Join us this summer for a 12 week program challenging you to “Commit To Be Fit”! You can earn points for attending healthy living presentations, participating in weekly recipes and doing physical activity at the Y! Everyone who participates in the program will receive a YMCA Drawstring Bag! At the end of the program your name will be placed into the appropriate drawing, according to points earned, for the following prizes:

- **1st Place:** 750+ points • FREE 6 month Full Privilege (Fitness) Membership
- **2nd Place:** 700 – 749 points • Gift Card for 1 hour massage
- **3rd Place:** 650 – 699 points • 4 Movie Tickets
- **4th Place:** 500 – 649 points • YMCA Sports Duffle Bag

**HOW TO EARN POINTS:**

- **20 pts:** Weekly weigh-in at Esic or Meyer Fitness Center (this is optional); you can choose the day you want to weigh-in. Potential Point Total: 240
- **20 pts:** 3 Healthy Living Presentations: June, July & August. Potential point total: 60
- **20 pts:** “Healthy Recipe” of the week. Each week we will email you a recipe to make. Take a selfie with the cooked dish & email it to us. Potential Point Total: 240
- **10 pts:** Take 2 FREE Spin Classes. Potential Point Total: 20
- **10 pts:** Fitness question of the week. Email us back the correct answer to receive points. Potential Point Total: 120
- **1 pt:** Receive 1 point for each time you swipe your card at the Edwardsville YMCA for the following: (Unlimited Amount of Points Available)
  - Fitness Center (Includes Session Classes), Group Fitness/SilverSneakers (Includes Session Classes), Walking Track, Indoor & Outdoor Pools, Gymnasiums & Racquetball

**HEALTHY LIVING PRESENTATIONS:** JUNE 8TH • JULY 13TH • AUGUST 17TH • 6:00-6:45PM • ESIC
FULL PRIVILEGE (FITNESS) MEMBERS: $40 • BASIC MEMBERS: $75
(Allowed to use the Fitness Center & attend Group Fitness classes for free during the 12 week program.)

## HEALTH & WELLNESS OPPORTUNITIES

### ADVANCED NUTRITION COUNSELING

We offer services that can help you whether your goal is to manage diabetes, lower blood pressure, disease risk, or enhance physical performance while maintaining a busy lifestyle. A nutrition consultation may involve a diet recall, medical history, nutrition evaluation of your current food preferences and intake, and diet education on healthy diets. You will receive scientifically-based advice, realistic recommendations, and up-to-date nutritional information that will allow for long-lasting results.

For more information on our services, please call 618-655-1460.

- **$50** (1 SESSION)
- **$400** (10 SESSIONS)

### INDIVIDUAL WEIGHT LOSS COUNSELING

Your individual needs and goals for weight loss, weight gain, or weight maintenance will be assessed and recommendations made that are tailored to fit your lifestyle. Learn the following about yourself: Body Fat %, BMI, Resting Metabolic Rate, Daily Caloric Needs, Exercise Recommendations for Maintaining Weight or for Weight Loss, and much more.

**INITIAL COUNSELING SESSION:** $35
**ONGOING:** $100 (4 | 30 MIN. SESSIONS)

**AMERICAN RED CROSS BLOOD DRIVE**

SPONSORED BY GOSHEN ROTARY

**DATE:** THURSDAY, MAY 25TH • **TIME:** 3:00–7:00PM
**LOCATION:** ESIC CENTER
PERSONAL TRAINING
Reaching your personal fitness goals becomes a reality when you work with one of our personal trainers. You'll gain the knowledge, motivation, and confidence you need to achieve the results that you want. If you would prefer to partner up with a friend, family member, or colleague we also offer Partner Training Sessions! To schedule an appointment or find out more information, stop by or call 618.656.0436 (Esic Center) or 618.655.1460 (Meyer Center). YOU MUST BE AN EDWARDSVILLE YMCA FULL PRIVILEGE (FITNESS) MEMBER. SESSIONS MADE BY APPOINTMENT.

# of Sessions | Individual | Partners
---|---|---
1 | $35 | $60
3 | $102 | $150
5 | $150 | $200

LOOK OUT FOR MORE INFORMATION ON OUR MEET THE TRAINER NIGHT!
MAX FIT
Maximize your fitness potential with this intense workout combining strength and cardio. You can expect to see loss of unwanted pounds and inches, improved muscle tone, increased endurance, strength, flexibility, coordination and decreased body fat. Please bring hand weights and mat.

SUMMER SESSION WILL MEET OUTSIDE
MON & WED 5:30-6:15AM • MEYER
MEMBERS $50 • NON–MEMBERS $80

WOMEN’S WEIGHT TRAINING
Weight training is a necessary component of every woman’s exercise program to manage weight, protection against bone loss, strengthen the body, and the fight against diseases. This class uses personalized instruction to teach members weight-bearing and muscle strengthening exercises using free weights and machines for a full-body workout. This program is easily adjustable to accommodate every fitness level regardless of experience, health concerns, or physical limitations.

MON & WED 9:30-10:30AM • ESIC
TUES & THURS 5:00-6:00PM • ESIC
TUES & THURS 9:30-10:30AM • MEYER
MEMBERS $40 • NON–MEMBERS $65

POWER UP!
This two-day-a-week class is a total body weight workout, with a maximum of 10 participants per class. Each class consists of a dynamic warm-up, weight training, core training, HIIT, and/or sustained cardio and ends with stretching. If you want to lose fat or change your body, one of the most important things you can do in combination with diet & exercise is lift weights.

MON & WED 7:00-8:20PM • MEYER
TUES & THURS 5:30-6:50PM • MEYER
SUMMER 1 (5 WEEK SESSION):
MEMBERS $82 • NON–MEMBERS $110
SUMMER 2 (7 WEEK SESSION):
MEMBERS $115 • NON–MEMBERS $155

STRENGTH TRAINING FOR ADULTS
The STFA Program offers beginner through elite levels of training for adults. These workouts are for those who want to get stronger, lose weight, and increase their energy level. "Training The Body 360"! Whether you are 18 or 80, come join us! Our Focal Points Are: Strength, Speed, Coordination, Flexibility, Balance, Agility Training Different Energy Systems (HIIT and Aerobic Conditioning), ACL and Injury Prevention. Fat Burning Workouts: The Muse, Total Body Weight Training, HIIT and Sustained Cardio. MEYER
MON-THURS 5:30-6:45AM • MEYER
MON-THURS 10:45AM-NOON • MEYER
MON-THURS 5:30-6:45PM • MEYER
SUMMER 1 (5 WEEK SESSION):
MEMBERS $116 • NON–MEMBERS $146
SUMMER 2 (7 WEEK SESSION):
MEMBERS $150 • NON–MEMBERS $190

SPORTS PERFORMANCE TRAINING
The Sports Performance Training Program (SPT) is for middle school, high school, college, professional, and national caliber athletes. Over the last 10 years, we have trained thousands of athletes in 12 different sports from the Edwardsville and surrounding areas. We offer elite level training at an affordable cost. We are very proud to conduct the pre-season training for the EHS ladies basketball, softball, and field hockey teams. We can help your team too! We offer programs for both high school and college men’s and women’s teams. This class consists of 2 days of full body weight workouts and 2 days of movement/plyometric training.

MON-THUR 10:45AM-NOON • MEYER
MON-THUR 5:30-6:45PM • MEYER
SUMMER 1 (5 WEEK SESSION):
MEMBERS $116 • NON–MEMBERS $146
SUMMER 2 (7 WEEK SESSION):
MEMBERS $150 • NON–MEMBERS $190
BEGINNERS TO INTERMEDIATE YOGA
These classes are open to all who wish to learn Yoga basics and refine their practice. Classes are open to all levels, beginner to advanced. We will practice Yoga breath (pranayama), dynamic postures (asanas), and the flow of breath (vinyasa). Through the practice of integrating breath and refining postures, participants will increase flexibility, strength and balance and feel relaxed and restored.

MON 8:00-9:00PM • ESIC
TUES 8:30-9:25AM • ESIC
TUES 10:30-11:25AM • ESIC
THURS 8:30-9:25AM • ESIC
THURS 10:30-11:25AM • ESIC
THURS 7:00-7:55PM • ESIC
MEMBERS $25 • NON-MEMBERS $40

GENTLE YOGA
This class explores asana (poses) including standing, seated, twists, backbends and the fundamentals of sun salutations. Poses and sequences are practiced with alignment in mind, offering practitioners the opportunity to gain confidence, strength, and flexibility. The finer details of basic postures are emphasized with variations so that students gain comfort and learn appropriate modifications for their personal practice. The unhurried pace and simple poses make this class great for beginners while the detailed alignment instructions and spiritual context keep it interesting and valuable for all levels of yoga students. Expect a well-rounded class that includes poses, breathing, meditation and philosophy.

TUES 6:00-6:55PM • ESIC
SAT 9:30-10:25AM • ESIC
MEMBERS $25 • NON-MEMBERS $40

BARRE
This class is about the physical as well as the aesthetic benefits of lengthening muscles, while strengthening them. You will work your entire body and challenge your core. ESIC ACTIVITY ROOM
MON 10:30-11:25AM (SUMMER 1 ONLY)
FRI 10:30-11:25AM
MEMBERS $32 • NON-MEMBERS $48

VINYASA
A flowing, dynamic yoga practice that cultivate presence by connecting movement with breath. This class will feature several elements of traditional Ashtanga yoga including sun salutations, standing poses, preparation for arm balances, dynamic stretching, pranayama (breath-work) & meditation. You will build strength, and balance, while reducing stress and increasing vitality.

FRI 9:00-9:55AM • ESIC
MEMBERS $25 • NON-MEMBERS $40

RESTORATIVE YOGA
This practice is designed to restore the nervous system and help release deeply held tensions from the body and mind. Props will be used to support posture and poses will be held for an extended period of time. This class is appropriate for students of all levels.

WED 8:00–8:55PM • ESIC
MEMBERS $25 • NON–MEMBERS $40

CHAIR YOGA
A traditional yoga practice for people who cannot get on the floor, those recovering from injuries and those of all ages. There is breathwork, stretching and balance work.

TUES & THURS 12:30–1:25PM • ESIC
FULL PRIVILEGE MEMBERS: FREE
BASIC MEMBERS: $2 • NON–MEMBERS: $5
AEROBICS 101
A lower intensity cardiovascular class that emphasizes basic movements, strengthening, and stretching. Senior adults, pregnant or postnatal women, and beginners will find this class to be a great choice.

AWESOME ABS
Drop in and work on those washboard abs! This class will also combine lower body sculpting and stretching exercises—short, sweet, and gets the job done!

BOOT CAMP CONDITIONING
Come join us for a workout designed to challenge and improve your strength, muscular and cardio endurance, flexibility, and body composition. This workout will help to increase your endurance with athletic movements and basic calisthenics.

Note: This class will utilize outdoor areas when weather permits.

CARDIO BLAST AM
Start your day with a class combining aerobics, step, and weights to maximize and mix up your work out!

CORE & MORE
Abs, thighs and hips. What more could you want? Tighten up those trouble spots in this 30 minute toning workout.

DANCE FITNESS
Have fun while you stretch, move and groove to your favorites from the 50s, 60s, and 70s to the hits of today. Dance your way to stamina, strength, flexibility and fun!

LUNCH TIME EXPRESS
Full body toning class on your lunch time. Get away from work and get your workout in during the day!

PIYO
A unique class designed to build strength and increase flexibility using pilates and yoga poses. A class filled with intense choreography that’s fun, challenging and will make you sweat. It’s about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.

STRENGTH TRAINING/ HIIT CARDIO
This workout will take your fitness to a new level with the combination of Strength Training and High Intensity Interval Training. Various equipment will be used to target specific muscle groups as well as torch those unwanted calories.

TABATA
These bootcamp workouts are short in duration and designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over. Get incredible results!

TOTAL BODY TONING
Strengthen, tone, and stretch your arms, shoulders, abs, back, glutes and legs! A total body sculpting experience.

TAI CHI
Find poetry in motion. A Chinese martial art created to keep your body’s energy flowing smoothly and to teach instinctive reactions that would keep you one step ahead in combat. Movements are designed to encourage a smooth flow of chi throughout the body, along with good breathing techniques and concentration.

TURBO KICK
The fat-blasting, ab-defining cardio workout that is sweeping the nation’s health clubs and allows you to burn up to 1,000 calories an hour! A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout!

WALK-15 AEROBICS
The “Studio” version of Leslie Sansone’s Walk At Home DVD. This is a low impact aerobics class based on 4 basic moves. Join us for a multi-muscle 3 mile “walk” which will promote a fun atmosphere, wellness and weight loss.

ZUMBA
Move fast and have fun while learning how to Salsa, Samba and Meringue. You will be having so much fun in this Latin inspired fitness class...you won’t even know you are working out.

ZUMBA TONING
Love Zumba and need to add some toning to complete your work out? Come to this 30 minute class to complete your workout.
## Effective May 30th – August 27th
### Session Classes Begin June 5th & July 10th

**Yoga Classes** in blue boxes are 5-week sessions & are NOT offered in a “drop-in” setting.

### Monday
- **Cardio Blast AM** 5:45-6:45am
- **Boot Camp Conditioning** 5:30-6:00am
- **Taichi** 7:30-8:25am

### Tuesday
- **Aerobics 101** 8:30-9:25am
- **Beg. / Intermed. Yoga** 8:30-9:25am
- **Turbo Kick** 9:30-10:25am
- **Zumba** 10:30-11:25am
- **Lunchtime Express** 12:10-12:50pm

### Wednesday
- **Cardio Blast AM** 5:45-6:45am
- **Taichi** 7:30-8:25am
- **Aerobics** 7:30-8:15am

### Thursday
- **Boot Camp Conditioning** 5:30-6:00am
- **Walk-15 Aerobics** 7:30-8:25am
- **Total Body Toning** 9:30-10:25am
- **Boot Camp Conditioning** 6:00-6:55pm

### Friday
- **Cardio Blast AM** 5:45-6:45am
- **Walking-15 Aerobics** 7:30-8:15am
- **Boot Camp Conditioning** 5:30-6:00am
- **Boot Camp Conditioning** 6:00-6:55pm

### Saturday
- **Zumba** 10:30-11:25am
- **Zumba Toning** 11:30-12:00pm
- **Lunchtime Express** 12:10-12:50pm
- **Zumba** 6:00-6:55pm

**Additional Classes: ESIC Activity Room**

- **Barre**
  - M or F • 10:30-11:25am
  - TUE • 7:00-7:55PM
  - MEMB $32 • NON-MEMB $48

- **Chair Yoga**
  - T & TH • 8:30-9:25AM
  - Drop-in Rates Apply

- **Dance Fitness**
  - M & W • 8:30-9:25AM
  - Drop-in Rates Apply

- **Piyo**
  - TH • 8:30-9:25AM
  - Drop-in Rates Apply

- **Vinyasa Yoga**
  - F • 9:00-9:55AM
  - MEMB $25 • NON-MEMB $40
ADDITIONAL FITNESS CLASSES

THE FULL SCHEDULE OF MEYER DROP-IN FITNESS CLASSES RETURN THIS FALL!

SILVERSNEAKERS CLASSIC
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and functionality for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

MON & WED 8:00-8:50AM • MEYER GYM
TUES & THURS 8:30-9:20AM • ESIC GYM
SILVERSNEAKERS & FULL PRIVILEGE FREE • BASIC $2 • NON-MEMBER $5

SCULPT N’ SPIN
Energized...That’s how you’ll feel after taking this exciting combo exercise class! You know that to truly meet your fitness goals you have to implement weight training & cardio into your workout. The first 45 min. you will strengthen & tone your body. The last 30 min. you will be on our NEW Spinning Blade Bikes for a cardio workout that will take you to a new level in your fitness endeavors. Come experience the positive results for yourself.

MON, WED & FRI 8:00-9:15AM • ESIC
MON, WED & FRI 8:30-9:45AM • ESIC
MEMBERS $75 • NON-MEMBERS $120
**SPINNING®**

Sometimes referred to as the “The Ultimate Ride,” SPINNING® is an indoor group cycling program that is held in an instructor led format where participants ride on a fully adjustable stationary bicycle – the SPINNER BLADE! This bike offers a customized fit, sleek racing bike geometry, fixed gear drive and true cycling componentry to deliver one of the smoothest, most comprehensive workouts available! Offering the full experience with motivational music and instruction to offer you a new workout journey! **IF THIS IS YOUR FIRST CLASS, PLEASE ARRIVE 15 MIN. EARLY TO ALLOW FOR PROPER BIKE SETUP. ALL SPINNING® CLASSES ARE PRE-PAID**

**FULL PRIVILEGE MEMBERS:** $5/CLASS • 11 FOR $50 • UNLIMITED MONTHLY PASS $55  
**BASIC MEMBERS:** $7/CLASS • 10 FOR $70 | **NON-MEMBERS:** $9/CLASS • 10 FOR $90

**SCULPT N’ SPIN (SESSION CLASS)**  
SEE PAGE 44 FOR MORE INFORMATION!

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Visit the Esic Center Front Desk/Fitness Center for more information today!  
If members must cancel, please give at least 24 hour notice.

**SPINNING® BIKE RENTAL**

Looking for a chance to ride outside of the SPINNING® class schedule? Now’s your chance! At selected times each day you are able to rent a bike and create your workout utilizing the Spinner BLADE. To rent a SPINNING® bike you have to be a Full Privilege Member and go through a SPINNING® orientation (by appointment only). To set up an orientation or for more details on renting a spinning bike, please call the Esic Fitness Center at 618.656.0436.  
**DAILY RENTAL FOR $7 OR MONTHLY RENTAL FOR $20.**