

2019 WINTER/SPRING GROUP FITNESS CLASSES

Niebur (Esic) Center Only | 12+ Yrs.

FULL PRIVILEGE MEMBERS: FREE • BASIC MEMBERS: \$2 • NON-MEMBERS: \$5

YOGA CLASSES IN BLUE BOXES ARE SESSION CLASSES & ARE NOT OFFERED IN A "DROP-IN" SETTING.



EFFECTIVE JANUARY 2ND - MAY 26TH

SESSION CLASSES BEGIN JANUARY 7TH (WINTER 1), FEBRUARY 25TH (WINTER 2) & APRIL 22ND (SPRING)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOOT CAMP CONDITIONING 5:30-6:00am NICOLE SCHAPMAN	BOOT CAMP CONDITIONING 5:30-6:00am NICOLE SCHAPMAN		BOOT CAMP CONDITIONING 5:30-6:00am NICOLE SCHAPMAN	BOOT CAMP CONDITIONING 5:30-6:00am NICOLE SCHAPMAN	
CARDIO BLAST AM 6:00-6:45am CINDY ZURLIENE		CARDIO BLAST AM 5:45-6:45am CINDY ZURLIENE			
TAI CHI 7:30-8:25am TOM ENGLERT	WALK-15 AEROBICS 7:30-8:15am KATE ZABOTKA	TAI CHI 7:30-8:25am TOM ENGLERT	WALK-15 AEROBICS 7:30-8:15am KATE ZABOTKA	TAI CHI 7:30-8:25am TOM ENGLERT	CARDIO BLAST 7:15-7:55am CINDY ZURLIENE
AEROBICS 101 8:30-9:25am KIM KNECHT	YOGA 8:30-9:25am RUTH KUBICEK	AEROBICS 101 8:30-9:25am AMY NESBIT	YOGA 8:30-9:25am RUTH KUBICEK	AEROBICS 101 8:30-9:25am KIM KNECHT	BOOT CAMP CONDITIONING 8:00-8:55am BETH ALLEN, LACEY LUITJOHAN OR LIZ DARNELL
PILOXING 9:30-10:25am AMY NESBIT	BOOT CAMP CONDITIONING 9:30-10:25am AMY NESBIT	TOTAL BODY TONING 9:30-10:25am NICOLE SCHAPMAN	CARDIO KICKBOXING 9:30-10:25am KIM KNECHT	BOOT CAMP CONDITIONING 9:30-10:25am NICOLE SCHAPMAN	BOOT CAMP CONDITIONING 9:00-9:55am BETH ALLEN, LACEY LUITJOHAN OR LIZ DARNELL
ZUMBA 10:30-11:25am LAURA GILOMEN	YOGA 10:30-11:25am CATHERINE JACKSON	ZUMBA 10:30-11:25am LAURA GILOMEN	YOGA 10:30-11:25am CATHERINE JACKSON	ZUMBA 10:30-11:25am LAURA GILOMEN	GENTLE YOGA 10:00-10:55am RUTH KUBICEK
YOGA 11:30am-12:25pm STACEY STUFFLEBEAM	LUNCHTIME EXPRESS 12:10-12:50pm LARA COLLMANN	ZUMBA TONING 11:30am-12:00pm LAURA GILOMEN	LUNCHTIME EXPRESS 12:10-12:50pm LARA COLLMANN	YOGA 11:30am-12:25pm STACEY STUFFLEBEAM	ZUMBA 11:00-11:55am ALICIA GIHRING
AWESOME ABS 4:30-4:55pm LARA COLLMANN		TABATA 5:00-5:25pm LARA COLLMANN		<p>FRIDAY NIGHT OUT *NEW* FRIDAYS JAN. 4TH - FEB. 15TH 7:00 - 7:55PM</p> <p>From Couples Yoga to Glow Zumba to 80's Piloxing and more, drop by the Y on a Friday night for a fun night out and a great workout.</p> <p>MEMBERS \$5 NON-MEMBERS \$10</p>	
TOTAL BODY TONING 5:00-5:55pm LARA COLLMANN	TOTAL BODY TONING 5:00-5:55pm BETH ALLEN	AWESOME ABS 5:30-5:55pm LARA COLLMANN	AWESOME ABS 5:30-5:55pm EMILY SMITH		
STRENGTH TRAINING/ HIIT CARDIO 6:00-6:55pm LIZ DARNELL	GENTLE YOGA 6:00-6:55pm SHERIE O'BRIEN	STRENGTH TRAINING/ HIIT CARDIO 6:00-6:55pm KIMBERLY PUTNAM	BOOT CAMP CONDITIONING 6:00-6:55pm EMILY SMITH		
ZUMBA 7:00-7:55pm JULIE FLEMING	BOOT CAMP CONDITIONING 7:00-7:55pm LACEY LUITJOHAN	ZUMBA 7:00-7:55pm ALICIA GIHRING	YOGA 7:00-7:55pm STACEY STUFFLEBEAM		
YOGA 8:00-8:55pm CATHERINE JACKSON	ZUMBA COMBO 8:00 - 8:55PM CRISTINA DE MEO	RESTORATIVE YOGA 8:00-8:55pm SHERI O'BRIEN	ZUMBA 8:00 - 8:55PM KELLY SPRINGER		

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EFFECTIVE JANUARY 2ND – MAY 26TH

SESSION CLASSES BEGIN JANUARY 7TH (WINTER 1), FEBRUARY 25TH (WINTER 2) & APRIL 22ND (SPRING)

DROP-IN: FULL PRIVILEGE MEMBERS: FREE • BASIC MEMBERS: \$2 • NON-MEMBERS: \$5

**Classes In Teal Boxes Are Only Offered In A
7-Week (Winter 1 & 2) & 5-Week (Spring) Sessional Format
MEMBERS \$35 • NON-MEMBERS \$63**

NIEBUR (ESIC) UPSTAIRS ACTIVITY ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DANCE FITNESS 8:30 - 9:25am MELODY SEVER	SILVERSNEAKERS CLASSIC 8:30 - 9:25am KIM KNECHT GYMNASIUM	DANCE FITNESS 8:30 - 9:25am MELODY SEVER	SILVERSNEAKERS CLASSIC 8:30 - 9:25am KIM KNECHT GYMNASIUM	
			BUTI YOGA 9:30 - 10:25am AMY NESBIT	PILOXING BARRE 9:30 - 10:25am AMY NESBIT
BARRE 10:30 - 11:25am MARY TEBBE				BARRE 10:30 - 11:25am MARY TEBBE
	CHAIR YOGA 12:30 - 1:25pm JULIE HAMILTON		CHAIR YOGA 12:30 - 1:25pm JULIE HAMILTON	
	PILOXING BARRE 5:00 - 5:55pm MARY TEBBE			SATURDAY
	KIDS YOGA 6:00 - 6:45pm LISA ALLEN		TEEN YOGA 6:00 - 6:45pm LISA ALLEN	MMA CONDITIONING 10:15 - 11:00am BRENDAN NEAL
	BARRE 7:00 - 7:55pm MARY TEBBE		BARRE 7:00 - 7:55pm MARY TEBBE	

SPIN STUDIO WINTER/SPRING DROP-IN & SESSION SCHEDULE

EDWARDSVILLE YMCA NIEBUR CENTER

**Book your ride for any
Drop-in Class
(white boxes) on the
MINDBODY App.
\$5/Class**

**Session classes in the pink boxes are
NOT offered as a drop-in. To sign up for
the 7 Week Winter 2 Session, stop by the
Niebur Center Front Desk starting:
MEMBERS: FEB. 11TH • NON-MEMBERS: FEB. 18TH
CLASSES BEGIN FEB. 25TH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAX FIT 5:30 - 6:15am LAILA GAGNON		MAX FIT 5:30 - 6:15am LAILA GAGNON			
	SPINNING 6:00 - 6:45am JODI		SPINNING 6:00 - 6:45am LAUREN	SPIN COMBO 6:00 - 7:15am PATTY	
SPIN COMBO 6:30 - 7:45am PATTY		SPINNING 7:00 - 7:45am ANN			
	SMALL GROUP TRAINING 7:30 - 8:15am LARA		SMALL GROUP TRAINING 7:30 - 8:15am LARA		
SCULPT N' SPIN 8:00 - 9:15am ANN & LARA	SMALL GROUP TRAINING 8:30 - 9:15am LARA	SCULPT N' SPIN 8:00 - 9:15am ANN & LARA	SMALL GROUP TRAINING 8:30 - 9:15am LARA	SCULPT N' SPIN 8:00 - 9:15am ANN & LARA	SPINNING 8:00 - 8:45am TBA
WOMEN'S WEIGHT TRAINING 9:30 - 10:30am	BEGINNER SPINNING 9:30 - 10:15am KIM	WOMEN'S WEIGHT TRAINING 9:30 - 10:30am	SPINNING 9:30 - 10:15am ANN	SPINNING 9:00 - 9:45am LIZ	SPINNING 9:00 - 9:45am TBA
SMALL GROUP TRAINING 10:00 - 10:45am LIZ		SMALL GROUP TRAINING 10:00 - 10:45am LIZ		SMALL GROUP TRAINING 10:00 - 10:45am LIZ	SMALL GROUP TRAINING 10:00 - 10:45am LIZ
SPIN EXPRESS 12:15 - 12:45pm ANN		SPIN EXPRESS 12:15 - 12:45pm LIZZY			BIKE TRAINING 1:00 - 4:00pm (No Instructor)
SPIN EXPRESS 5:00 - 5:30pm LIZ	WOMEN'S WEIGHT TRAINING 5:00 - 6:00pm	SPIN EXPRESS 5:00 - 5:30pm LIZ	WOMEN'S WEIGHT TRAINING 5:00 - 6:00pm		
					SUNDAY
SMALL GROUP TRAINING 6:00 - 6:45pm LARA	SPINNING 6:00 - 6:45pm MONICA	SMALL GROUP TRAINING 6:00 - 6:45pm LARA	SPINNING 6:00 - 6:45pm LEAH		BIKE TRAINING 10:00am - Noon (No Instructor)
SPINNING 7:00 - 7:45pm ANN	TRI TRAINING 6:30 - 8:00pm WINTER 2	BEGINNER SPINNING 7:00 - 7:45pm LEAH	TRI TRAINING 6:30 - 8:00pm WINTER 2		WORSHIP RIDE 2:00 - 2:45pm (1 ST of the Month) MONICA

2019 WINTER/SPRING GROUP FITNESS CLASSES

Meyer Center Only | 12+ Yrs.

FULL PRIVILEGE MEMBERS: FREE • BASIC MEMBERS: \$2 • NON-MEMBERS: \$5



EFFECTIVE JANUARY 7TH - MAY 26TH

SESSION CLASSES BEGIN JANUARY 7TH (WINTER 1), FEBRUARY 25TH (WINTER 2) & APRIL 22ND (SPRING)

DROP-IN: FULL PRIVILEGE MEMBERS: FREE • BASIC MEMBERS: \$2 • NON-MEMBERS: \$5

**Classes In Blue Boxes Are Only Offered In A
7-Week (Winter 1 & 2) & 5-Week (Spring) Sessional Format**

MEYER UPSTAIRS BONUS ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GROUP TRAINING 6:00 - 7:00am BRANSON FITNESS CENTER/ BONUS ROOM	TOTAL TRAINING 360 5:30 - 6:45am FITNESS CENTER/ BONUS ROOM	GROUP TRAINING 6:00 - 7:00am BRANSON FITNESS CENTER/ BONUS ROOM	TOTAL TRAINING 360 5:30 - 6:45am FITNESS CENTER/ BONUS ROOM	
WALK-15 AEROBICS 7:30 - 8:25AM KIM BONACORSI MEYER GYMNASIUM		WALK-15 AEROBICS 7:30 - 8:25AM KIM BONACORSI MEYER GYMNASIUM		
SILVERSNEAKERS CLASSIC 8:30 - 9:20am MARY TEBBE MEYER GYMNASIUM	GROUP TRAINING 9:00 - 10:00am ERIC FITNESS CENTER/ BONUS ROOM	SILVERSNEAKERS CLASSIC 8:30 - 9:20am MARY TEBBE MEYER GYMNASIUM	GROUP TRAINING 9:00 - 10:00am JO FITNESS CENTER/ BONUS ROOM	SILVERSNEAKERS CLASSIC 8:30 - 9:20am MARY TEBBE MEYER GYMNASIUM
TOTAL BODY TONING 9:30 - 10:25AM LEANNE HOFFMAN	WOMEN'S WEIGHT TRAINING 9:30 - 10:30am JO EARNHART FITNESS CENTER	EXPRESS CARDIO BARRE 9:35 - 10:10AM MARY TEBBE	WOMEN'S WEIGHT TRAINING 9:30 - 10:30am JO EARNHART FITNESS CENTER	PIYO 9:30 - 10:25am LEANNE HOFFMAN BONUS ROOM
		GROUP TRAINING 4:30 - 5:30pm LEANNE FITNESS CENTER/ BONUS ROOM		
CIRCUIT WORX 5:30 - 6:45pm FITNESS CENTER/ BONUS ROOM	TOTAL TRAINING 360 5:30 - 6:45pm FITNESS CENTER/ BONUS ROOM	CIRCUIT WORX 5:30 - 6:45pm FITNESS CENTER/ BONUS ROOM	TOTAL TRAINING 360 5:30 - 6:45pm FITNESS CENTER/ BONUS ROOM	

Classes In Blue Box Is Only Offered In A Sessional Format (Registration Required)

Group Training | FP Mem \$70 • Basic Mem \$84 • Non-Members \$105

Express Barre Cardio | Members \$35 • Non-Members \$63

Women's Weight Training | Members \$55 • Non-Members \$80 (2 Day Class)

Total Training 360 | Members \$91 • Non-Members \$140 (2 Day Class)

Circuit Worx | Members \$91 • Non-Members \$140 (2 Day Class)