



Wells Ave Y January Group Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Y-Intervals Nancy 10-10:45am	Bootcamp Deidre 6am-7am	Flow Yoga Susan 6am-7am	Bootcamp Deidre 6am-7am	Yoga Ed 9am-10am	Yoga Ed 9am-10am	LaBlast Karen 9-10am
Y-Cycle Caroline W. 11-11:45am	Pilates Tracy M. 11-12pm	Yoga Ed 4-5pm	Y-Intervals Heidi 10-10:45am	Y-Intervals Nancy 10am-10:45	Zumba Cheryl 10-11am	Healing Yoga Seema 10-11am
Bolly X Radha 7pm-8pm	Y-Intervals Heidi 12-12:45am		Pilates Mara 11-12pm	Y-Cycle Caroline W. 11-11:45am		Power Dance and Strength Nancy 11am-12pm
	Cardio Dance Annie 6-6:45pm		Flow Yoga Susan 12pm-1pm			
			LaBlast Annie 6-6:45			

Group Fitness Class Descriptions

STRENGTH & CONDITIONING CLASSES

***NEW 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.

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.

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!

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*

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

Y-CYCLE

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.

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

WEST SUBURBAN YMCA

www.wsymca.org