

Lattof YMCA

Fall Group Fitness Classes (Land & Water) Effective January 6th – March 1st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 7:00 am Total Body Challenge Patti Aerobics Room	5:30 - 6:15 am Boot camp Kevin Aerobics Room	5:30 - 7:00 am Total Body Challenge Patti Aerobics Room	5:30 - 6:15 am Boot camp Kevin Aerobics Room	5:30 - 7:00 am Total Body Challenge Patti Aerobics Room	6:15 - 7:15 am Power Cycling Advanced Bill Cycling Room
8:00 - 9:00 am Nice & Easy Susie North Gym	5:30 - 6:15 am Power Cycling Jodi Cycling Room	8:00 - 9:00 am Nice & Easy Susie North Gym	5:30 - 6:15 am Power Cycling Jodi Cycling Room	8:00 - 9:00 am Nice & Easy Susie North Gym	7:30 - 8:30 am Power Cycling Phil Cycling Room
8:15 - 9:15 am Sunrise Splash Joy Bruning Pool	9:00 - 10:00 am In too Deep Joy/Erin Bruning Pool	8:15 - 9:15 am Wet N' Wild Joy Bruning Pool	9:00 - 10:00 am Fluid Motion Chris Bruning Pool	8:15 - 9:15 am Sunrise Splash Chris Bruning Pool	8:00 - 9:00 am Step and Splash Joy Bruning Pool
9:00 - 9:45 am Power Cycling Julie Cycling Room	9:15 - 10:15 am Silver Sneakers Susie Cycling Room	9:00 - 9:45 am Power Cycling Julie Cycling Room	9:15 - 10:15 am Silver Sneakers Susie North Gym	9:00 - 10:00 am Power Cycling Nicole Cycling Room	8:00 - 9:00 am Total Body Challenge Susie Aerobics Room
9:00 - 10:00 am Easy Does It Susie North Gym	9:15 - 10:15 am Women on Weights Susan G Aerobics Room	9:00 - 10:00 am Easy Does It Susie North Gym	9:15 - 10:15 am *Pilates level 2 Susan G Cycling Room	9:15 - 10:00 am Easy Does It Susie North Gym	9:00 - 10:00 am *Black Belt Tae Kwon Do Dave Aerobics Room
9:20 - 10:20 am AOA Erin Bruning Pool	10:30 - 11:30 am Yoga/Tai Chi Randy Cycling Room	9:20 - 10:20 am AOA Katryczna Bruning Pool	10:30 - 11:30 am Yoga/Tai Chi Randy Cycling Room	9:20 - 10:20 am AOA Erin Bruning Pool	10:00 - 11:00 am *Family Tae kwon do Dave Aerobics Room
9:50 - 10:45 am Power Sculpt Julie Aerobics Room	10:30 - 12:00 pm Multiple Sclerosis Patti/Joy Bruning Pool	9:50 - 10:45am Power Sculpt Julie Aerobics Room	12:00 - 1:00 pm Arthritis Laverne Busse Pool	9:30 - 10:30 am Empowerment Hour Kris Aerobics Room	
12:15 - 1:00 pm Fun Seekers Don North Gym	12:00 - 1:00 pm Arthritis Laverne Busse Pool	12:15 - 1:00 pm Fun Seekers Don North Gym	5:30 - 6:30 pm Boot Camp Geri Cycling Room	10:30 - 11:30 am Body Sculpt Susie Aerobics Room	Sunday
5:00 - 6:00 pm *Pilates level 1 Susan Cycling Room	6:30 - 7:30 pm Power Cycling Nicole Cycling Room	6:00 - 7:00 pm Rotating Cardio Instructors Rotate Aerobics Room	6:00 - 7:00 pm Zumba Alicia Aerobics Room	12:15 - 1:00 pm Fun Seekers Don North Gym	10:15 - 11:00 am Power Cycling Nicole Cycling Room
6:00 - 7:00 pm *Int/Adv Pilates Susan Cycling Room	8:00 - 9:00 pm Yoga Randy Aerobics Room	6:30 - 7:30 pm Yoga/Tai Chi Randy Cycling Room	6:30 - 7:30 pm Power Cycling Phil Cycling Room	6:00 - 7:30 pm Yoga Randy Aerobics Room	
6:00 - 7:00 pm Ultimate Step Alicia Aerobics Room		7:00 - 8:00 pm Complete Cardio Erin Bruning Pool	7:15 - 8:45 pm *Self Defense George Aerobics Room	7:00 - 8:00 pm *Adult Tae Kwon Do Dave Aerobics Room	
7:00 - 8:00 pm Tighten & Tone Karen Aerobics Room				*Registration and/or fee required	
7:00 - 8:00 pm Complete Cardio Elizabeth Bruning Pool				Ages 14 and over are welcome	
8:00 - 9:00 pm Water Dynamics Kathleen Bruning Pool				Schedule is subject to change	



An affiliate of the YMCA of Metropolitan Chicago

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