerobic Studio Mary	
	10:30- 11:30am WATER FITNESS Pool Glenda	6:30-7:15pm RHYTHM RIDE CYCLING Studio LIZZIE	5:30-6:15pm Small Muscle Group Training Core Studio Betrand		10:00- 10:45am BODY PUMP Aerobics Studio Sharon	

Check our website or app for the most current information on substitutions & cancellations.

lakeviewymca.org

GROUP EXERCISE CLASS DESCRIPTIONS

ACTIVE OLDER ADULTS: Maintain health and functionality with a program designed specifically for the needs of those young at heart.

BODYPUMP: is a weights class for absolutely everyone. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns many calories.

CORE: Utilize athletic training principles to build strength, stability, and endurance in the muscles that support your core.

FULL BODY CONDITIONING: A full body workout that targets all major muscle groups.

LES MILLS SPRINT: A 30 minute High-Intensity Interval Training (HIIT) class on an indoor bike that uses short bursts of all-out energy to push your limits, increase your heart rate and burn more calories.

PILATES SCULPT A workout focusing on core stability, mobility and breath.

RHYTHM RIDE: A 45 minute cycle class with a focus on movements, music and pedaling to the beat. Designed to help increase endurance and strength.

SMALL GROUP TRAINING: Small Group Training is an affordable class designed for a small group of family or friends of 4-6 people that is personalized to everybody's goals. **Registration is required. If there is an alternate time you would like to schedule small group training, please feel free to reach out to lvfitness@ymcachicago.org for available days and times.

TABATA EVOLUTION: A series of timed HIIT exercises designed to help increase endurance and strength.

TREAD & TRAIN: 20 minutes on a treadmill training with 30 minutes of resistance training.

WATER FITNESS: Low impact class designed to improve flexibility, range of motion, strength and cardio while using resistance of water.

YOGA BASICS: A widely practiced form of yoga, using body postures, breathing techniques and meditation.

ZUMBA: Bring a dance party to your fitness routine with the calorie burning workout to Latin and World Rhythms.

For additional information or questions,
please contact lvfitness@ymcachicago.org or visit
lakeviewymca.org

