



**FITNESS CENTER**  
at the Buffalo Grove Park District

# Group Fitness Class Schedule

As of March 18, 2019

Group Exercise   
 Water Fitness   
 Mind/Body   
 Cycle

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 6:15 am <b>HIIT</b> Group Ex Studio - Lacy	5:30 - 6:30 am <b>MMA Boot Camp</b> Gymnasium - Kirk	5:30 - 6:15 am <b>TRX</b> Fitness Floor - Sheila	5:30 - 6:30 am <b>Strength Intervals</b> Group Ex Studio - Jenay	5:30 - 6:30 am <b>Power Cycle</b> Spin Studio - Karin	7:15 - 8:15 am <b>Gentle Yoga</b> Yoga Studio - Jeff
8:15 - 9:10 am <b>TBC</b> Group Ex Studio - Jill D	8:25 - 9:15 am <b>Strength Conditioning</b> Group Ex Studio - Gilda	5:30 - 6:30 am <b>All Levels Yoga</b> Yoga Studio - Jenay	8:15 - 9:15 am <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">New</span> <b>Pilates Power</b> Group Ex Studio - Jill D	8 - 8:45 am <b>Liquid Flow</b> Warm Water Pool - Wendy	8 - 9 am <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">New</span> <b>Zumba</b> Group Ex Studio - Kay
8:30 - 9:15 am <b>Deep Water Workout</b> Lap Pool - Wendy	9 - 9:50 am <b>H2O Challenge</b> Lap Pool - Suzanne	8 - 8:45 am <b>Aqua Fit</b> Lap Pool - Wendy	8:30 - 9:15 am <b>Aqua Fit</b> Lap Pool - Katie	8:15 - 9:10 am <b>Strength</b> Group Ex Studio - Jenay	8:15 - 9:15 am <b>Video Cycle</b> Spin Studio - Christy
9:15 - 10 am <b>Aqua Pilates</b> Warm Water Pool - Katie	9:15 - 10:15 am <b>Hatha Yoga</b> Yoga Studio - Gail	8 - 8:55 am <b>Pilates</b> Mat Studio - Debi T	9 - 10 am <b>Hatha Yoga</b> Yoga Studio - Lisa Devi	9 - 10 am <b>Aqua Fit</b> Lap Pool - Suzanne	8:30 - 9:15 am <b>Aqua Yoga</b> Warm Water Pool - Jeff
9:15 - 10:15 am <b>Pilates</b> Mat Studio - Debi T	9:30 - 10:25 am <b>Barre Basics</b> Mat Studio - Debbie W	8:15 - 9:15 am <b>Step</b> Group Ex Studio - Kelly	9:30 - 10:25 am <b>TBC</b> Group Ex Studio - Suzanne	9:15 - 10:15 am <b>Yoga Basics</b> Yoga Studio - Jenay	8:30 - 9:30 am <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">New</span> <b>Barre Body</b> Mat Studio - Debra
9:30 - 10:30 am <b>Cardio Dance</b> Group Ex Studio - Matt P	9:30 - 10:25 am <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">New</span> <b>Warrior Sculpt</b> Group Ex Studio - Gilda	9 - 9:45 am <b>Aqua Barre</b> Warm Water Pool - Jenay	9:30 - 10:25 am <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">New</span> <b>Barre Fusion</b> Mat Studio - Adi	9:25 - 10:25 am <b>Cardio Dance</b> Group Ex Studio - Matt P	8:30 - 9:30 am <b>Hatha Yoga</b> Yoga Studio - Lisa Devi
9:30 - 10:30 am <b>Power Cycle</b> Spin Studio - Wendy	10:30 - 11:25 am <b>Flexibility Plus Core</b> Mat Studio - Siobhan	9 - 9:45 am <b>Strength Basics</b> Mat Studio - Wendy	10:35 - 11:30 am <b>Dance Fusion</b> Group Ex Studio - Suzanne	9:30 - 10:15 am <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">New</span> <b>Tread, Walk, Run</b> Fitness Floor - Melissa B	9 - 10 am <b>Weekend Warriors</b> Gymnasium - MB/MD
9:30 - 10:30 am <b>Hatha Yoga</b> Yoga Studio - Maribel	10:30 - 11:25 am <b>Zumba</b> Group Ex Studio - Suzanne	9 - 10 am <b>Gentle Yoga</b> Yoga Studio - Maribel	10:35 - 11:35 am <b>Chair Yoga</b> Mat Studio - Jeff	9:30 - 10:20 am <b>Video Cycle</b> Spin Studio - Ivan	9:15 - 10:15 am <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">New</span> <b>Body Sculpt</b> Group Ex Studio - Pam
10:30 - 11:30 am <b>Chair Pilates</b> Mat Studio - Debbie W	11:35 am - 12:30 pm <b>Senior Fitness</b> Group Ex Studio - Siobhan	9:30 - 10:25 am <b>Power Cycle</b> Spin Studio - Tracey	12:15 - 1 pm <b>Strength Intervals</b> Group Ex Studio - Christy	9:30 - 10:25 am <b>Strength Conditioning</b> Mat Studio - Debbie W	9:30 - 10:15 am <b>Aqua Fit</b> Lap Pool - Katie
11 am - 12 pm <b>Qi Gong Yoga Fusion</b> Yoga Studio - Lisa Devi	12:15 - 1 pm <b>TRX</b> Fitness Floor - Sheila	9:30 - 10:25 am <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">New</span> <b>HIIT To Be Fit</b> Group Ex Studio - Felicia	5:15 - 6 pm <b>TRX</b> Fitness Floor - Sheila	10:30 - 11:15 am <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">New</span> <b>Tabata</b> Gymnasium - Melissa B	9:45 - 11 am <b>Vinyasa Yoga</b> Yoga Studio - Bernie
5:15 - 6 pm <b>TRX</b> Fitness Floor - Sheila	4:45 - 5:45 pm <b>Hatha Yoga</b> Yoga Studio - Jeff	10:30 - 11:25 am <b>Zumba Gold</b> Group Ex Studio - Siobhan	5:30 - 6:15 pm <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">New</span> <b>Boot Camp</b> Gymnasium - Kirk	10:30 - 11:25 am <b>Pilates Basics</b> Mat Studio - Debbie W	10:30 - 11:15 am <b>Tai Chi</b> Group Ex Studio - Pam
6 - 6:55 pm <b>Strength Intervals</b> Group Ex Studio - Melissa B	5:30 - 6:15 pm <b>Tabata Boot Camp</b> Gymnasium - Melissa D	10:30 - 11:30 am <b>Chair Yoga</b> Mat Studio - Jeff	6 - 7 pm <b>Power Cycle</b> Spin Studio - Sheila	10:30 - 11:25 am <b>Senior Fitness</b> Group Ex Studio - Siobhan	
6 - 7 pm <b>Power Cycle</b> Spin Studio - Sheila	6 - 7:15 pm <b>Vinyasa Yoga</b> Yoga Studio - Jill S	12 - 1 pm <b>All Levels Yoga</b> Yoga Studio - Katlin	6 - 7:15 pm <b>Power Flow Yoga</b> Yoga Studio - Dawn	11:35 am - 12:30 pm <b>Flexibility Plus Core</b> Mat Studio - Siobhan	8 - 8:50 am <b>MMA Boot Camp</b> Group Ex Studio - Mario
6:15 - 7:30 pm <b>Vinyasa Yoga</b> Yoga Studio - Bernie	6:30 - 7:30 pm <b>Pilates</b> Mat Studio - Adi	5:45 - 6:30 pm <b>Muscle Max</b> Group Ex Studio - Debra	7 - 7:55 pm <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">New</span> <b>Dance Fusion</b> Group Ex Studio - Bridgitt	4:30 - 5:25 pm <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">New</span> <b>Zumba</b> Group Ex Studio - Elizabeth	8:15 - 9:15 am <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">New</span> <b>Power Flow Yoga</b> Yoga Studio - Dawn
6:30 - 7:15 pm <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">New</span> <b>Aqua Barre</b> Warm Water Pool - Katie	7 - 7:55 pm <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">New</span> <b>Dance Fusion</b> Group Ex Studio - Bridgitt	5:45 - 6:45 pm <b>Restorative Yoga</b> Yoga Studio - Tika		4:30 - 5:30 pm <b>All Levels Yoga</b> Yoga Studio - Bernie	8:45 - 9:45 am <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">New</span> <b>Power Cycle</b> Spin Studio - KB/MD
6:30 - 7:25 pm <b>Barre Fusion</b> Mat Studio - Debra		6 - 7 pm <b>Cycle! Rock &amp; Roll</b> Spin Studio - Wendy		5:30 - 6:15 pm <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">New</span> <b>Tabata</b> Group Ex Studio - Brian	9 - 9:50 am <b>Dance Fusion</b> Group Ex Studio - Kelly R
7 - 7:30 pm <b>Stretch &amp; Roll</b> Group Ex Studio - Wendy		6:30 - 7:15 pm <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">New</span> <b>Aqua Pilates</b> Warm Water Pool - Katie			9:35 - 10:25 am <b>Pilates</b> Mat Studio - Wendy
		6:35 - 7:25 pm <b>Cardio Barre</b> Group Ex Studio - Debra			9:30 - 10:30 am <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">New</span> <b>Restorative Yoga</b> Yoga Studio - Tika

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

Cycle, TRX and all classes in Mat Studio require advance sign up and can be done 48 hours in advance by calling 847.353.7500. You will need a ticket from the front desk on the day of the class prior to entering the studios. If you have not checked in and picked up your ticket 5 minutes before the start of class, your name will be removed and given to the next person on the waitlist. Space is limited. **Please note:** Class instructors and formats are subject to change without notice.

10 - 10:50 am  
**TBC**  
Group Ex Studio - Kelly B

10:45 am - 11:45 am New  
**Hatha Yoga 2**  
Yoga Studio - Katlin



## 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

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.

#### Chair Pilates

This class is specially designed to strengthen your abdominals, lower back and pelvic floor muscles. Exercising the core is essential to good posture and balance. By building a strong core foundation, your overall physical health and appearance is improved and will help you enjoy all of the physical activities that you look forward to.

#### 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.

#### HIIT

High-intensity interval training (HIIT), is a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

#### HIIT To Be Fit

Have fun in this high intensity interval class with strength and cardio circuits to rock your metabolism. Modifications are always shown.

#### MMA Boot Camp

Mixed Martial Arts circuit 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.

#### Step

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

#### Strength

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.

#### Strength Basics

Build overall strength, help reduce bone loss and compliment 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.

#### Stretch & Roll

This unique class is designed to increase flexibility, relax those tight muscles, increase blood flow and improve mobility. Learn the art of foam rolling, various stretching techniques from dynamic to static and leave feeling more relaxed and rejuvenated.

#### 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.

#### TBC

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

#### 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.

#### 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.

#### 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 water pool. 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 Workout

Invigorating workout in the deeper lanes of the pool.

#### Liquid Flow

Warm water class focused on flowing gentle full range of movements, stretching, flexibility and balance.

### 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.

#### Hatha Yoga/Hatha Yoga 2

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. Hatha Yoga 2 includes optional challenging poses.

#### 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 poses, breath awareness, strength, flexibility, form and flow. All levels incorporate optional challenging postures.

### 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

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!