

m	t	w	th	f	s	sn
STRENGTH 5:45-6:45a Kellie	SPIN 6:00-6:50a Anna	TBC 5:45-6:45a Kellie	SPIN 6:00-6:50a Tom	STRENGTH 5:45-6:45a Kathy D.	STEP XPRESS 7:05-7:50a Peggy	PC50X 8:00-8:50a Doug
SENIOR FIT 8:00-9:00a Mary W. - Gym A	SUNRISE YOGA 5:45-6:45a Jolynn	SPIN 6:00-6:50a Tracy	SUNRISE YOGA 5:45-6:45a Jolynn	SPIN 6:00-6:50a Trish	GENTLE YOGA 7:30-8:30a Megan M. - Rm 201	SPIN 8:15-9:05a Tom
LO IMPACT 8:00-9:00a Amy C.	LITE N LIVELY 8:00-8:55a Peggy	SENIOR FIT 8:00-9:00a Mary W. - Gym A	ZUMBA® GOLD 8:00-8:50a Jeannie	SENIOR FIT 8:00-9:00a Mary W.- Gym A	SPIN 7:30-8:20a Anna	ZUMBA® 9:00-10:00a Amy
SPIN 8:30-9:20a Trish	AQUA 8:00-9:00a Jeannie	STRENGTH 8:00-8:55a Kathleen	CORE N MORE 8:00-8:50a KC - Rm 202	OLD/NEW SKOOL 8:00-8:55a Ginger	POWER STRENGTH 8:00-8:55a Kellie	SPIN 9:15-10:05a Beth
AQUA 9:00-10:00a Susie	SPIN 8:30-9:20a Becky	AQUA 8:00-9:00a Kathy D.	SPIN & YOGA 8:30-9:45a Becky	INTRO TO PILATES 8:00-8:55a Dawn -Rm 101	SPIN 8:30-9:20a Tracy	YOGA 9:30-10:45a Cassie - Rm 202
FLOW YOGA 9:00-10:15a Lisa - Rm 201	BOX N TONE 9:10-10:10a Lisa D.	SPIN 8:30-9:20a Allyson	AQUA 9:00-10:00a KC	SPIN 8:30-9:20a Patrick	VINYASA YOGA 8:45-10:00a Megan M.- Rm 201	BOX N TONE 10:15-11:15a Kellie
INTERVALS 9:10-10:10a Missy	DEEP H2O 9:15-10:10a Anne	FLOW YOGA 9:00-10:15a Lisa- Rm 201	KICKBOX 9:15-10:10a Linda	FLOW YOGA 9:00-10:15a Lisa -Rm 201	ZUMBA® 9:00-9:55a Ginger & Kellie	STRENGTH 11:30a-12:30p Kathleen
PLAYSTATIONS 9:15-10:10a Lynn F.- Gym A	SPIN & CORE 9:30-10:45a Missy	LO IMPACT 9:00-9:55a Kathleen	MUSCLE ENDURANCE 10:15-11:10a Linda	ADVANCED PILATES 9:00-10:00a Dawn -Rm 101	SPIN 9:30-10:20a Beth	
LIGHT AQUA 10:15-11:00a Susie	VINYASA YOGA 9:30-10:45a Julie L.- 205	POOL-ates 9:10-10:10a Susie	YIN & YANG YOGA 11:15a-12:25p David	POWER STRENGTH 9:10-10:10a Ginger	STRENGTH 10:00-11:00a Lisa D./Tracy	
STRENGTH 10:15-11:10a Missy	ZUMBA® 10:15-11:10a Debbie	SPIN 9:30-10:20a Liz	AQUA ZUMBA® 12:00-12:50p Robin* 1/19	AQUA 9:15-10:10a Diane	Warm H2O Stretch 10:15-11:00a See brochure	
GENTLE YOGA 10:30-11:30a Lisa - Rm 201	YOGA 11:15a-12:25p David	LIGHT AQUA 10:15-11:00a Susie	HEALING YOGA 12:30-1:30p David	CARDIO BLAST 10:15-11:15a Kathleen	PILATES 11:15a-12:15p Sophia	
DRUMS 11:15a-12:15p Kristen	HEALING YOGA 12:30-1:30p David	INTERVALS 10:30-11:30a Liz	STRENGTH 5:00-5:55p Kathy D.	LIGHT AQUA 10:15-11:00a Diane	GROUP FITNESS GUIDELINES	
STRENGTH 5:00-6:00p Peggy	Warm H2O Stretch 5:10-5:55p See brochure	YOGA 5:30-6:45p Jolynn/Bob -Rm 101	Warm H2O Stretch 5:10-5:55p See brochure	GENTLE YOGA 10:30-11:30a Lisa T.- Rm 201	1) PASSPORTS EXPIRE 6 MONTHS FROM DATE OF PURCHASE.	
HATHA YOGA 5:30-6:30p Megan - Rm 101	BOX N TONE 5:15-6:10p Kellie	WERQ 5:30-6:30p Ginger & Kellie	ZUMBA® 6:00-7:00p Melissa	WTF 5:15-6:15p Kellie	2) Be on time. Warm-ups prevent injury.	
WERQ 6:05-7:00p Haley	AQUA 6:00-7:00p Robin	SPIN 6:15-7:05p Trish	AQUA 6:00-7:00p Judy		3) No admittance 10 minutes past class start time.	
PILATES 6:30-7:30p Nicole - Rm 205	CONDITIONING 6:15-7:10p Doug	POWER STRENGTH 6:40-7:40p Kellie	TRX Circuits 7:15-8:05p Doug		4) Classes and instructors subject to change at any time.	
SPIN 6:30-7:20p Tom	YOGA 7:15-8:30p Cassie				5) Please refrain from wearing perfume or cologne.	
KILLER B's 7:05-8:00p Haley					6) Please respect those around you and keep talking to a minimum.	
					7) No food allowed in the studios.	
					8) Please put away ALL equipment after class.	
					9) No street shoes allowed.	
					10) No sharing or transfers of passports.	

SCHEDULE SUBJECT TO CHANGES AND REVISIONS AT ANY TIME

For Group Fitness questions or comments, please contact
Ginger Heisler at 224.521.2608. Edition: 4 2.16.2012

Studio Classes

Conditioning/Strength/Power Strength: Strengthen with weights, tubing, fitness balls, medicine balls, dumbbells, etc. Proper technique and form are emphasized to create a workout that is effective, fun, and safe. "Power" adds an element of cardiovascular conditioning.

Box n Tone: 30 minutes of Cardio Kickbox and 30 minutes of toning. Get it all in one hour!

Cardio Blast: No equipment necessary! Focus on cardiovascular training. Class segments may include kickbox, sports conditioning drills, and high and low impact movement. Balance and core work make this a class for all levels.

Core n More: Utilize the Pelvicore Pro™ to enhance strength, coordination, and balance in your core muscles...abs, hips, back, glutes and pelvic floor! Improve your overall biomechanical health.

DRUMS: It's fun. It's different. It's a workout like none other. Move your body to songs you know and love. Use rhythm to train the whole body – whole mind. Condition the cardio-vascular system, core, and mind through rhythm, movement and creative expression.

Intervals: A challenging, ever-changing workout using the principles of interval training to get stronger, increase endurance, build your body's aerobic and anaerobic capacity and improve core strength and balance.

Killer B's: A 60-minute workout divided into three 20-minute sections devoted to three different areas of focus all starting with B. Bosu, ball, bands, barbell, boxing, butt, back, biceps....endless combinations of body parts and modalities to deliver a beautiful, bangin' body.

Lite N Lively: Combine Lite N Lively cardiovascular exercise with light toning, balance and stretching exercises. A perfect class for the mature exerciser, pregnant woman, new-timers, someone recovering from injury, or those who want a "lighter" workout.

Lo Impact: Fitness for all ages! Adjust the intensity levels to meet your needs in this joint-friendly workout. Options will be offered for a low, moderate, or intense workout.

Muscle Endurance: Sculpt and Tone small and major muscles using bodyweight movements combined with light weights. You'll definitely feel the burn!

OLD SKOOL MEETS NEW SKOOL: A twist on your basic Lo Impact class! Join Ginger as she starts you off with basic low impact aerobics and gets you sweatin' to the hottest current beats! Finish with toning, abs/core and a yoga stretch.

PC50X: You've seen and heard of P90X...now experience Doug's version all packed into 50 minutes! A must try for those looking for a new fitness challenge!

Senior Fit: A workout on the lighter side that includes muscle toning, and balance work geared for the mature adult.

Step Express: Take it back in time with the N-R-G of Step in this 45-minute Xpress workout to music from all decades! Be on time as this express workout starts with a quick warm-up and hits 40 minutes of pure cardio.

WERO: The fiercely fun, new dance fitness class based on pop, rock, and hip hop music and high energy dance steps!

TBC (Total Body Conditioning): Get a complete workout with cardio and strength! Classes vary weekly and may contain step, kickbox, strength, sports conditioning exercises, and/or drills. Abdominal work and stretches complete a total body workout.

WTFF Weight Training Friday Fun: Get an extra workout in on Friday nights with Kellie and kick off the weekend. Anything goes in this full body strength and conditioning class!

Zumba®: Combine high-energy and motivating music with unique and easy moves that allow you to dance your worries away. Great for the body and mind. A feel-happy workout for all!

Zumba Gold®: Zumba Gold is designed for the active, mature adult population or the true beginner participant. Improve coordination and balance with this easy to follow workout. Zumba Chair workout available.

Mind/Body Classes

Yoga/Hatha/Sunrise Yoga: For all levels of fitness. This class relaxes, strengthens, and soothes the body and mind. The focus is on increasing flexibility, balance, and strength through various postures and breathing.

Healing/Gentle Yoga: Suitable for beginners, seniors, and those with limitations or prior injury. Harness your mind and body's natural healing potential.

Flow Yoga/Vinyasa Yoga: An energetic yoga practice that connects the breath (pranayama) to movement with longer held poses (asanas). This practice will allow you to refine postures and move beyond limitations of the body and mind. Pre-requisite: A strong yoga practice of at least 1 year.

Yin & Yang Yoga: Start by targeting connective tissues, ligaments and tendons with long held floor stretches. Follow up with a vigorous vinyasa flow to complete this perfectly balanced yoga class.

Pilates: A full body, mat-based exercise class based on techniques developed by Joseph Pilates. Concentrate on restoring muscular balance, building strength, increasing flexibility, and improving coordination while improving body alignment and posture through core strength and stability.

Advanced Pilates: Pre-requisite: Strong knowledge of Basic Pilates fundamentals and a minimum 1 year mat Pilates experience.

Pilates Reformer available by appointment. Call Ginger Heisler, Group Exercise Coordinator, at 224.521.2608 for more information or an appt.

Spin Classes

Bike reservations required. Bike reservations held only 3 minutes past class start time.

Call 847-657-3249 to reserve a bike 24 hours prior to class.

Spin: A non-impact, high-energy, cardiovascular ride on a stationary bike. Builds strength, endurance and stamina – a great form of cross-training year-round!

Spin & Core: Use the first 45 minutes of class for your cardio workout and the remaining time to develop core strength.

Spin & Yoga: Cycle first, then have the option while your muscles are warm, to increase flexibility, balance, and strength with Yoga.

Aqua Classes

Aqua: A general conditioning class in the water to work all aspects of fitness: cardiovascular endurance, muscular strength, flexibility, and improved body composition. Uses aqua dumbbells, noodles, and resistance bands for strength training.

Aqua Zumba: Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Light Aqua: A great class for individuals desiring a lighter workout in the water. Appropriate for participants recovering from hip and knee replacements, those looking to reduce joint pain, or to increase range of motion, joint strength, and flexibility.

Deep H2O: Aqua Joggers, noodles or suspension make this a challenging water workout.

Pool-ates Intervals: Take the core training of Pilates on land and put it in the water! Add aerobic intervals to keep the heart rate up between core exercises and you've got a total workout designed to burn calories, tone, and strengthen your core.

Warm H2O Stretch*: This warm water class is designed, but not limited to people with arthritis, limited range of motion or those looking for post-rehabilitation. Can also be used for post-recovery workout stretches.

*Registration required. Not a Passport class.