

# Grayslake YMCA 847.548.8300



## Winter - Group Exercise & Youth Fitness Schedule January 3rd - February 20th, 2010 (7 weeks)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-6:45am Group Cycle Jenise		5:30-6:15am Group Cycle Wake Up Lisa		5:30-6:15am Group Cycle Wake Up Fran	
8-9:00am Cardio Mix Pam	9:00-9:55am Step-N-Pump Linda	8:45-9:15am Group Cycle Lisa	7:00-7:30am Card/Strn.Intv. Lisa	8:00-8:55am Group Cycle Lisa	8:50-9:45am Cycle-Party Rm. Fran	7:30-8:15am Group Cycle Lisa
9:15-10am Group Cycle am	10:00-10:45am (\$) <b>Pre/Post Nat.</b> Jennifer-Par.Rm.	9:20-9:50 am Core Conditioning Lisa	9:00-9:45am <b>Group Cycle</b> Fran	9:00-9:55am Step & Pump Karen	9:00-9:45am Step Linda	8:30-9:15am Step Survival Pam
10:15-11:15am Yoga Nicole	10:00-10:45am Lower Body Blast Linda		10:00-10:45am (\$) <b>Pre/Post Nat.</b> Jennifer-Par.Rm.	10:00-10:55am TaiChi/KB/Pilates Karen	9:55-10:40am Muscle Works Linda	9:20-10:30am Y Weight Linda
11:15-12:15pm Beg. Yoga Nicole	11:00-12:00pm Yoga Sharon	9:55-10:55am 20/20/20 Jennifer	9:55-10:40am Butts and Gutts Fran	11:35-12:35pm Active Older Adult John	11:30 - 12:30pm <b>Zumba</b> Karen (\$)	11:00-11:35am (\$) <b>T'ai Chi</b> Pam
	12:15-1:00pm In Core Sharon	11:00-11:30am Pilates Express Karen	11:00-12 Noon Yoga Sharon		<b>4:30-5:15pm</b> Group Cycle Jenise	
	1:00-1:45pm S.Ball/Fit & Tone Jennifer	11:35-12:35pm Active Older Adult John	12:15-1:00PM Group Cycle Fran			
	4:30-5:15pm Group Cycle Lisa	4:15-5:00pm Resist.Band Jenise (NEW)	3:45-4:30pm <b>Teen Cardio</b> Jennifer (NEW)		<b>Grayslake YMCA Hours</b> Mon.-Fri. 5:00am-10:00pm Saturday 7:00am-5:00pm Sunday 7:00am-5:00pm	
	5:30-6:15pm Muscle Works Linda	5:20-6:20pm <b>Tae Kwon Do</b> Ages 7 and up Master Kim (\$)	4:30-5:30pm Zumba Jennifer(\$)	5:15-6:00pm Group Cycle Beginners Jenise	<b>Mazing Kids Hours</b> Mon.-Thurs. 8:30am-1:00pm 4:00-8:00pm Friday 8:30am-1:00pm/4:00-6:30pm Sat.-8:30am-12:30pm Sunday - 9:00 am - 12:30 pm	
	6:25-7:10pm Step Pam	6:30-7:15pm Group Cycle Fran	5:30-6:15pm Step-N-Pump Linda	6:25-7:10pm Adv.Group Cycle Fran		
	7:15-8:15pm Beginner Yoga Terry	8:00-9:00pm <b>Kickboxing</b> Robert (\$)	7:30-8:30 pm Yoga Maryann	8:00-9:00pm <b>Kickboxing</b> Robert (\$)		

**PLEASE PICK UP A "TAG" FOR THE CLASS AT THE MEMBER SERVICE DESK**

Class will be cancelled due to limited participation. Class may be cancelled due to weather related issues.

For their health and safety, young children under the age of 12 are not permitted in the aerobics room during classes or in the fitness center at any time. Youth under the age of 17 are to attend the appropriate orientation to the fitness equipment.