

Virtual Group Exercise Classes

September 2021

Sponsored by  NorthShore
University HealthSystem

Group Exercise  Mind/Body  Virtual/Live 

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:15 am Yoga Jenay	8:30 - 9:15 am Hatha Yoga Lisa Devi	8:30 - 9:15 am <small>New</small> Qigong Yoga Fusion Lisa Devi	8:30 - 9:15 am <small>New</small> Hatha Yoga Lisa Devi	8 - 8:45 am Pilates Sculpt Wendy	9:15 - 10 am Body Sculpt Pam
9:30 - 10:15 am Strength Basics Wendy	9:30 - 10:15 am Pilates Sculpt Jenay	9:30 - 10:15 am Mat Pilates Wendy	9:30 - 10:15 am Strength Basics Wendy	5:30 - 6:30 pm Yoga Pam	10:15 - 11 am <small>New</small> Tai Chi Pam
9:30 - 10:15 am Mat Pilates Georgette	7 - 8 pm Yoga Flow Dawn	6 - 6:45 pm Barre Body Debra	10:30 - 11:15 am Chair Fitness Georgette		11 am - 12 pm Hatha Yoga Stephanie
6 - 6:45 pm Barre Body Debra			7 - 8 pm <small>New</small> Power Flow Yoga Dawn		
6:30 - 7:30 pm Yoga Flow Bernie					9 - 9:45 am <small>New</small> Mat Pilates Georgette
					10 - 10:45 am All Levels Yoga Dawn
					Sunday

To make a group exercise reservation, go to bfitness.org and click on [Group Exercise Reservations](#).
Reservations can be made 2 weeks before class begins. Class is closed to reservations at the start of the class.