

Indian Boundary YMCA

Fitness Schedule for FREE classes

SPRING I

2/21 THRU 4/17/2010

MONDAY		
Time	Class	Instructor
5:30-6:30am	Sunrise Cycle	Susan L
5:30-6:30am	Cardio Blast	Connie
8:15-9:00am	Guilt Free Monday	Maurice
9:00-10:00am	Nia	Catherine
9:00-10:00am	Morning Cycle	Cecilia
9:00-10:00am	Cardio Blast	Susan L
10:00-11:00am	Body Pump	Kathy
10:15-11:00am	Super Seniors	Donna
6:30-7:30pm	Primetime Cycle	Gary
7:30-8:30pm	Body Pump	Alt

Thursday		
Time	Class	Instructor
5:30-6:30am	Body Pump	Susan T
6:45-9:30am	Tums, Legs, Buns	Kathy
9:30-10:30am	TurboKick	Cecilia
11:45-12:30pm	Silver Sneakers	Karen
6:00-6:50pm	Ab Attack	Maurice
7:00-8:00pm	The Mix	Michele

TUESDAY		
Time	Class	Instructor
5:30-6:30am	Body Pump	Martine
8:45-9:30am	Tums, Legs, Buns	Kathy
9:30-10:30am	Turbo Kick	Cecilia
11:45-12:30pm	Silver Sneakers	Alt
6:00-6:50pm	Ab Attack	Maurice
7:00-8:00pm	The Mix	Michele

Friday		
Time	Class	Instructor
5:30-6:30am	Sunrise Cycle	Alt
5:30-6:30am	Cardio Blast	Linda R
8:15-9:00am	TGIF	Maurice
9:00-10:00am	Nia	Catherine
9:00-10:00am	Morning Cycle	Kathy
10:00-11:00am	Body Pump	Kathy
10:15-11:00am	Super Seniors	Donna

WEDNESDAY		
Time	Class	Instructor
5:30-6:30am	Cardio Blast	Connie
5:30-6:30am	Sunrise Cycle	Kim
9:00-10:00am	Morning Cycle	Cecilia
9:00-10:00am	Zumba	Martine
10:00-11:00am	Body Pump	Kathy
10:15-11:00am	Super Seniors	Susan L
6:30-7:15pm	Primetime Cycle	Susan T
7:30-8:30pm	Body Pump	Susan T

Saturday		
Time	Class	Instructor
7:30-8:25 am	Cycle	Gary
8:30-9:25 am	TurboKick	Kristy
9:30-10:30am	Body Pump	Alt
10:30-12:30PM	NIA Body Journeys	Catherine

Sunday		
Time	Class	Instructor
9:00-10:00	Cycle	Alt
10:00-10:45am	TLB	** Kathy R
10:45-11:45am	Zumba	** Martine

Classes are free to members. Classes and instructors are subject to change. See back for class descriptions. Please contact Connie Laidlaw the Health and Fitness Director @ 630-929-2418 with any questions.

*** Classes end 3/28/2010

See reverse for Class Descriptions

Children age 12 and above may participate in a fitness class accompanied by a parent or adult, except for BodyPump which is age 16. Children under the age of 12 should not be unattended while an adult is participating in a fitness class.

Indian Boundary YMCA

711 59th Street

Downers Grove, IL 60516 630-968-8400

www.ymcachgo.org

Indian Boundary YMCA

Fitness Schedule for Paid classes

SPRING I

2/21 thru 4/17/2010

Monday		
Time	Class	Instructor
5:45-6:30am	Sunrise Bootcamp	Maurice
5:30-6:30am	Functional Training	Mary Jo
11:15-12:15pm	Strength 4 Everybody	Chick
6:15-7:15pm	Boot Camp	Maurice
6:30-7:30pm	Pilates	Martine
7:30-8:30pm	Hatha Yoga	Karen
7:00-8:00pm	Bio-Dynamix	Tony

Thursday		
Time	Class	Instructor
9:30-10:30am	Sculpt and Tone	Maurice
9:00-10:15am	Hatha Yoga	Donna
6:45-7:30pm	Gymstick	Maurice
6:30-7:30pm	Pilates	Martine

Tuesday		
Time	Class	Instructor
9:30-10:30am	Sculpt and Tone	Maurice
10:30-11:30am	Hatha Yoga	Donna
6:45-7:30pm	Gymstick	Maurice
6:30-7:30pm	Pilates	Kathy

Friday		
Time	Class	Instructor
5:45-6:30am	Sunrise Bootcamp	Maurice

Wednesday		
Time	Class	Instructor
5:45-6:30am	Sunrise Bootcamp	Maurice
11:15-12:15pm	Senior Pilates	Martine
6:15-7:15pm	Boot Camp	Maurice
7:00-8:00pm	Yoga Fit	Martine
7:30-8:30pm	Co-Ed Strength	Maurice
7:00-8:00pm	Bio-Dynamix	Tony

Saturday		
Time	Class	Instructor
8:00-9:00am	Pilates	Chick
10:30-12:30pm	Mixed Martial Arts	Tony

Sunday		
Time	Class	Instructor
8:00-9:30am	Co-Ed Strength	Maurice

If purchasing a Power Pass please be prepared to present receipt to instructor before class begins.

See brochure for pricing. Any ?'s please contact

Connie Laidlaw @ 630-929-2418

POW For Members Only!!