

# GROUP EXERCISE CLASSES

Fall I & II

Members have the option to include **ALL PREMIUM Group Exercise Classes** through the Y's "FitPlus" program for an additional \$20 per adult, per month. The FitPlus Program allows members to join any class, at any time, without the need to register for each class.

**COMMUNITY MEMBERS:** Must register and pre-pay at the Y's Front Desk to participate in group exercise classes. Class pricing is available at the front desk.

Classes will be **CANCELLED** if less than 5 people register for the class. All Group Exercise Class Participants **must be 16 YEARS OF AGE OR OLDER** unless noted otherwise.

**DROP-IN CLASS FEES:** Members: \$6/per class (premium classes)    Community Members: \$9/per class (all classes)

## CARDIO CLASSES

### ZUMBA®

Latin rhythms and easy to follow moves create an amazing dynamic fitness program. 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.

<u>Classes:</u>	
Tuesday/Thursday - (Family Class)	7:15 - 8:15 pm
Friday - (Family Class)	6:30 - 7:30 pm
Saturday - (Family Class)	10:15 - 11:00 am

### ZUMBA Toning

Use rhythm and coordination to tone target zones such as arms, core, and lower body. The challenge of adding resistance by using light weights help you focus on specific muscle groups.

<u>Classes:</u>	
Wednesday	6:30 - 7:30 pm

### BollyX

BollyX combines dynamic choreography with the hottest music from around the world. This class cycles between higher and lower intensity dance sequences to get you moving, sweating, and motivated all at the same time!

<u>Classes:</u>	
Saturday	8:00 - 8:50 am
Saturday - (Family Class)	11:00 - 11:30 am

### Cardio Blitz

Rev up your metabolism and burn calories in this "Boot Camp" style cardio class. Tabata, Kickboxing, Aerobics, are a few of the workout styles used to get your body moving!

<u>Classes:</u>	
Tuesday	6:30 - 7:15 pm
Friday	9:15 - 10:00 am

### Spin Class

Instructors challenge all fitness levels as we take you on a calorie burning adventure! Please bring a water bottle and towel. Gel seats or bike shorts recommended. **Space LIMITED!**

<u>Classes:</u>	
Tuesday	9:15 - 10:00 am
Tuesday	5:30 - 6:25 pm
Thursday	9:15 - 10:00 am
Thursday	5:30 - 6:15 pm
Saturday	8:00 - 8:45 am

### Turbo Kick

In every Turbo Kick LIVE class, you'll incorporate real kickboxing moves with proper form and technique to get totally sculpted!

<u>Classes:</u>	
Saturday	9:30 - 10:30 am

### NEW! Mixedfit

A people-inspired dance fitness program that blends explosive dancing and boot camp-inspired toning.

<u>Classes:</u>	
Wednesday	7:30 - 8:00 pm

### Step & Strength

Take lower body workouts and calorie burning to new heights! Tone and strengthen your glutes and legs while melting calories away.

<u>Classes:</u>	
Saturday	10:30 - 11:15 am

### NEW! WERQ

A fiercely fun dance fitness class based on pop, rock, and hip hop music. Warm up with dance steps and cool down with yoga-inspired static stretching and balance poses.

<u>Classes:</u>	
Monday	5:30 - 6:15 pm

### NEW! POUNDFIT

Featured on the hit TV series "This is Us!" POUNDFIT is a cardio workout designed for all fitness levels. Using Ripstix™, weighted drumsticks engineered for exercise, POUND transforms drumming into an effective full body workout!

<u>Classes:</u>	
Saturday	11:40 - 12:10 pm



## STRENGTH FUSION CLASSES

### Triple A

Amp'd, Abs, and arms! Discover the sleek tone of your core and arms in this "rock your body" class!

<u>Classes:</u>	
Tuesday	7:20 - 7:50 pm

### Kick Fusion

Kickboxing, strength, interval, core training; you get it all with this class. Excite your mind, challenge your body, and lift your spirits in this fresh and innovative "variety workout!"

<u>Classes:</u>	
Monday	9:15 - 10:00 am
Thursday	6:30 - 7:15 pm

### BODYPUMP

This barbell class strengthens your entire body. Enjoy 60 minutes of challenging your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls.

<u>Classes:</u>	
Saturday	9:00 - 10:00 am

### BODYPUMP/H.I.T.T. MIX

High intensity interval training (H.I.T.T.) is a great way to bump up your cardio and strength workouts to add intensity and variety to your workouts.

<u>Classes:</u>	
Monday	6:30 - 7:30 pm
Thursday	6:00 - 7:00 pm

### Body Blast

No guts, no glory in this total body workout. This class uses weights to strengthen your muscles to work out your upper and lower body.

<u>Classes:</u>	
Thursday	10:10 - 10:55 am

### Core N More

Strengthen and tone your body creating healthy muscles and a strong core.

<u>Classes:</u>	
Monday/Friday	10:00 - 10:30 am
Thursday	7:20 - 7:50 pm

### Barre None!

Integrating the use of light weights and various props, this class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms, seat, and thighs that promote strong and flexible muscles.

<u>Classes:</u>	
Tuesday	10:15 - 10:45 am

## EARLY MORNING CLASSES

### Get Started

No fancy footwork, just the basics designed to get you awake and moving!

<u>Classes:</u>	
Monday/Wednesday/Friday	6:30 - 7:30 am

### Early Morning Madness

This well paced class will work you from head to toe! Aerobic work will get your heart pumping, strength training will move your muscles, and stretching will improve your flexibility.

<u>Classes:</u>	
Tuesday/Thursday	7:30 - 8:00 am

### X-Press Workout

This fast paced class will have you moving through strength training, Tabata, and athletic drills. Build strength & burn calories!

<u>Classes:</u>	
Sunday	8:30 - 9:00 am

### Yoga Mix

A mix of PiYo, Yoga, and Barre. This class is taught on rotation with Jim and Lisa. All levels class.

<u>Classes:</u>	
Saturday	7:10 - 7:55 am

## SPIRIT-MIND-BODY CLASSES

### Tai Chi

Reduce anxiety and stress while increasing your range of motion and flexibility. A graceful form of exercise often described as meditation in motion, Tai Chi promotes serenity through gentle, flowing movements.

<u>Classes:</u>	
Tuesday/Thursday	8:15 - 8:45 am

### Yoga

Yoga will move your entire body through a complete series of poses designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will help with more efficient breathing, increased lung capacity, stress reduction, and mental clarity.

<u>Classes:</u>	
Monday	7:00 - 8:00 pm
Wednesday	6:00 - 7:00 pm

### Power Yoga

A fluid, powerful, style of yoga that links movement and breath together and is based on intuition rather than tradition. Vinyasa Power Yoga heals, detoxifies and exhilarates the body and mind with emphasis on movement, balance, and intention.

<u>Classes:</u>	
Tuesday	5:30 - 6:15 pm

### Yin Yoga

Yin Yoga focuses on the slow, patient, opening of the fascial layer of the body (the connective tissue that underlies the skin, wraps the muscles, and holds the bones together). Over time, chronic tightness of this layer causes stiffness and inflexibility restricting mobility. No prior yoga experience required.

<u>Classes:</u>	
Sunday	10:00 - 11:00 am

### Vinyasa Yoga

All Levels. This class focuses on alignment and flow. Breaking down each pose step by step then moving through a flowing series. This class also ends with Core work.

<u>Classes:</u>	
Sunday	8:30 - 9:30 am

### NEW! Family Yoga

Breathe, stretch, and play during our all levels family yoga class! Ages 6 & up. Parent must accompany children.

<u>Classes:</u>	
Monday	6:15 - 6:45 pm

## ACTIVE OLDER ADULT CLASSES

### Silver Sneakers– Classic

Move to the music through a variety of exercises to increase muscular strength, range of motion, and activity for daily living. 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.

#### Classes:

Tuesday/Thursday 10:25 – 11:05 am

### Silver Sneakers– Circuit

Increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

#### Classes:

Tuesday/Thursday 9:30 – 10:15 am

### Silver Sneakers Yoga

Yoga Stretch will move your entire body through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

#### Classes:

Monday/Wednesday 11:15 – 12:15 pm

### ZUMBA GOLD®

Get ready to dance to the rhythm! Latin and other fun song styles will allow you to learn come new steps, work your body, and get your heart rate up. Dancing is a great way to move, laugh, and have fun!

#### Classes:

Monday/Wednesday/Friday 10:00 – 10:45 am



## SPECIAL UPCOMING CLASSES

### FREE TO MEMBERS!

#### POUNDFIT “Demo Classes”

Featured on the hit TV series “This is Us!” POUNDFIT is a cardiovascular workout designed for all fitness levels. Using Ripstix™, weighted drumsticks engineered for exercise, POUND transforms drumming into an effective full body workout

#### Classes:

Saturday, September 16 & 23 | 11:40 am – 12:10 pm

#### Mindfulness Seminar with Dave Borland

Mindfulness means maintaining an awareness of our thoughts, feelings, bodily sensations, and surrounding environment. Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them. Join us and learn skills to help manage stress and be more efficient.

#### Classes:

Saturday, September 16 | 10:30 – 12:00 pm

#### X-Press Luchtime “Demo Classes”

This fast paced class will have you moving through strength training, Tabata, H.I.I.T., and Athletic Drills. Build strength and burn calories!

#### Classes:

Tuesday, September 19 & 26 AND

Thursday, September 21 & 28 | 11:30 am – 12:00 pm

#### One Hit Wonders Spin

Burn calories, strengthen your body, and have fun listening to the “one hit wonders” of the past! Space is LIMITED!

#### Classes:

Tuesday, October 3 @ 9:15 am AND

Saturday, October 7 @ 8:00 am

#### Introduction to Yoga – 4 Week Beginner Class

Interested in trying Yoga but not sure how to do the poses? Join us on a 4 week journey to learn the names of the postures, proper and safe form, and breathing techniques.

#### Classes:

Wednesday, October 4, 11, 18, & 25 | 5:45 – 6:30 pm



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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## HEALTH, WELL-BEING, & FITNESS

### Campanelli YMCA

### Fall Session

#### Fall I

September 10 – October 28, 2017

#### Fall II

October 29 – December 16, 2017  
(1 day off for Thanksgiving)

Upgrade your Y membership to FITPLUS  
for just \$20/month and attend  
UNLIMITED premium classes!



## FREE FOR MEMBERS

### FREE FITNESS CONSULTATIONS

Learn how to reach your fitness goals in the most effective and safe way. FREE to all members.

To sign up, inquire at the Front Desk or email: [lisa@qcfymca.org](mailto:lisa@qcfymca.org).

### FREE EQUIPMENT ORIENTATIONS

Looking for a quick appointment to learn a certain piece of equipment, either cardio or strength? An equipment orientation is perfect for you! Geared towards individuals who have a general knowledge of the wellness center, but looking to add something new.

Schedule appointments at the Field House Desk.

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Schaumburg, IL 60193  
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[www.campanelliyymca.org](http://www.campanelliyymca.org)