

# Live Group Exercise Classes

Sponsored by  NorthShore University HealthSystem

May 2021

Group Exercise  Water Fitness  Cycle  Mind/Body  Virtual/Live 

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 6:30 am <span>New</span> <b>Boot Camp Live</b> Gymnasium Karin	8:30 - 9:15 am <b>Cardio Drumming</b> Group Ex Studio Suzanne	5:30 - 6:30 am <span>New</span> <b>Athletic Stretching</b> Group Ex Studio Cathy	5:30 - 6:30 am <span>New</span> <b>Strength Intervals</b> Gymnasium Jenay	5:30 - 6:30 am <span>New</span> <b>Power Cycle</b> Group Ex Studio Karin	8:30 - 9:30 am <span>New</span> <b>Boot Camp</b> Indoor Track Jenay
9 - 9:45 am <b>Aqua Fit</b> Lap Pool Debbie W	9:30 - 10:15 am <span>New</span> <b>Chair Dance &amp; Tone</b> Group Ex Studio Suzanne		9 - 9:45 am <b>Aqua Fit</b> Lap Pool Suzanne	8:30 - 9:15 am <b>TBC Live</b> Group Ex Studio Suzanne	9 - 10 am <b>Power Cycle</b> Sports Perf Studio Ivan
	6:30 - 7:30 pm <b>Power Cycle</b> Sports Perform Studio Ivan		10 - 10:45 am <span>New</span> <b>Dance &amp; Tone</b> Group Ex Studio Kelly R	9:30 - 10:15 am <b>Cardio Drumming</b> Group Ex Studio Suzanne	10 - 10:45 am <b>Aqua Fit</b> Lap Pool Katie
					<b>Sunday</b> 9 - 10 am <span>New</span> <b>Zumba</b> Group Ex Studio Kelly R

To make a group exercise reservation, go to [bgfitness.org](http://bgfitness.org) and click on **Group Exercise Reservations**. Reservations can be made 1 week before class begins. Class is closed to reservations at the start of the class.