

~January to March Group Exercise Studio Schedule~

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:45-7:45 am			Bike Boot Camp Cami		Bike Boot Camp Angie	
7:00-7:50 am		Pump It Up! Karla/Connie		Pump It Up! Karla/Connie		
8:00-8:50 am	Gentle Yoga Wendy	Gentle Yoga Wendy	Gentle Yoga Wendy	Gentle Yoga Wendy	Gentle Yoga Wendy	Gentle Yoga Wendy
9:00-9:50 am	3-2-1 Blast! Cami	Pilates Wendy	3-2-1 Blast Cami	Pilates Wendy	Boot Camp Cami	
9:00-10:00 am		10-4! Cami		10-4! Cami		
10:00-10:30a		Intro to Yoga Wendy		Intro to Yoga Wendy		
10:00-10:50 am	Ashtanga Yoga Wendy		Ashtanga Yoga Wendy		Ashtanga Yoga Sara	
11:00-11:50am	Therapeutic Tai Chi Instructor Connie			Therapeutic Tai Chi Instructor Crystal		
12:10-12:50 pm			Pump It Up! Kelly		Pump It Up! Kelly	



~January to March Group Exercise Studio Schedule~

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30-5:20 pm		Ashtanga Yoga Wendy		Ashtanga Yoga Wendy		
5:00-5:40 pm	Kardio Kickboxing Angie		Kardio Kickboxing Amanda			
5:30-6:20 pm		Interval Blend Angie		Interval Blend Angie/Kelly		
5:40 – 6:25 pm	Total Toning Angie		Pump It Up! Kelly			
6:30-7:20 pm	Zumba® with Trish!	Hoop Dance Stef	Zumba® with Trish!	Hoop Dance Stef		
7:30-8:20 pm		Intro to Belly Dancing Stef		Intro to Belly Dancing Stef		



~ January-March Performance Room Schedule ~

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:00 am		Indoor Cycling Angie		Indoor Cycling Angie		
9:00-10:00 am		Indoor Cycling Sara		Indoor Cycling Sara	Boot Camp Cami	Indoor Cycling Dana W./ Angie
10:05- 10:35 am						Beginning Bike Basics Dana W./Angie
11:30- 12:00 pm			Beginning Bike Basics Dana J			
5:00-6:00 pm	Indoor Cycling Dana W.		Indoor Cycling Angie			
6:05-6:35 pm	Beginning Bike Basics Dana W		Beginning Bike Basics Angie			
7:00-7:50 pm		321 Blast Dana J		321 Blast Dana J		



~ January-March Aquatics Class Schedule ~

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30 am		Fluid Fusion Dana J.		Fluid Fusion Dana J.		
9:30-10:30 am		SilverSplash Dana		SilverSplash Dana		
9:00-9:50 am	Wet N' Wild Wendy		Wet N' Wild DanaJ/Wendy		Wet N' Wild Dana J	
5:30-6:30 pm		Wet N' Wild Wendy (Therapy Pool)		Wet N' Wild Wendy (Therapy Pool)		



~ January-March Community Room Schedule ~

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:30 am				Weight Watchers Weigh-In		
8:30-9:30 am				Weight Watchers		
9:00- 10:00 am						Weight Watchers
10:00- 11:00 am	SilverSneakers Dana J	Senior Group Meeting	SilverSneakers Dana J	Weight Watchers	SilverSneakers Wendy	
11:30 am -12:30 pm		Senior Group Meeting				
5:30-6:30 pm	Pilates Wendy		Pilates Wendy	Weight Watchers		
6:30- 7:30pm	Gentle Yoga Wendy		Gentle Yoga Wendy			



~Group Class Information~

***Gentle Yoga** is basic yoga training and can be modified for everyone. Easy to follow movements for flexibility and strength combined with peaceful music is the perfect combination for the beginner-level participant.

***Senior Group** is for members 60 & over. They can participate monthly for lunch, crafts, discussion groups, bingo & more. The group meets twice a month on Wednesdays. Monthly calendars are available at the front counter.

***Therapeutic Tai Chi**- Tai Chi is the slow and harmonious physical fitness system of gentle stretching, calm movement, and relaxation that has been practiced in China for thousands of years to achieve and maintain wellness. Therapeutic Tai Chi has been developed with the guidance of medical doctors, physical therapists, psychologists, and exercise physiologists to benefit people of all ages and abilities.

***Wet N' Wild** is a great way to get started for the day with cardiovascular and resistance training exercise in the shallow water.

****SilverSneakers®- Muscular Strength & Range of Movement** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

****Fluid Fusion** takes you beyond the normal limits to the great depths of the pool for an exhilarating exercise experience in the water!

****Ashtanga Yoga** is derived from the teachings of K. Patthabi Jois a renowned Sanskrit scholar. This approach is thought to be the most ancient, the original form of Yoga. The emphasis is on strength, constancy, concentration and flow.

****Pilates** combines the practice of Joseph Pilates with fitness balls, resistance bands, and foam rollers, helping to build long, lean muscles. These tools come together to formulate a powerful mixture to help build a stronger core, which helps to keep the body balanced and which are essential to providing support for the spine. In particular, Pilates exercises teach awareness of breath and alignment of the spine, and aim to strengthen the torso muscles.

****Total Toning** uses a variety of resistance training equipment to tone muscles and build stronger bones.

****Interval Blend** is a variety of cardio activities to stimulate interval training for participants of every fitness level. Using free weights, BOSU's, body bars, and many more pieces of equipment...this class will take you past the limits of aerobic exercise!

*****Indoor Cycling** is a class that will lead you through an indoor bike cycling journey that simulates a variety of terrains, hills, and intervals. Great for toning the lower body as well as the heart and lungs!

*****Kardio Kickboxing** is a form of martial art exercise that challenges the mind to keep up with the body! Highly motivating for those who need an extra "PUNCH" in their daily workout routine.

*****Pump It Up!** This barbell weight lifting class is designed with the more advanced workout in mind. Using only cardio barbells and power platforms to simulate the top of the line strength training for your one hour of power!

~Group Class Information~

*****3-2-1 BLAST!** Get ready to BLAST your workout outta this world! 3-2-1- Blast is a mix of cardio and weight training that will get your heart pumpin' and your muscles thumpin'! A variety of different exercise each time the class meets will keep you excited and coming back for more. Get your entire workout done in just one, cardio/weight training packed hour!

****Zumba®** Fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

***Ocean Motion** An object in motion stays in motion, so get moving with Ocean Motion! This water class gives you an intense cardio and resistance training workout that will make fitness fun. So come join the fun as we change the lazy river into the FAT BLASTING RIVER!

***Aqua Zumba® Classes** – Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

*****Boot Camp-** Join the Illinois Valley Y with an intense class that will provide you with a mix of cardio and weights. You will be inside, outside, running, biking, and everything else in between! Come ready to finish your week off right and get ready for the weekend!

***Beginning Bike Basic-** Interested yet intimidated in Indoor Cycling? Step up to the bike with Beginning Bike Basics! Our YMCA instructors will teach you the basics our Indoor Cycling class and give you a little dose of what it's all about too!

***Intro to Yoga-** Learn the moves of Gentle Yoga in an instructional manner. Intro to Yoga will break down Yoga into slower moves for those who are interested in learning the basics; gradually move through sun salutations and breathing technique.

Group Fitness Class Information:

***Beginner Level **Intermediate Level ***Intermediate/Advanced Level**