



**ON YOUR MARK**  
COACHING + TRAINING

**West Loop**

1101 W Monroe  
312-733-9330

**Winter 2012**

Schedule starts Mon, Jan 2 - March 6. Classes subject to change.  
Pre-registration suggested on all classes.  
Sign up and check for any class changes at [oymtraining.com](http://oymtraining.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6-6:45am F train - Brittany	6-7am Cycle - Annette	6-6:45 am F Train - Emily	6:15-7am Tred X - Brittany		
6:45-7:30 F Core - Emily	7-8am Run - Annette	7-7:45am F Core - Annette	6:30am Endur Ride			
			7-8am Run -Emily		8-8:45am F Train - Annette	9-10am F train - Pat
9:30-10:15am F Train - Emily		9:30-10:15am F Train - Annette		9:30-10:15am F train - Emily	9-10:30am Cycle - Annette	10-11am Run - Pat
		12:15-1pm F Train - Brittany		12:15-1pm F Core - Emily	10:30-11:15 am F Core - Brittany	
	4:30-5 pm Speed Seeker-Annette				11:15am-12pm Run - Pat	
	5-5:45 pm Bodyweight - Annette			4:15 - 5 pm Chaos - Brittany		
5-6pm Run - Pat	6pm Endur Ride		5:30-6:30 pm SUPERbrick - Pat			
6-7 pm Rhythm Ride - Emily	6-6:30 pm JUMP 30 - Annette	6-6:45 pm Rope Burn - Brittany	6:30-7:15 pm Gun Show - Pat			
7-7:45pm F Train - Brittany	6:30-7:15 pm F core - Annette	6-7 pm Cycle - Annette	7:15- 8 pm Run - Brittany			
	7pm Endur Run	7-7:45 pm Run - Brittany				

**FREE WEEK**  
for first timers\*  
see back for details

**WHAT'S NEW**  
Endur Run and Bike training

We supply the monthly program with easy to follow AEROBIC drills. Unsupervised.  
A great compliment to anaerobic drills.  
Must have understanding of intensity levels and bike set up.  
Sign up online.



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# Bucktown

1753 N Damen  
773-292-9330

## Winter 2012

Schedule starts Mon, Jan 2 - March 6 . Classes subject to change.  
Pre-registration suggested on all classes.  
Sign up and check for any class changes at [oymtraining.com](http://oymtraining.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-6:45am Cycle - Annette	6:30-7:15am F train - Emily	6:30-7am JUMP 30 - Emily	6:30-7:15am F train - Annette	6:15-7am Cycle - Annette		
7-7:45am Just Strength - Annette		7-7:45am Gun Show - Emily		7-7:45am F Core - Mandy		
9:30-10:15 *** Cardio Box- Annette	9:30-10:15am *** Hi Def - Emily	9:30-10:15am *** F train - Emily	9:30-10:30am *** Cycle X - Annette	9:30-10:15am *** F train - Annette	7:15-8am *** Powerball - Emily	
	10:15-11am*** Rhythm Ride - Emily	12-12:45pm *** Ftrain - Emily		12-12:45pm *** Ropeburn - Annette	8-8:45 am *** Just Strength-Brittaney	8-8:30am F Core- Staff
					9-9:45am *** Rhythm Ride - Emily	8:30-9am JUMP 30 - Staff
	4:30-5:15pm TSTrain - Brittaney		4:30-5:15pm TSTrain - Mark		10-11am *** Ftrain - Mark	9-9:45 F Train- Staff
	5:30-6:15pm F Core - Emily	5:30-6:15pm Ropeburn - Pat	5:45-6:30 pm Gun Show - Annette			
6:15-7pm F train - Annette	6:15-6:45 pm JUMP 30 - Emily	6:15-7pm F train - Pat	6:30-7:15pm Cardio Box - Annette			
7-7:45pm Cardio Box - Annette	7-7:45 Just Strength-Brittaney	7-8pm Rhythm Ride - Pat	7:15-8pm Cycle X - Annette			

**FREE WEEK**  
for first timers\*  
see back for details

**Kids Room at OYM Bucktown**

You asked for it so here it is!  
Classes marked by \*\*\* means that Kids Room is available for that class. Sign up for Kids Room the same way you sign up for classes.

# CLASS DESCRIPTIONS

Body Weight: All exercises done with your own bodyweight as resistance for a full body strength workout.

Cardio Box: Light weights and boxing techniques get your heart pumping in this full body conditioning class. Use of hitting bags, ropes and target mitts.

Chaos: You cannot get bored in this class! 5 minute ride, 5 min run, 10 strength exercises .... and repeat.

Cycle: Train with watts, HR, and cadence on the CycleOps 300PT bike for a power filled ride. Strict emphasis on cycling efficiency.

Cycle X: Moving quickly from hardcore cycling drills to fast paced strength training...back & forth, back & forth.

Endur Ride/Run: Unsupervised endurance ride/run with monthly pre-set programs. Easy to follow aerobic drills. Must have understanding of intensity levels and bike set-up.

F Core: Functional Core. All core and all functional. Use your core in every plane of movement using a variety of equipment for a complete core workout.

F Train: Functional Training. Strength, cardiovascular, balance, agility all combined into a CIRCUIT for full body, functional and 3 dimensional movements.

Gun Show: All upper body strength.

Hi Def: Use of bodyweight and light weights with hundred of reps to create a burn like no other.

J.U.M.P. 30: Just Utimize More Power. 30 seconds of drill/10 sec rest. Use of ropes, jumping, balls,... super high intensity. 30 min is all you need.

Just Strength: Think outside the box with weights, bands, tubing and TRX focus on building strength. No cardio drills here.

Powerball: Up the anti on your Core workout by using the weighted Bosu Ballast ball withall your core moves

Pre/post: Pre/post natal specific strength exercises. Focus on pelvic floor and core exercises for pregnancy.

Rhythm Ride: Cycle class to music. Drill based class while jamming out to excellent tunes.

Rope Burn: Jump roping drills and strength exercises mixed. Huge calorie burner!

Run: Speed work and hill training intervals on the treadmill. Strict emphasis on running economy.

Speed Seekers: Take a step outside your comfort zone with this 1/2 hour version of Run class focusing on speed drills. Guaranteed to get your anaerobic system going.

SUPERbrick: 10 min on bike, 10 min on treadmill x 2 with 2 min transitions. SUPERbrick = SUPERawesome

Tred X: Intense treadmill drills integrated with fast paced strength training. Heart rate up the entire time! All levels.

TSTrain: Ages 14-18. Circuit of agility, sports, strength, function, cardio, and power. Great addition to stay in shape for sports or in the off season.

## CLASS PRICES

\$25 per class

10 pack for \$190

25 pack for \$425

50 pack for \$750

\$200 monthly unlimited\*\*

\*Free week not to be combined with any other offer, coupon, discount. Must be a local resident and above 18 years old. One time use only. No exceptions or extensions. No cash value. Once used you will be exempt from coupons for new members.

\*\*Monthly unlimited memberships are set to automatically renew. A 7 day notice is required from expiration date to end renewal.

Pre-registration suggested on classes. Available on a first come, first serve basis. 3 hour cancellation policy on all classes/packages/months. Loss of class or one day off the month for late cancellations/no shows.

## KIDS ROOM

\$6 per child

10 pack for \$50

kids room monthly unlimited \$65

Bucktown location only. Classes noted with \*\*\* means the Kids Room is available.

The kids room will be open for limited classes. Reserve spot in Kids Room the same time you reserve your spot in class. Available on a first come, first serve basis. 3 hour cancellation policy. Please arrive 10 minutes before class.



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