

# GROUP EXERCISE CLASSES

(Weekly schedules are available near the Front Desk)

## Summer I & II

### 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.

T/TH - (Family Class)	7:15 - 8:15 pm	
W	9:00 - 10:00 am	
F - (Family Class)	6:30 - 7:30 pm	
Sat - (Family Class)	10:15 - 11:00 am	
1 day/week		M FREE / CM \$60
2 days/week		M FREE / CM \$120
3 days/week		M FREE / CM \$180

#### 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 so you (and your muscles) stay engaged!

W	6:30 - 7:30 pm	M FREE / CM \$60
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#### 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!

Sat	8:00 - 8:50 am	
Sat - (Family Class)	11:00 - 11:50 am	
1 day/week		M FREE / CM \$60
2 days/week		M FREE / CM \$120

#### 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!

T	6:30 - 7:15 pm	
F	9:15 - 10:00 am	
1 day/week		M FREE / CM \$60
2 days/week		M FREE / CM \$120

#### Step & Strength

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

Sat	10:45 - 11:30 am	M FREE / CM \$60
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#### 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 is LIMITED!**

T	9:15 - 10:00 am	
T	5:30 - 6:25 pm	
W/TH	9:15 - 10:00 am	
TH	5:30 - 6:15 pm	
Sat	8:00 - 8:45 am	
1 day/week		M FREE / CM \$60
2 days/week		M FREE / CM \$120
3 days/week		M FREE / CM \$180

#### Turbo Kick

No bags. No gloves. Just results. Do you think you need a sparring partner to reap the benefits of kickboxing? Think again. In every Turbo Kick LIVE class, you'll incorporate real kickboxing moves with proper form and technique to get totally sculpted!

Sat	9:30 - 10:30 am	
1 day/week		M FREE / CM \$60

### 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!

T	7:20 - 7:50 pm	M FREE / CM \$60
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#### 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!"

M	9:15 - 10:00 am	
TH	6:30 - 7:15 pm	
1 day/week		M FREE / CM \$60
2 days/week		M FREE / CM \$120

#### 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.

Sat	9:00 - 10:00 am	M \$35 / CM \$70
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#### 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.

M	6:30 - 7:30 pm	
TH	6:00 - 7:00 pm	
1 day/week		M \$35 / CM \$70
2 days/week		M \$70 / CM \$140

#### 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.

T	10:15 - 10:45 am	
W	10:15 - 10:45 am	
TH	10:10 - 10:55 am	
1 day/week		M FREE / CM \$50
2 days/week		M FREE / CM \$100

#### Core N More

Focus, efficiency, and rewarding is what this jam packed class is about! Strengthen and tone your body creating healthy muscles and a strong core.

M/F	10:00 - 10:30 am	
1 day/week		M FREE / CM \$50

### SPIRIT-MIND-BODY CLASSES

#### Tai Chi

A gentle way to reduce stress. Tai Chi helps reduce anxiety while increasing your range of motion and flexibility. A graceful form of exercise often described as meditation in motion flows in a series of movements in a slow focused manner.

T/Th	8:15 - 8:45 am	
2 days/week		M FREE / CM \$50

#### 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.

M	7:00 - 8:00 pm	
W	6:00 - 7:00 pm	
1 day/week		M \$42 / CM \$84
2 days/week		M \$84 / CM \$168

#### Yoga Mix

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

Sat	7:10 - 7:55 am	M \$42 / CM \$84
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#### 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.

Sun	10:00 - 11:00 am	M \$42 / CM \$84
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#### 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.

Sun	8:30 - 9:30 am	M \$42 / CM \$84
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### EARLY MORNING CLASSES

#### Get Started

Come one, come all you early risers. This is not your traditional group exercise class. No fancy footwork, just the basics designed to get you awake and moving!

M/W/F	6:30 - 7:30 am	M FREE / CM \$180
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#### 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.

T/TH	7:30 - 8:00 am	M FREE / CM \$60
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#### X-Press Workout

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

Sun	8:30 - 9:00 am	M FREE / CM \$60
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### SENIOR 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.

T/TH	10:25 - 11:05 am	M FREE / CM \$120
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#### 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.

T/TH	9:30 - 10:15 am	M FREE / CM \$120
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#### 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.

M/W	11:15 - 12:15 pm	M FREE / CM \$120
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#### 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!

M/W/F	10:00 - 10:45 am	
1 day/week		M FREE / CM \$25
2 days/week		M FREE / CM \$40
3 days/week		M FREE / CM \$50

### GROUP EXERCISE CLASS & REGISTRATION INFORMATION

**Y MEMBERS:** The Y offers a variety of complimentary group exercise classes included with your membership for all ages, abilities, and interests. Premium classes are available to Y members at a reduced fee. Or, members may choose the most cost effective option to include ALL PREMIUM Group Exercise Classes through the Y's "FitPlus" program. For an additional \$20 per adult, per month, you can join any class, at any time, by adding the FitPlus Upgrade to your membership without the need to register for each class. You also save money with FitPlus without paying separate fees to join individual premium classes.

**COMMUNITY MEMBERS:** Must register and pre-pay at the Y's Welcome Desk to participate in group exercise classes. Please refer to the Community Member (CM) rate in the group exercise brochure for class fee information.

#### CLASS RULES:

- To assure proper warm-up, PROMPTNESS is required for all classes.
- Classes will be CANCELLED if less than 5 people register for the class.
- ALL GROUP EXERCISES CLASSES FOR PARTICIPANTS 16 YEARS OF AGE OR OLDER.

M = YMCA Member CM = Community Member

\*\*Check out the [Y PROGRAMS](#) board near the Front Desk for [SPECIAL upcoming fitness classes!](#)\*\*

M = YMCA Member  
CM = Community Member



## PERSONAL TRAINING

Invest in you and hire a personal trainer! Your personal trainer has the experience to educate, motivate, and evaluate your strengths and weaknesses. Whatever your goals will be, your trainer will be by your side with encouragement to keep you motivated. Our personal trainers have national certifications and offer you the best, most effective, and safest training techniques.

2017-18 YMCA MEMBER PERSONAL TRAINING RATES		
Sessions	Package Rate	Hourly Rate
2 Hours	\$99	\$49.50
4 Hours	\$180	\$45
8 Hours	\$320	\$40
16 Hours	\$560	\$35

Please complete a Personal Trainer request form at the Y's Front Desk.



## Small Group Personal Training

Group personal training can help you reach your goals, with more personalized attention from the trainer and without the higher cost of individual personal training sessions. 2-3 participants will be grouped together, or you can gather YOUR OWN GROUP OF FRIENDS!

## Synrgy360 XL Small Group Personal Training

This small group training class allows you to move through multiple fitness stations of the Synrgy360 XL. Each person begins at a station, and the Y Personal Trainer leads the group through a transformational and inspiring fitness experience! 2-4 participants can be grouped together.

2017-18 YMCA MEMBER SMALL GROUP PERSONAL TRAINING RATES		
Sessions	Package Rate	Hourly Rate
6 Hours	\$180/person	\$30
12 Hours	\$336/person	\$28
18 Hours	\$468/person	\$26

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YOUTH FITNESS

### TEEN START CERTIFICATION **Ages 12-15**

Teen Start teaches participants how to safely use and perform exercises on our equipment. Learn proper form and how to adjust the machines. Upon completion of this program, participants are eligible to use the fitness center at any time. Class size is limited to 6 participants.

Saturdays or Sundays 3:00 PM  
M: \$15

## 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: [lisaa@qcfymca.org](mailto:lisaa@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.



**REGISTER & LEARN MORE**  
Campanelli YMCA | 300 W. Wise Rd., Schaumburg, IL  
847.891.9622 | [www.campanelliyymca.org](http://www.campanelliyymca.org)



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# YOUR HEALTH MATTERS HERE

## HEALTH, WELL-BEING, & FITNESS

### Campanelli YMCA

## Summer Session

### Summer I & II

June 4 - August 12, 2017

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

### 2017-18 Group Exercise Class Drop-In Fees:

YMCA Member\*: \$6 per class visit/per day  
Non-Member\*\*: \$9 per class visit/per day

\*FitPlus premium classes  
\*\*FitPlus premium and group exercise classes



300 W. Wise Rd.  
Schaumburg, IL 60193  
847-891-9622  
[www.campanelliyymca.org](http://www.campanelliyymca.org)