

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|---|--|---|--|--|--|
| 5:30 - 6:15 am<br><b>Barre Express</b><br>Mat Studio - Jenay                      | 5:30 - 6:30 am<br><b>Boot Camp</b><br>Gymnasium - Staff                      | 5:30 - 6:15 am<br><b>Cycle Express</b><br>Spin Studio - Sheila            | 5:30 - 6:30 am<br><b>Strength Intervals</b><br>Group X Studio - Tim        | 5:30 - 6:30 am<br><b>Power Cycle</b><br>Spin Studio - Karin                                | 7:15 - 8:15 am<br><b>Gentle Yoga</b><br>Yoga Studio - Jeff                             |
| 8:15 - 9:10 am<br><b>TBC</b><br>Group X Studio - Debi T                           | 8:30 - 9:20 am<br><b>Cardio Kickboxing</b><br>Group X Studio - Yelena        | 8 - 8:45 am<br><b>Hydro Blast</b><br>Lap Pool - Wendy                     | 8 - 8:45 am<br><b>Aqua Qi Gong</b><br>Warm Water Pool - Lisa               | 8 - 8:45 am<br><b>Liquid Flow</b><br>Warm Water Pool - Wendy                               | 8 - 8:55 am<br><b>WERQ®</b><br>Group X Studio - Michelle <span>New</span>              |
| 8:30 - 9:15 am<br><b>Deep Water Workout</b><br>Lap Pool - Wendy                   | 8:30 - 9:25 am<br><b>H2O Challenge</b><br>Lap Pool - Karen                   | 8 - 9 am<br><b>Pilates</b><br>Mat Studio - Debi T                         | 8:30 - 9:25 am<br><b>Pilates Power</b><br>Mat Studio - Yelena              | 8 - 9 am<br><b>Gentle Yoga</b><br>Yoga Studio - Debi T <span>New</span>                    | 8:15 - 9:15 am<br><b>Video Cycle</b><br>Spin Studio - Christy                          |
| 9:15 - 10:10 am<br><b>Aqua Fit</b><br>Lap Pool - Kelly                            | 8:30 - 9:30 am<br><b>Tread, Walk, Run</b><br>Fitness Floor - Melissa B       | 8:15 - 9:15 am<br><b>Step</b><br>Group X Studio - Michelle                | 8:30 - 9:25 am<br><b>TBC</b><br>Group X Studio - Kelly                     | 8:15 - 9:10 am<br><b>Body Sculpt</b><br>Group X Studio - Debra <span>New</span>            | 8:30 - 9:15 am<br><b>Aqua Yoga</b><br>Warm Water Pool - Jeff                           |
| 9:30 - 10:25 am<br><b>Barre Fusion</b><br>Mat Studio - Debi T                     | 9:15 - 10:15 am<br><b>Yoga Basics</b><br>Yoga Studio - Jenay                 | 9 - 10 am<br><b>Gentle Yoga</b><br>Yoga Studio - Maribel <span>New</span> | 9 - 9:55 am<br><b>H2O Challenge</b><br>Lap Pool - Debbie W                 | 8:30 - 9:15 am<br><b>TRX</b><br>Fitness Floor - Jodi                                       | 8:30 - 9:30 am<br><b>Barre Body</b><br>Mat Studio - Debra                              |
| 9:30 - 10:30 am<br><b>Cardio Dance</b><br>Group X Studio - Matt P                 | 9:30 - 10:25 am<br><b>Barre Basics</b><br>Mat Studio - Debbie W              | 9:30 - 10:25 am<br><b>Boot Camp</b><br>Group X Studio - Debi T            | 9 - 10 am<br><b>Hatha Yoga</b><br>Yoga Studio - Lisa                       | 8:30 - 9:25 am<br><b>Barre Basics</b><br>Mat Studio - Debbie W <span>New</span>            | 8:30 - 9:30 am<br><b>Hatha Yoga</b><br>Yoga Studio - Lisa                              |
| 9:30 - 10:30 am<br><b>Power Cycle</b><br>Spin Studio - Wendy                      | 9:30 - 10:25 am<br><b>Warrior Sculpt</b><br>Group X Studio - Jodi            | 9:30 - 10:30 am<br><b>Video Cycle</b><br>Spin Studio - Melissa B          | 9:30 - 10:25 am<br><b>Barre Body</b><br>Mat Studio - Yelena                | 9 - 10 am<br><b>Aqua Fit</b><br>Lap Pool - Suzanne   | 9 - 9:55 am<br><b>Body Sculpt</b><br>Group X Studio - Pam                              |
| 9:30 - 10:30 am<br><b>Hatha Yoga</b><br>Yoga Studio - Maribel                     | 10:30 - 11:25 am<br><b>Flexibility Plus Core</b><br>Mat Studio - Siobhan     | 10:30 - 11:30 am<br><b>Chair Yoga</b><br>Mat Studio - Jeff                | 9:30 - 10:30 am<br><b>Power Cycle</b><br>Spin Studio - Kelly               | 9:15 - 10:15 am<br><b>Yoga Basics</b><br>Yoga Studio - Jenay                               | 9:30 - 10:15 am<br><b>Hydro Blast</b><br>Lap Pool - Katie/Paula                        |
| 10:30 - 11:30 am<br><b>Pilates</b><br>Mat Studio - Yelena                         | 10:30 - 11:25 am<br><b>Zumba</b><br>Group X Studio - Suzanne                 | 10:30 - 11:25 am<br><b>Zumba Gold</b><br>Group X Studio - Siobhan         | 9:30 - 10:30 am<br><b>Dance Fusion</b><br>Group X Studio - Kristen         | 9:25 - 10:25 am<br><b>Cardio Dance</b><br>Group X Studio - Matt P                          | 9:30 - 10:30 am<br><b>Weekend Warriors</b><br>Gymnasium - MB/MD                        |
| 10:40 - 11:30 am<br><b>Strength, Balance &amp; Core</b><br>Group X Studio - Wendy | 11:30 am - 12:30 pm<br><b>Senior Fitness</b><br>Group X Studio - Siobhan     | 11:30 am - 12:15 pm<br><b>Senior Recess</b><br>Group X Studio - Siobhan   | 10:35 - 11:35 am<br><b>Chair Yoga</b><br>Mat Studio - Jeff                 | 9:30 - 10:25 am<br><b>Video Cycle</b><br>Spin Studio - Jodi                                | 9:45 - 10:30 am<br><b>Cardio Barre Express</b><br>Mat Studio - Debra                   |
| 11 am - 12 pm<br><b>Qi Gong Yoga Fusion</b><br>Yoga Studio - Lisa                 | 5:15 - 6:15 pm<br><b>Yoga Fusion</b><br>Mat Studio - Debi T <span>New</span> | 12 - 1 pm<br><b>Vinyasa Yoga Express</b><br>Yoga Studio - Kris            | 12:15 - 1 pm<br><b>Strength Intervals Express</b><br>Group X Studio - Jodi | 9:30 - 10:25 am<br><b>Strength &amp; Stretch</b><br>Mat Studio - Debbie W <span>New</span> | 9:45 - 11 am<br><b>Vinyasa Yoga</b><br>Yoga Studio - Bernie                            |
| 5:15 - 6 pm<br><b>TRX</b><br>Fitness Floor - Sheila                               | 5:30 - 6:15 pm<br><b>Tabata Boot Camp</b><br>Gymnasium - Melissa D           | 5:30 - 6:20 pm<br><b>Cardio Kickboxing</b><br>Group X Studio - Yelena     | 5:15 - 6 pm<br><b>TRX</b><br>Fitness Floor - Sheila                        | 10:30 - 11:25 am<br><b>Senior Fitness</b><br>Group X Studio - Siobhan                      | 10 - 10:55 am<br><b>Tai Chi</b><br>Group X Studio - Pam                                |
| 5:30 - 6:25 pm<br><b>R.I.P.P.E.D.</b><br>Group X Studio - Yelena                  | 5:45 - 6:45 pm<br><b>Power Cycle</b><br>Spin Studio - Karin                  | 5:30 - 6:30 pm<br><b>Restorative Yoga</b><br>Yoga Studio - Tika           | 5:30 - 6:15 pm<br><b>Tabata Boot Camp</b><br>Gymnasium - Melissa B         | 11:30 am - 12:30 pm<br><b>Flexibility Plus Core</b><br>Mat Studio - Siobhan                |  |
| 6 - 7 pm<br><b>Power Cycle</b><br>Spin Studio - Sheila                            | 6 - 7 pm<br><b>MMA in Action</b><br>Group X Studio - Mario                   | 6 - 7 pm<br><b>Cycle! Rock &amp; Roll</b><br>Spin Studio - Wendy          | 6 - 7 pm<br><b>Barbell Strength</b><br>Group X Studio - Yelena             |  |  |
| 6:15 - 7:30 pm<br><b>Power Flow Yoga</b><br>Yoga Studio - Bernie                  | 6 - 7:15 pm<br><b>Vinyasa Yoga</b><br>Yoga Studio - Lisa                     | 6:30 - 7:15 pm<br><b>Functional Strength</b><br>Group X Studio - Yelena   | 6 - 7 pm<br><b>Power Cycle</b><br>Spin Studio - Sheila                     |  | 7:45 - 9 am<br><b>Restorative Yoga</b><br>Yoga Studio - Tika                           |
| 6:15 - 7:05 pm<br><b>H2O Challenge</b><br>Lap Pool - Wendy                        | 6:30 - 7:30 pm<br><b>Pilates</b><br>Mat Studio - Jenay <span>New</span>      | 6:30 - 7:30 pm<br><b>Barre Fusion</b><br>Mat Studio - Debra               | 6 - 7:15 pm<br><b>Power Flow Yoga</b><br>Yoga Studio - Dawn                |  | 8:30 - 9:25 am<br><b>Zumba</b><br>Group X Studio - Suzanne                             |
| 6:30 - 7:25 pm<br><b>Strength Intervals</b><br>Group X Studio - Melissa B         | 7:15 - 8:15 pm<br><b>Dance Fusion</b><br>Group X Studio - Bridgitt           | 6:45 - 7:30 pm<br><b>Aqua Pilates</b><br>Warm Water Pool - Katie          | 7:15 - 8:15 pm<br><b>Dance Fusion</b><br>Group X Studio - Bridgitt         |  | 9 - 10 am<br><b>Pilates</b><br>Mat Studio - Michelle                                   |
| 6:30 - 7:30 pm<br><b>Cardio Barre</b><br>Mat Studio - Debra                       |  |   |  |  | 8:45 - 9:45 am<br><b>Power Cycle</b><br>Spin Studio - Melissa D/Jenay <span>New</span> |
|   |  |   |  |  | 9:15 - 10:30 am<br><b>Power Flow Yoga</b><br>Yoga Studio - Linda L                     |
|   |  |   |  |  | 9:30 - 10:25 am<br><b>TBC</b><br>Group X Studio - Kelly                                |
|   |  |   |  |  | 10:15 - 11:15 am<br><b>Barre Fusion</b><br>Mat Studio - Jenay                          |
|   |  |   |  |  | 10:30 - 11:30 am<br><b>MMA In Action</b><br>Group X Studio - Mario                     |

Sign up for our weekly group exercise email to receive all schedule changes, 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 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/Barre Express

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.

### Barbell Strength

Grab a couple bars, add some plates and get ready for the ultimate workout. Squat, row, press, dead lift, lunge, curl with our instructors guiding you into perfect form, load and definition.

### 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

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.

### Functional Fitness

Exercises and strength routines that replicate the movements in everyday life. This class will offer a challenge at any level with modifications.

### Functional Strength

This class is designed for all levels. Use minimal equipment and body weight strength exercises that are guaranteed to push your core to its optimal form.

### MMA In Action

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.

### Pilates/Pilates Power

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

### R.I.P.P.E.D.

Resistance, Intervals, Power, Plyometrics, Endurance and Diet components are what make up this cardio and strength "plateau proof fitness formula" workout.

### 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.

### Step

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

### Strength, Balance & Core

Improve your balance, strength core and flexibility using light weights and a variety of equipment.

### Strength & Stretch

Increase flexibility, strength and core. This class will be performed in both standing and floor positions incorporating a variety of equipment to support each exercise.

### 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

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, 1/2 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.

### 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!

### WERQ®

A cardio dance fitness class based on pop, rock, and hip hop music. It starts with a warm-up that will preview some of the moves you will see in class. It ends with a yoga inspired static stretch.

## Water Fitness

### Aqua Fit

This is a complete cardiovascular and conditioning workout, without impact and stress on the body.

### 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 Qi Gong

Qi Gong in our warm water pool. Amplify your internal energy and focus with this invigorating mind-body workout consisting of flowing movements, stretches and breathing exercises.

### 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 Workout

Invigorating 45 minute in the deeper lanes of the pool. Focus on cardiovascular endurance, core, strength and flexibility.

### Hydro Blast/H2O Challenge

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

### 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. It features a vigorous 75-minute sequence, performed in a heated room, and is designed to connect breath and movement.

### 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

Practice of a core practice, poses, breath awareness, strength, flexibility, form and flow. Perfect for beginners and all levels.

### 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!