

Group Exercise Classes

The Alfred Campanelli YMCA offers a variety of complimentary group exercise classes for our valued members. All classes are free to members except those so designated in bold print. Program members need to register at the Welcome Center to participate in these classes. There are no refunds for unattended classes.

GROUP EXERCISE CLASSES AT A GLANCE. SEE FOLLOWING PAGES FOR CLASS DESCRIPTIONS.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
22 Minute Workout (4)	10:00 am-10:30 am		10:00 am-10:30 am				
Basic Training (5)		6:00 am-7:00 am		6:00 am-7:00 am			
BODYPUMP® (5)	6:00 am-7:00 am	6:15 pm-7:15 pm	6:15 pm-7:15 pm	10:15 am-11:15 am		9:00 am-10:00 am	
BOSU® (4)	9:15 am-10:00 am						
Boot Camp (4)				6:30 am-7:15 am			
Cardio Blast (4)				8:00 am-8:45 am			
Cardio Interval (3)		11:30 am-12:15 pm		11:30 am-12:15 pm			8:30 am-9:30 am
Cardio Sculpt (5)	9:00 am-10:00 am		9:00 am-10:00 am		9:00 am-10:00 am		
Core N More (3)			5:30 pm-6:00 pm				
fitMS (1)	11:30 am-1:00 pm		11:30 am-1:00 pm				
Get Started (1)	6:30 am-7:30 am		6:30 am-7:30 am		6:30 am-7:30 am		
Instructor's Choice (3)			8:00 am-8:45 am		8:00 am-8:45 am		
Losin' It (3)		9:30 am-10:15 am		9:30 am-10:15 am			
PiYo (3)	5:30 pm-6:15 pm		7:30 pm-8:15 pm			9:45 am-10:30 am	
Senior Salsa (2)	10:00 am-10:30 am				10:00 am-10:30 am		
Senior Walking Club (1)	9:30 am-10:15 am		9:30 am-10:15 am		9:30 am-10:15 am		
Silver Sneakers Cardio Circuit (1)		9:30 am-10:15 am		9:30 am-10:15 am			
Silver Sneakers Msc/St & Motion (1)		10:20 am-11:05 am		10:20 am-11:05 am			
Silver Sneakers Yoga Stretch (1)	1:30 pm-2:15 pm		1:30 pm-2:15 pm				
Spinning (5)	7:00 pm-7:45 pm	6:00 pm-6:45 pm		6:00 pm-6:45 pm		8:15 am-9:00 am	
Step (4)	6:15 pm-7:00 pm	9:15 am-10:00 am	6:45 pm-7:30 pm				
Sunrise Step (4)						7:15 am-8:10 am	
Turbo Kick (4)			6:00 pm-6:45 pm			9:00 am-9:45 am	
Workout with Weights (3)		8:00 am-8:45 am					
Zumba (3)		7:20 pm-8:15 pm				10:00 am-11:00 am	

- All classes highlighted are specialty classes and require registration, payment or FitPlus membership upgrade.
- To assure space in class please register at the Welcome Center.
- To assure proper warm-up, PROMPTNESS is required for all classes. ☺
- Classes are rated – 1 for beginners, 5 for advanced participants.
- Class will be cancelled if less than 5 people are registered.

Upgrade to FitPlus Membership – Your No Hassle Class Option!

Add \$15 per adult to your monthly membership fee and take ALL the Group Exercise Classes you want! This option allows you to join any class, any time without the need to register for each class. See the Welcome Center for details!

**fitMS is not available with this option*

Class Express Pass

Participants can purchase our new Express Pass which allows you to pay once per session and have the flexibility of unlimited class participation. Campanelli YMCA Members can take advantage of all paid classes with the purchase of the Express Pass. Program Members can also purchase the Express Pass and take any class they want – any time! This is a great opportunity for you to “cross-train,” with a variety of classes to achieve a higher fitness level. Refunds will not be granted for missed or unused classes. Participants may choose to take individual classes. In that case, the cost of individual classes is listed with each class.

**fitMS is not available with the Express Pass*

Fee: Winter 1 & 2

\$65 Members \$155 Program Members

The following classes are rated 1 on the difficulty scale:

FitMS

This innovative program incorporates the best Tai Chi, yoga, and stability ball exercises in a progressive sequence to benefit individuals with the balance concerns and fatigue brought on by Multiple Sclerosis, Parkinson's Disease, or other neuro-muscular and autoimmune issues. Focused attention is given to improvement of balance, coordination, strength, and range of motion.

Fee: Winter 1 & 2

\$88 Members \$176 Program Members

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. Muscular strength and flexibility are the focus of this program.

Fee: Winter 1 & 2

\$0 Members \$174 Program Members

Silver Sneakers – Muscular Strength & Range of Motion

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. 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. A certified Silver Sneakers Program Instructor will teach this class.

Fee: Winter 1 & 2

\$0 Members \$116 Program Members

Silver Sneakers – Cardio Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power 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. A certified Silver Sneakers Program Instructor will teach this class.

Fee: Winter 1 & 2

\$0 Members \$105 Program Members

Silver Sneakers – YogaStretch

YogaStretch will move your entire body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. A certified Silver Sneakers Program Instructor will teach this class.

Fee: Winter 1 & 2

\$0 Members \$116 Program Members

Senior Walking Club

Do you want to lose some extra weight? Would you like to do it walking and have company to talk to as you do this? Well then this is the group for you. Join our new “Senior Strut Club” now. We will meet three times each week for some “Fit and Fun.” Fee includes a T-Shirt. For more information contact Lisa Math at 847-891-9622 ext. 107.

Fee: Winter 1 & 2

\$10 Members \$15 Program Members

The following class is rated 2 on the difficulty scale:

Senior Salsa

Get ready to dance to the rhythm! The fancy footwork and choreography is toned down a bit, but the fun will still be there! Latin and other fun song styles will allow you to learn some new steps, work your body, and get your heart rate up. Dancing is a great way to move, laugh, and have fun!

Fee: Winter 1 & 2

\$0 Members \$58 Program Members

The following classes are rated 3 on the difficulty scale:

NEW! Workout with Weights

Physiologically proven, lifting weights promotes bone density and lean body mass. This new class offers these benefits to all who participate. Major muscle groups are targeted for optimal toning and strength training.

Fee: Winter 1 & 2

\$45 Members \$75 Program Members

NEW! Losin' It

This is an added bonus class for those who are joining the YMCA annual weight loss Losin' It challenge. Even those not registered in the challenge can benefit from this program. You'll get a great overall workout! Utilize this **FREE** class as an additional component in your weight loss efforts for success. See details on page 19 about the Losin' It Challenge.

Fee: Winter 1 & 2

\$0 Members \$116 Program Members

Zumba

Zumba fuses Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba fanatics achieve long term benefits while experiencing an absolute blast in 45 minutes of calorie burning, body energizing, awe inspiring movements meant to engage and captivate for life! 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. Add some Latin flavor and international zest into the mix and you've got Zumba!

Fee: Winter 1 & 2

Tues/Thur	\$60 Members
	\$120 Program Members
Saturday	\$32 Members
	\$64 Program Members

Cardio Interval

Interval training is a tried and true formula for building endurance. This class will feature high intensity, calorie burning workouts. Your certified instructor will alternate between high energy intervals of work and recovery intervals. These workouts are for all level of exercisers. **Now offered 3 days each week – Sunday, Tuesday, and Thursday!**

Fee: Winter 1 & 2

\$0 Members \$58 Program Members

Core N More

A strong rock-hard mid section is just the beginning of what you can achieve with this class. An energizing blend of Pilates and traditional abdominal moves will strengthen your back, hips, and thighs leaving you feeling stronger and looking more fit.

Fee: Winter 1 & 2

\$0 Members \$42 Program Members

PiYo

If you like Yoga, you will LOVE PiYo. PiYo is a unique athletic blend of Pilates, Yoga, and more. The moves fit perfectly together to form choreography that is both fun and challenging, focussing on movement and power. No previous experience required.

Fee: Winter 1 & 2

1 day/week	\$35 Members	\$70 Program Members
2 days/week	\$70 Members	\$140 Program Members
3 days/week	\$105 Members	\$210 Program Members

The following classes are rated 4 on the difficulty scale:

NEW! Cardio Blast

Get this great workout early in the morning! Offering this class early in the day helps to keep your metabolism at an optimal level all day and gives you a higher energy level. This class format is just as expected by its name! Cardio in nature, your instructor will keep you motivated with variety and fun mixed with heart rate elevating exercises.

Fee: Winter 1 & 2

\$45 Members \$75 Program Members

NEW! 22 Minute Workout

The 22 minute workout is a circuit-training program that incorporates cardio-respiratory fitness and strength or resistance training. The program is designed to improve muscular strength, muscular endurance, and to aid in promotion of fat loss by burning a high level of calories, and, over time, increasing metabolism. You still get your warm-up, cool-down, and stretch during this short time!

Fee: Winter 1 & 2

\$35 Members \$60 Program Members

NEW! BOSU® - "Both Sides Up"

BOSU means that the "ball" can be placed on the ground either flat side or rounded side up. This class will include aerobic and strength training routines, flexibility exercises, and balance training. Do familiar exercises like leg raises, crunches, and push-ups on the BOSU® - a surface that constantly changes forcing you to maintain your center of gravity. The BOSU® is safer than a Swiss ball as you are less likely to roll off, but it will make workouts more challenging. **Register early as this class is limited to 7 participants!**

Fee: Winter 1 & 2

\$50 Members \$100 Program Members

Sunrise Step & Step Aerobics

Challenge yourself by exercising at your own fitness level and level of experience. Step is a tried and true calorie burner and body toner. A towel, water bottle and lots of energy are recommended for this class! Beginner, intermediate and advanced classes offered.

Fee: Winter 1 & 2

\$0 Members \$58 Program Members

Boot Camp

Is there a wedding in your future, maybe, maybe not?? Getting married is not a necessary prerequisite for this class, but wanting to tone and lose a few inches is. Let's face it, we all have goals, and if a smaller waist and toned arms is one of yours, sign up for this class! Our Boot Camp instructor will give you the tricks, tools, and knowledge to look better, feel better and most importantly fit into that dress - whatever size it is!! As an added bonus, if you sign up for this class we will offer you a free personal training session with one of our certified personal trainers!

Fee: Winter 1 & 2

\$30 Members \$60 Program Members

Turbo Kick

Turbo kick is a combination of intense kickboxing moves as well as dance moves all perfectly choreographed to high energy and motivating music. It is a unique blend of intense intervals, strength/endurance training, and a relaxing cool down.

Fee: Winter 1 & 2

\$30 Members \$60 Program Members

Losin' It!

January 4th-February 21st

Join our 7 week weight loss/fitness challenge. We will work in pairs to see who can lose the most combined body weight percentage. Prizes will be awarded to the pair with the greatest percentage loss.

Fee: Winter 1 \$12 Members OR \$20 for 2

The following classes are rated 5 on the difficulty scale:

Cardio Sculpt

Get your body moving using stability balls. This fun and challenging workout uses exercise with the stability ball to improve your overall health, balance, core muscles, and well being. This is a family friendly 45-minute class. Young adults age 11 to 15 are able to participate if accompanied by a parent and approved by the Program Director.

Fee: Winter 1 & 2

\$0 Members \$174 Program Members

Basic Training

An intense workout program that incorporates running, strength training, agility drills, and flexibility. All of this designed to build endurance, increase your metabolism, decrease body fat, build lean muscle mass, and increase your strength. Classes will be held outside weather permitting.

Fee: Winter 1 & 2

\$30 Members \$60 Program Members

BODYPUMP®

This is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors, and your choice of weights inspire you to get the results you came for – and fast! This class will be offered at various times so that you get the chance to enhance that body. Early morning classes will help you to get that workout behind you and energize you throughout your day.

Fee: Winter 1 & 2

1 day/week \$28 Members \$56 Program Members

2 days/week \$56 Members \$112 Program Members

3 days/week \$84 Members \$168 Program Members

Spinning

Come and experience our indoor cycling challenge. Our trained instructors will challenge all fitness levels as we take you on a calorie burning adventure, approximately 600 calories that is! Please bring a water bottle and towel. Gel seats or bike shorts are recommended. Space is limited!!

Fee: Winter 1 & 2

1 day/week \$0 Members \$58 Program Members

2 days/week \$0 Members \$116 Program Members

3 days/week \$0 Members \$174 Program Members

More days available.