



Summer Session 6/7/10-9/5/10

Updated 6/26/10

MONDAY AM

| Time | Class | Location | Instructor |
|-------------|-----------------|----------------|-------------|
| 5:40-5:55 | Fab Abs | Honesty | Colleen |
| 5:45-6:35 | Group Cycle | Caring | Melanie |
| 6:00-7:00 | Sunrise Yoga | Honesty | Colleen |
| 7:00-7:45 | Shallow Aquafit | Small Pool | Leslie |
| 8:00-8:45 | Shallow Aquafit | Small Pool | Leslie |
| 8:45-9:45 | Pilates | Honesty | Kathy N |
| 9:00-9:50 | Group Cycle | Caring | Jessica M |
| 9:00-10:00 | Body Step | Responsibility | Cathy O |
| 9:00-9:45 | Power Splash | Large Pool | Peter |
| 10:15-11:15 | Body Vive | Respect | Cathy O |
| 10:15-11:15 | Body Pump | Responsibility | Christine S |

MONDAY PM

| Time | Class | Location | Instructor |
|-----------|----------------------|----------------|--------------------|
| 5:10-5:40 | Fab Abs | Honesty | Sherry |
| 5:45-6:45 | Body Vive | Respect | Beth |
| 5:45-6:45 | Body Pump | Responsibility | Jeanne |
| 6:00-6:45 | Zumba | Honesty | Ana |
| 6:00-6:50 | Group Cycle | Caring | Sherry |
| 7:00-8:00 | Body Step | Responsibility | Jeanne/ Cathy M |
| 7:00-8:10 | Intermediate Pilates | Respect | Anne |
| 7:00-8:00 | Yoga | Honesty | Kathy F |
| 7:10-8:00 | Group Cycle | Caring | Stephanie |
| 7:15-8:00 | Zumba | Enrichment | Jessica C |
| 8:15-9:15 | Body Pump | Responsibility | Stephanie |

TUESDAY AM

| Time | Class | Location | Instructor |
|-------------|---------------------|----------------|------------|
| 5:45-6:45 | Body Pump | Responsibility | Jeanne |
| 9:00-10:00 | Yoga | Honesty | Natalie |
| 9:00-9:50 | Group Cycle | Caring | Joanne |
| 9:00-9:45 | Aqua Challenge | Large Pool | Linda |
| 9:00-10:00 | Muscle Conditioning | Responsibility | Peter |
| 10:15-11:00 | Zumba | Responsibility | Gloria |
| 12:10-12:55 | Body Pump Express | Responsibility | Donna |

TUESDAY PM

| Time | Class | Location | Instructor |
|-----------|------------------|----------------|--------------------|
| 4:45-5:45 | Body Step | Responsibility | Cathy O |
| 5:45-6:45 | Group Cycle | Caring | Anne |
| 5:45-6:30 | Aqua Fusion | Large Pool | Deb |
| 5:45-6:30 | Zumba | Honesty | Carla |
| 6:00-7:00 | Body Pump | Responsibility | Cathy O |
| 7:00-8:00 | Intro to Pilates | Honesty | Anne |
| 7:15-8:15 | Body Attack | Responsibility | Beth/ Stephanie |

WEDNESDAY AM

| Time | Class | Location | Instructor |
|-------------|-----------------|----------------|-------------|
| 5:40-5:55 | Fab Abs | Honesty | Colleen |
| 5:45-6:35 | Group Cycle | Caring | Tom |
| 6:00-7:00 | Sunrise Yoga | Honesty | Colleen |
| 7:00-8:00 | Body Vive | Respect | Christine M |
| 7:00-7:45 | Shallow Aquafit | Small Pool | Leslie |
| 8:00-8:45 | Shallow Aquafit | Small Pool | Leslie |
| 9:00-10:00 | New! Boot Camp | Honesty | Shayla |
| 9:00-9:50 | Group Cycle | Caring | Kathy N |
| 9:00-10:00 | Body Vive | Responsibility | Cathy O |
| 9:00-9:45 | Power Splash | Large Pool | Laura |
| 10:15-11:15 | Body Pump | Responsibility | Melanie |

NOTE:

- Body Pump, Group Cycling, and Zumba are **member-only** classes. Community Participants can sign up for all other classes at \$73/session for one class per week.
- Children under 13 are not permitted in studios during classes. Anyone over 13 must be actively participating in the class.
- For your security gym bags and cell phones are not permitted in the studios. Please use our lockers for your personal belongings. Jackets are permitted ONLY in studios with coat racks.

Group exercise class descriptions can be found in the program and membership catalog on pages 35-39. For more information call the West Suburban YMCA at (414) 302-9622.



WEDNESDAY PM

| Time | Class | Location | Instructor |
|-----------|----------------|----------------|------------|
| 4:30-5:30 | Body Attack | Responsibility | Cathy O |
| 5:45-6:45 | Yoga | Honesty | Natalie |
| 6:00-6:50 | Cardio Kickbox | Respect | Lisa |
| 6:00-6:50 | Group Cycle | Caring | Amanda |
| 7:00-8:00 | Body Step | Respect | Cathy M |
| 7:00-8:00 | Body Pump | Responsibility | Beth/Kate |
| 7:10-8:00 | Group Cycle | Caring | Stephanie |
| 8:10-8:55 | Zumba | Responsibility | Jessica C |

THURSDAY AM

| Time | Class | Location | Instructor |
|-------------|---------------------|----------------|------------|
| 5:45-6:45 | Body Pump | Responsibility | Melanie |
| 9:00-10:00 | Beginning Yoga | Honesty | Nora |
| 9:00-9:45 | Aqua Challenge | Large Pool | Linda |
| 9:00-10:00 | Group Cycle | Caring | Peter |
| 9:00-9:45 | Muscle Conditioning | Responsibility | Jessica M |
| 9:50-10:35 | Zumba | Responsibility | Jessica M |
| 12:10-12:55 | Body Pump Express | Responsibility | Donna |

THURSDAY PM

| Time | Class | Location | Instructor |
|-----------|------------------------|----------------|------------|
| 4:45-5:45 | Body Step | Responsibility | Jeanne |
| 5:00-5:30 | Fab Abs | Honesty | Sherry |
| 5:45-6:45 | Group Cycle | Caring | Kathy N |
| 5:45-6:40 | Intro to Pilates | Honesty | Carly |
| 5:45-6:30 | Aqua Fusion | Large Pool | Mary Kay |
| 6:15-7:00 | <i>New Time!</i> Zumba | Responsibility | Gloria |
| 6:45-7:45 | Beginning Yoga | Honesty | Natalie |
| 7:15-8:15 | Body Attack | Respect | Jeanne |
| 7:15-8:15 | Body Pump | Responsibility | Stephanie |

FRIDAY

| Time | Class | Location | Instructor |
|-------------|---------------------------|----------------|------------|
| 5:40-5:55 | Fab Abs | Honesty | Colleen |
| 6:00-7:00 | Pilates | Honesty | Kathy N |
| 6:00-6:50 | Group Cycle | Caring | Colleen |
| 9:00-10:15 | Ultimate Cycle | Caring | Peter |
| 8:00-8:45 | Shallow Aquafit | Small Pool | Jennifer |
| 9:00-9:45 | Power Splash | Large Pool | Jennifer |
| 9:00-10:00 | Power Yoga | Honesty | Shayne |
| 9:00-10:00 | Body Step/ Body Attack | Responsibility | Cathy O |
| 10:15-11:15 | Body Pump | Responsibility | Cathy O |
| 5:30-6:30 | Body Pump | Responsibility | Beth |
| 6:45-7:45 | New! Boot Camp | Responsibility | Katie |

SATURDAY

| Time | Class | Location | Instructor |
|--|---------------------------|----------------|------------|
| 7:00-7:50 | Group Cycle | Caring | Rotation |
| 7:30-8:30 | Muscle Conditioning | Responsibility | Rotation |
| 8:30-9:20 | Group Cycle | Caring | Kim S |
| 8:30-9:30 | Beginning Yoga | Honesty | Kathy F |
| 8:40-9:40 | Body Step/ Body Attack | Responsibility | Rotation |
| 9:45-10:45 | Body Vive | Honesty | Cathy O |
| 9:45-10:45 | Body Pump | Responsibility | Beth |
| 11:00-12:00 | Body Pump | Responsibility | Rotation |
| 11:00-12:15 | New! African Dance | Respect | Gloria |
| May 15-June 19 , Class Fee = \$30/6-week session Program 01104-85 | | | |
| 12:00-12:45 | Aqua Fusion | Large Pool | Deb |

SUNDAY

| Time | Class | Location | Instructor |
|-------------|--|----------------|-------------|
| 9:30-10:15 | Zumba | Responsibility | Ana |
| 10:30-11:45 | Instructor Combo- Body Step/Body Attack/ Body Pump | Responsibility | Jeanne/Beth |
| 11:00-11:50 | Group Cycle | Caring | Rotation |

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