



Group Fitness Class Schedule

As of January 8, 2018

Group Exercise
 Water Fitness
 Mind/Body
 Cycle

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:30 am Tabata Group X Studio - Brian	5:30 - 6:30 am MMA Boot Camp Gymnasium - Kirk	5:30 - 6:15 am Cycle Express Spin Studio - Sheila	5:30 - 6:30 am Strength Intervals Group X Studio - Jenay	5:30 - 6:30 am Power Cycle Spin Studio - Karin	7:15 - 8:15 am Gentle Yoga Yoga Studio - Jeff	8:30 - 9:30 am Power Flow Yoga Yoga Studio - Dawn
8:15 - 9:10 am S.I.C. -Strength Group X Studio - Debi T	8:25 - 9:15 am Strength Conditioning Group X Studio - Gilda	5:30 - 6:30 am All Levels Yoga Yoga Studio - Jenay New	8:30 - 9:20 am Aqua Fit Lap Pool - Kelly	8 - 8:45 am Liquid Flow Warm Water Pool - Wendy	8 - 8:55 am Step Group X Studio - Kelly	8:30 - 9:25 am Zumba Group X Studio - Elizabeth New
8:30 - 9:15 am Deep Water/Strength Lap/WW Pool - Wendy	8:30 - 9:25 am H2O Challenge Lap Pool - Karen	7 - 7:50 am Strength Conditioning Group X Studio - Gilda New	8:30 - 9:25 am Pilates Power Group X Studio - Jenay	8 - 9 am Gentle Yoga Yoga Studio - Debi T	8:15 - 9:15 am Video Cycle Spin Studio - Christy	8:30 - 9:15 am Aqua Yoga Warm Water Pool - Jeff
8:30 - 9:20 am Barre Fusion Mat Studio - Kelly New	9:15 - 10:15 am Yoga Basics Yoga Studio - Jenay	8 - 8:45 am Aqua Fit Lap Pool - Wendy	9 - 10 am Hatha Yoga Yoga Studio - Lisa Devi	8:15 - 9:10 am S.I.C. Strength Group X Studio - Jodi	8:30 - 9:15 am Aqua Yoga Warm Water Pool - Jeff	8:30 - 9:30 am Barre Body Mat Studio - Debra
9:30 - 10:15 am Aqua Fit Lap Pool - Kelly New	9:30 - 10:25 am Barre Basics Mat Studio - Debbie W	8 - 8:55 am Pilates Mat Studio - Debi T	9:30 - 10:25 am TBC Group X Studio - Kelly	9 - 10 am Aqua Fit Lap Pool - Suzanne	8:30 - 9:30 am Barre Body Mat Studio - Debra	8:30 - 9:30 am Hatha Yoga Yoga Studio - Lisa Devi
9:30 - 10:25 am Pilates Mat Studio - Debi T	9:30 - 10:25 am Warrior Sculpt Group X Studio - Jodi	8:15 - 9:15 am Step Group X Studio - Michelle	9:30 - 10:25 am Barre Body Mat Studio - Debra	9:15 - 10:15 am Yoga Basics Yoga Studio - Jenay	8:30 - 9:30 am Hatha Yoga Yoga Studio - Lisa Devi	9 - 9:55 am Body Sculpt Group X Studio - Pam
9:30 - 10:30 am Cardio Dance Group X Studio - Matt P	9:30 - 10:30 am Tread, Walk, Run Fitness Floor - Melissa B	9 - 9:45 am Aqua Barre Warm Water Pool - Jenay	10:35 - 11:30 am Dance Fusion Group X Studio - Suzanne	9:25 - 10:25 am Cardio Dance Group X Studio - Matt P	9 - 9:55 am Body Sculpt Group X Studio - Pam	9:30 - 10:15 am Aqua Fit Lap Pool - Katie/Paula
9:30 - 10:30 am Power Cycle Spin Studio - Wendy	10:30 - 11:25 am Flexibility Plus Core Mat Studio - Siobhan	9 - 9:45 am Strength Basics Mat Studio - Wendy	10:35 - 11:35 am Chair Yoga Mat Studio - Jeff	9:30 - 10:25 am Video Cycle Spin Studio - Jodi	9:30 - 10:30 am Weekend Warriors Gymnasium - MB/MD	9:30 - 10:30 am Aqua Fit Lap Pool - Katie/Paula
9:30 - 10:30 am Hatha Yoga Yoga Studio - Maribel	10:30 - 11:25 am Zumba Group X Studio - Suzanne	9 - 10 am Gentle Yoga Yoga Studio - Maribel	12:15 - 1 pm Strength Intervals Express Group X Studio - Jodi	9:30 - 10:25 am Strength Conditioning Mat Studio - Debbie W New	9:30 - 10:30 am Weekend Warriors Gymnasium - MB/MD	9:30 - 10:30 am Weekend Warriors Gymnasium - MB/MD
11 am - 12 pm Qi Gong Yoga Fusion Yoga Studio - Lisa Devi	11:30 am - 12:30 pm Senior Fitness Group X Studio - Siobhan	9:30 - 10:25 am Body Sculpt Group X Studio - Debi T	5:15 - 6 pm TRX Fitness Floor - Sheila	10:30 - 11:25 am Pilates Basics Mat Studio - Debbie W New	9:45 - 11 am Vinyasa Yoga Yoga Studio - Bernie	9:45 - 11 am Vinyasa Yoga Yoga Studio - Bernie
12:15 - 1 pm Boot Camp Express Group X Studio - Christy New	12:15 - 1 pm TRX Fitness Floor - Jodi New	9:30 - 10:30 am Video Cycle Spin Studio - Melissa B	5:30 - 6:15 pm Tabata Boot Camp Gymnasium - Melissa B	10:30 - 11:25 am Senior Fitness Group X Studio - Siobhan	10:10 - 10:55 am Tai Chi Group X Studio - Pam	10:10 - 10:55 am Tai Chi Group X Studio - Pam
5:15 - 6 pm TRX Fitness Floor - Sheila	5:15 - 6:15 pm Yoga Fusion Mat Studio - Debi T	10:30 - 11:30 am Chair Yoga Mat Studio - Jeff	6 - 7 pm Body Sculpt Group X Studio - Jill	11:30 am - 12:30 pm Flexibility Plus Core Mat Studio - Siobhan		
5:30 - 6:15 pm Cardio Kickboxing Group X Studio - Debra New	5:30 - 6:15 pm Tabata Boot Camp Gymnasium - Melissa D	10:30 - 11:25 am Zumba Gold Group X Studio - Siobhan	6 - 7 pm Power Cycle Spin Studio - Sheila	4:15 - 5:15 pm All Levels Yoga Yoga Studio - Jenay		
6 - 7 pm Power Cycle Spin Studio - Sheila	6 - 7 pm Upper Cut Group X Studio - Megan New	11:30 am - 12:15 pm Senior Recess Group X Studio - Siobhan	6 - 7:15 pm Power Flow Yoga Yoga Studio - Dawn			
6:15 - 7:30 pm Vinyasa Yoga Yoga Studio - Bernie	6 - 7:15 pm Vinyasa Yoga Yoga Studio - Lisa Devi	12 - 1 pm Vinyasa Yoga Express Yoga Studio - Kris	7:05 - 8 pm Dance Fusion Group X Studio - Bridgitt			
6:30 - 7:15 pm Aqua Barre Warm Water Pool - Jenay New	6:30 - 7:30 pm Pilates Mat Studio - Adi New	5:30 - 6:20 pm Muscle Max Group X Studio - Debra				
6:30 - 7:25 pm Strength Intervals Group X Studio - Melissa B	7:05 - 8 pm Dance Fusion Group X Studio - Bridgitt	5:30 - 6:45 pm Restorative Yoga Yoga Studio - Tika				
6:30 - 7:30 pm Barre Fusion Mat Studio - Debra		6 - 7 pm Cycle! Rock & Roll Spin Studio - Wendy				
		6:30 - 7:25 pm Cardio Barre Group X Studio - Debra				
		6:45 - 7:30 pm Aqua Pilates Warm Water Pool - Katie				

Keep in Touch
Sign up at the front desk to receive a weekly email of all group fitness schedule updates, events and promotions.

Reserve your spot 48 hours in advance for all cycle, Pilates, barre, TRX and yoga classes by calling 847.353.7501. Space is limited. **Please note:** Class instructors and formats are subject to change without notice.



Group Fitness Class Descriptions

Group Exercise

Barre Basics

Using the principles of ballet, pilates, yoga and strength conditioning to help achieve better balance flexibility, toning, core strength and posture awareness for a longer leaner body

Barre Body

Here we take Barre to a deeper practice with additional challenges. Music moves this class at a pace sure to make you feel the burn.

Barre Fusion

Barre Body meets the creativity of our instructors well rounded expertise. Added props and sequencing give you a full body unique and challenging workout.

Body Sculpt

All level challenging strength routine workout that will tighten and tone your body. This class incorporates strength, balance and flexibility.

Boot Camp

Circuit style training incorporating a mix of weights, minor equipment, body weight exercises, functional training and explosive moves. All levels.

Cardio Barre/Cardio Barre Express

Barre meets cardio. This class will have a heart pumping fat burning spin on our signature Barre classes.

Cardio Dance

A follow along cardio dance party! Let our instructors lead you on fun and expressive variety dance fitness workout to motivating music.

Cardio Kickboxing

A high-energy calorie burning cardiovascular workout that combines kicks, punches and combo moves to improve stamina and endurance while working the entire body.

Dance Fusion

Prepare to sweat in this class filled with fun combinations of dance styles from an array of the hottest moves.

Flexibility Plus Core

Live strong with balance work, complete range of motion movements, stretching and core conditioning. Great for beginners to intermediate levels.

MMA In Action/MMA Boot Camp

Mixed Martial Arts training with explosive and effective practical self-defense moves with emphasis on form, discipline and power for metabolic strength and endurance building results.

Muscle Max

Bring the weight room to the studio! A strength class using barbells, kettlebells, dumbbells and your own body weight to maximize your strength and define muscles. No muscle gets neglected!

Pilates/Pilates Power

Mat based class using the Pilates principles in Core training. Pilates Power incorporates more challenging exercises.

Senior Fitness

Participants are encourage to work at their own pace in this total body strength training, balance, flexibility and core conditioning class. Exercises will be performed in both seated and standing positions.

Senior Recess

Improve functional strength, balance and agility through designed games, drills and activities.

S.I.C. Strength/Strength

Simple, Intensity and Compound Strength for all levels. Reshape your body as we move through simple, fast-paced and compound strength moves utilizing all three energy systems resulting in increased strength, mobility, stamina, confidence and motivation for anything in life.

Step

Our very popular cardiovascular step class goes high intensity/low intensity intervals. Burn the calories!

Strength Basics

Build overall strength, help reduce bone loss and complement weight loss with this no frills, 45 minute strength and core class. Also includes balance and mat work.

Strength Conditioning

Are you looking to develop lean and sculpted muscles? This total body work out will keep you coming back for more. Challenge yourself using free weights, body weight, resistance bands, stability balls, Bosu, etc.

Strength Intervals

Build lean muscle using a variety of exercise equipment guaranteed to improve your fitness levels and endurance.

TBC

Total Body Conditioning in a high-energy format to challenge muscular strength and cardiovascular endurance.

Tabata Boot Camp/Tabata

20 seconds of hard work, 10 seconds of rest, repeat = Tabata! This high intensity interval training complete body workout guaranteed to blast fat, strengthen your body and increase stamina. Come for the ultimate gym class challenge!

Tread, Walk, Run

Whether you are looking to start running, run a 5k, 10k, ½ marathon or full marathon this is for you! The instructor will take this outside if the weather is right. Water bottle and running shoes a must!

TRX

This is a revolutionary method of leveraged body weight exercises. Safely perform an endless variety of exercises that quickly increase a strong core, strength, flexibility, balance and build incredible power in the body.

Upper Cut

This workout combines authentic boxing, kickboxing, and Muay Thai moves, explosive power moves and interval training that all engage your core so you get in killer shape incredibly fast!

Warrior Sculpt

Strength and cardio meet Pilates and Yoga in a best of all formats class. Move and sculpt your way to a better balanced, leaner and stronger you.

Weekend Warriors

Meet in gym for a mix of Boot Camp drills, Tabata Intervals, body weight and strength challenges. This is sure to bring out the warrior within and make for a great start of your day!

Zumba

Dance your way to a tone body and have a blast! Great music, dance moves and always a big energetic group!

Zumba Gold

Seniors get in on the fun and benefits of the hottest dance class in town!

Water Fitness

Aqua Barre

This is a Barre class in our warm waterpool. Experience the same great benefits of toning, posture, core, stretch, flexibility and light cardio in the water.

Aqua Fit/H2O Challenge

Active high intensity cardio aqua workout designed to strengthen and condition the entire body and build endurance without impact and stress.

Aqua Pilates

Pilates performed in our warm water therapy pool. In this 45 minute class you will improve your core strength, stability, postural alignment and flexibility achieving an optimal range of motion while minimizing stress on your joints.

Aqua Yoga

Hatha Yoga in our warm water pool. Experience the same great benefits of a traditional yoga and meditation practice connecting mind and body through breath and movement in the water.

Deep Water Strength

Invigorating 30 minutes in the deeper lanes of the pool. Focus on cardiovascular endurance, followed by 15 minutes of strength in the warm water pool.

Liquid Flow

Warm water class focused on flowing gentle full range movements, stretching and flexibility supported with a variety of water exercise equipment.

Mind/Body

Chair Yoga

Slower paced gentle yoga class using chairs and props for beginners and those with limitations. Posture, strength, flexibility and breath emphasized during this practice.

Gentle Yoga

Slower paced gentle yoga class designed to soothe and nourish both the body and mind.

Hatha Yoga

Traditional yoga and meditation practice connecting mind and body through breath and movement. Poses are held for longer periods of time to increase flexibility or build muscle and bone strength.

Power Flow Yoga

This class offers a physically challenging, flowing practice that will get your heart pumping while you work on strength, core, balance and focus.

Qi Gong Yoga Fusion

Amplify your internal energy and focus with this invigorating mind-body workout consisting of flowing movements, stretches, breathing exercises and meditation.

Restorative Yoga

This class emphasizes deep breathing exercises, poses and stretches that promote flexibility, awareness, posture, comfort and relaxation.

Tai Chi

Tai Chi uses beautiful controlled movements aligned with breath to harmonize energy flow in the body.

Vinyasa Yoga

Participants will experience a guided, flowing, dynamic form of yoga, linking movement and breath to intention. Vinyasa is an active practice that strengthens, tones and improves balance and flexibility.

Yoga Basics/All Levels

Practice of a core practice, poses, breath awareness, strength, flexibility, form and flow. All levels incorporate optional challenging postures into a basics flow.

Yoga Fusion

A Hatha based Yoga class for all levels that incorporates the Pilates abdominal series to increase and improve core strength along with flexibility and joint mobilization as you move through gentle yoga sequences with emphasis on stretching and breathing.

Cycle

Cycle! Rock & Roll

This class focuses on endurance, strength, intervals and recovery on the bike. Then, finish with 15 minutes of foam rolling for self-myofascial release.

Power Cycle/Cycle Express

Take a heart-pounding ride through hills and drills. Let the instructor and the music guide you to the best cardio calorie burner out there!

Video Cycle

This class is designed around music videos and scenic rides. Get lost in the fun and burn lots of calories on this intense ride!