

GRAYSLAKE YMCA GROUP FITNESS SCHEDULE

Spring II Session: April 19th - June 6th

Phone: (847)548-8300

\$=Paid Registered Class

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 - 8:55 AM Group Cycle Jenise		5:30 - 6:15 AM Group Cycle Wake-Up Lisa		5:30 - 6:15 AM Group Cycle Wake-Up Fran	
8:00 - 9:00 AM Cardio Mix Pam	9:00 - 9:55 AM Step-N-Pump Linda	New Class 8:45 - 9:15 AM Group Cycle Lisa	9:00 - 9:45 AM Group Cycle Fran	8:00 - 8:55 AM Group Cycle Lisa	New Class 8:00 - 8:45 am Group Cycle Fran	7:30 - 8:15 AM Group Cycle Lisa
9:15 - 10:00 AM Group Cycle Pam	10:00 - 10:45 AM Lower Body Blast Linda	New Class 9:20 - 9:50 AM Core Conditioning Lisa	9:15 - 9:45 am Toddler Circuit Ages 1 - 3 Annette Party Room	9:00 - 9:55 AM Step-N-Pump Karen	9:00 - 9:45 AM Step Linda	8:30 - 9:15 AM Step Survival Pam
	11 AM - 12:00 PM Yoga Sharon	New Class 9:45-10:30 AM \$Petite Ballet & Movement Ages 3 - 5 Liz Party Room	9:45 - 10:15 am Mini Kids Circuit Ages 4 - 6 Annette Party Room	10:00 - 11:00 AM Pilates Karen	9:55 - 10:40 AM Muscle Works Linda	9:20 - 10:30 AM Y Weight Linda
10:15 - 11:15 AM Yoga Nicole	12:15 - 1:00 pm In Core Sharon	New Class 9:55 - 10:55 AM 20/20/20 Instructor - TBA	9:55 - 10:40 AM Butts & Guts Fran	11:35 - 12:35 PM A.O.A. Cert.Exer. Class John	11:00 AM - 12:00 PM \$Zumba Rose	10:00 - 11:00 AM Yoga Pam
11:15 - 12:15 PM Yoga Nicole	All Over Fitness Low Impact 1:00-1:45 PM Jennifer	11:00 - 11:30 AM Pilates Express Karen	11 AM - 12:00 PM Yoga Sharon		1:15 - 2:00 pm Group Cycle Jenise	New Class 11:15-12 Noon Resistance Band Training Mike
NEW KIDS CLASS 11:15 - 12:00 PM \$Creative Art Ages 4 - 10 Renee	New Class \$Zumba 101 2:00 - 2:30 PM Jennifer	11:35 AM - 12:35 PM Active Older Adults Certified Exercise Class - John	12:15-1:00 PM Group Cycle Fran	NEW KIDS CLASS 3:30 - 4:10 pm Mini Kids Circuit Ages 4 - 6 Annette	Pilates 6:15 - 7:15 PM Laura	
	4:30 - 5:15 PM Group Cycle Lisa		New Class 4:30 - 5:15 PM Resistance Band Training Mike	4:15 - 5:00 pm Kids Circuit Ages 7 - 11 Annette		
	5:30 - 6:15 PM Muscle Works Linda	5:20 - 6:20 PM \$Tae Kwon Do Ages 7 - Older Master Kim	5:30 - 6:15 PM Step-N-Pump Linda	NEW CLASS Group Cycle 5:15 - 6:00 PM Jenise	Grayslake YMCA Hours Monday - Friday 5:00 AM - 10:00 PM Saturday 7:00 AM - 5:00 PM Sunday 7:00 AM - 5:00 PM	
	6:25 - 7:10 PM Step Pam	6:30 - 7:15 PM Group Cycle Fran	6:25 - 7:10 PM Step Linda/Cathy	6:25 - 7:10 PM Group Cycle Fran	'Mazing Kids Hours Monday - Thursday 8:30 AM - 1:00 PM & 3:30 PM - 8:00 PM	

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	7:15 - 8:15 PM Beginner Yoga Terry	8:00 - 9:00 PM \$Kickboxing Robert	7:15 - 8:15 PM Yoga Pam	8:00 - 9:00 PM \$Kickboxing Robert	Friday 8:30 AM - 1:00 PM & 3:30 PM - 7:00 PM Saturday 8:00 AM - 1:00 PM Sunday 9:00 AM - 1:00 PM