



## Wells Ave April Group Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Y-Cycle</b> Traci 9am-9:45am Spin Studio	<b>Bootcamp</b> Deidre 6am-6:45am Studio A		<b>Bootcamp</b> Deidre 6am-6:45am Studio A	<b>Bootcamp</b> Deidre 6am-6:45am Studio A	<b>Yoga</b> Ed 8:45am-9:45am Studio A	<b>Pilates &amp; Strength</b> Ingrid 8:45 – 9:45 am Studio A
<b>Keeping Fit</b> Deirdre 9:30-10:20am Studio A	<b>Y-Intervals</b> Heidi 9-9:45am Studio A	<b>Zumba</b> Emi 9-10am Studio A	<b>Y-Cycle</b> Traci 9-9:45am Spin Studio	<b>Barre</b> Deirdre 8:30-9:15am Studio A	<b>Y-Cycle</b> Deirdre 9-9:45am Spin Studio	<b>Y-Cycle NEW!</b> Traci 9-9:45 am Spin Studio
<b>Y-Intervals</b> Heidi 10:30-11:15am Studio A	<b>Qigong Tai Chi</b> <b>Yoga Flow</b> Carol 9:15-10am Studio B					<b>Healing Yoga</b> Seema 10:15-11:15am Studio A
<b>Y-Cycle</b> Caroline W. 11-11:45am Spin Studio	<b>Keeping Fit</b> Katie 10-11am Studio A	<b>Aqua Aerobics</b> Louise 9:30am-10:15am	<b>Y-Intervals</b> Heidi 10-10:45am Studio A	<b>Yoga</b> Ed 9:15-10:15am Studio A	<b>Zumba</b> Cheryl 10-11am Studio A	<b>Zumba</b> Nerily's 12:15-1pm Studio A
<b>Y-Cycle</b> Mark 5-5:45pm Spin Studio	<b>Pilates Tracy</b> M. 11-12pm Studio A	<b>Barre</b> Annie 10-11am Studio A	<b>Pilates</b> Mara 11-12pm Studio A	<b>Aqua Sculpt</b> Deirdre 9:30am-10:15am		
<b>Flow Yoga</b> Kate M 5:30-6:30pm Studio B	<b>Flow Yoga</b> Susan 12pm-1pm Studio A	<b>Yoga</b> Ed 4-5pm Studio A	<b>Flow Yoga</b> Susan 12pm-1pm Studio A	<b>Y-Intervals</b> Heidi 10:30am-11:15 Studio A		
<b>Zumba</b> Meghan 6-6:45 Studio A	<b>Flow Yoga</b> Kate M 5:30-6:30pm Studio A	<b>Zumba</b> Nerily's 5:15-6pm Studio A	<b>Zumba</b> Rosane 6-6:45 Studio A	<b>Y-Cycle</b> Caroline W. 11-11:45am Spin Studio		
<b>Bolly X</b> Radha 7-7:50pm Studio A	<b>Y-Cycle</b> Katie 6-6:45pm Spin Studio	<b>Y-Cycle</b> Caroline W. 6-6:45pm Spin Studio		<b>Zumba</b> Katie N. 5:30-6:15pm Studio A		

All classes are drop-ins and included in your membership. Check our website for the most up to date schedule information and class cancelations.

# Group Fitness Class Descriptions

## STRENGTH & CONDITIONING CLASSES

**Y-Signature Format Intervals Strength & Cardio-** Challenge yourself with the most innovative interval training format to deliver both strength and cardio results. You will move through intervals of strength, cardio and dynamic movements that work each muscle group. Improve balance mobility and core strength.

**Aqua Sculpt-** Improved heart health and better stamina are just a few of the reasons why aerobic exercise makes for a great workout. However, not everyone loves getting hot and sweaty at the gym or on a run. For those who would rather enjoy some pool time, water sculpt is a great way to raise the heart rate in a fun, unique, and low-impact environment.

**Bootcamp-** Take your game to the next level! This advanced, multi-functional class incorporates cardiovascular conditioning with calisthenics and muscular strength conditioning.

**Step & Sculpt-** Increase cardiovascular fitness and muscle tone while creatively using a bench platform mixed with weight intervals.

**20/20/20-** Increase cardiovascular fitness and muscle tone while creatively using a bench platform mixed with weight intervals. 20 minutes of Dance, Step, and Strength!

**Keeping Fit -** Description: This low impact full body workout is great for 55+. Focused on functional movements, strength and cardio intervals.

## DANCE FITNESS CLASSES

**ZUMBA-** Dance through your workout in this high-energy class based on popular Latino dance moves.

**BOLLY X-** This class is a Bollywood-inspired dance fitness program that combines dynamic choreography with the hottest music from around the world.

**LaBlast-** LaBlast is a partner-free cardio dance fitness workout created by World Champion Ballroom dancer & "Dancing with the Stars" pro, Louis van Amstel. It includes a diverse mix of music & dance styles - jive, tango, lindy hop, waltz & more! You'll get a great workout while you have a blast!

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**WEST SUBURBAN YMCA**

[www.wsymca.org](http://www.wsymca.org)

**Cardio Dance-** This is an exhilarating cardio class set to the beat of radio hits (pop, hip hop, international rhythms). Dance moves and calisthenics are choreographed together keeping you on your toes. These fun, yet challenging combos are designed to tone and sculpt your body while burning fat.

## **MIND & BODY CLASSES**

**Flow Yoga-** Flowing from one pose to the next, linked by breath with movement. Build strength and flexibility. Class may be more focused on strength or flexibility, or mixed based on the instructor. Slow pace. 5-8 breaths per pose.

**Pilates-** Work your muscles deep to the core to strengthen your entire body. This class is based on the Pilates method. *\*Perfect for seniors*

**Pilates & Strength –** This is a strength workout that leaves you feeling resilient mentally and physically. Gently integrating concepts from classical Pilates training and functional strength exercises using weights; the class focuses on technique and form, specific muscle groups while building strength to gain mobility, stability and balance (without a sense of strain). Challenges and adaptations available to meet almost anyone's needs.

**Barre Pilates In Motion-** This class is a total body workout. Perform small isometric movements to focus on toning your arms, core, glutes, and legs.

**Healing Yoga-** A therapeutic yoga class designed with the intention of healing your mind, body, and soul. Starting with gentle breath work, we take you through a full flow and core strengthening.

**Hatha Yoga-** A slower-paced yoga class that focuses on refining alignment and finding a sense of steadiness and ease within each pose. A challenging yet accessible practice for beginners and more experienced yoga students alike.

**Yoga-** A Kripalu inspired expression of yoga, integrating mindfulness of pranayama (breathing control) with an array of asanas (postures). This class encourages attunement to one's "inner guru" regarding intensity, all levels are welcome.

**QTCYFlow-** Enjoy a simple introduction to Qi Gong, Tai Chi and Yoga the ancient way with movements and mantras (sound and breathing flow) and begin anew.

## **Y-CYCLE**

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This no frill, all feat rides will scorch calories, build endurance and strength, and improve cardiovascular health. Be prepared for high intensity intervals, sprints, and hills set to heart-pounding music. We motivate you to crush your goals leaving you ready to take on your next challenge off the saddle.

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