

# Group Exercise Schedule

Cycle, Main Studio and Mind/Body Studio | Tuesday, May 29 - Sunday, September 2

## Lake Forest Health & Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:00a Cycle Suzann E.	5:30-6:30a Body Pump Loralee V.	6:00-7:00a Cycle Amy P	5:30-6:30a Body Pump Kaye	5:30-5:55a Cardio & Core Tabata Training Amy K.	8:00-9:00a Cycle Dale
6:00-7:00a Boot Camp Aaron	8:00-8:25a Core Conditioning Lora D.	6:00-7:00a Boot Camp Aaron	6:00-7:00a Cycle Michele O.	6:00-7:00a Vinyasa Flow Yoga Maryanna	8:30-9:45a Vinyasa Flow Yoga (Int.) Wendy/Sarah
8:00-9:00a Gentle Yoga Sheila	8:30-9:00a HIIT Training Lora D.	6:00-7:00a Vinyasa Flow Yoga Sheila	8:00-9:00a Gentle Yoga Marlene	8:00-8:55a Pilates Mat Lorie B.	9:00-10:00a Body Pump Kaye/Denise
8:00-8:25a Core Conditioning Lisa H	9:00-9:55a Pilates Fusion Suzann E.	8:00-8:50a Circuits! Stephen H.	8:00-8:25a Core Conditioning Stephen H.	8:30-9:25a Triple Threat Gemma	9:15-10:15a Cycle Melissa
8:30-9:30a Total Body Conditioning Lisa H	9:00-9:55a Pre and Postnatal Yoga (RF) Maryanna	8:00-8:55a Pilates Mat Lorie B.	8:30-9:15a Shockwave Stephen H.	9:15-10:30a Mindful Flow Yoga Marjorie	10:00-11:15a Hatha Yoga (B) Steve P.
9:15-10:00a Cycle Express Julie	9:00-9:45a Circuits! Gemma	9:00-9:25a Core Conditioning Lora D.	9:15-10:15a Cycle Melissa	9:15-10:15a Cycle Lisa	11:30a-12:45p Restorative Yoga Marlene
9:15-10:30a Power Yoga Maryanna	9:05-10:05a Just Dance Lesley	9:15-10:30a Power Yoga Sheila	9:30-10:25a Barre Boot Camp Janine	9:30-10:25a Just Dance Lesley	
9:35-10:30a The Barre Class Werner	9:15-10:30a Cycle & Strength Lora D.	9:15-10:15a Cycle Lisa	9:30-10:25a Pilates + Equipment Loralee V.	10:30-11:00a Arm, Core & Stretch Lesley	
10:45-11:30a Chair Yoga (B) Audrey	10:15-11:05a Just Barre Lesley	9:30-10:25a Simply Strength Lora D.	10:30-11:30a Body Pump Loralee V.	11:05a-12:05p Heart Plus (AOA) Kris	
11:00-11:55a Nia Myrna	10:15-11:15a Body Pump Gemma	10:30-11:15a Foam Roller Lora D.	10:30-11:25a Yogalates Amy P	11:30-12:45p Therapeutic Yoga (RF) Marlene	
11:00-12:00p Yoga Basics Liza	10:30-11:15a Soft Tai Chi/ Qi Gong (B) Liza	11:00-12:00p The Barre Class Deena	11:30-12:45p Restorative Yoga Marlene		
12:15-1:15p Heart Plus Toning (AOA) Audrey	11:30-12:45p Total Body Yoga Liza	11:30a-12:20p Heart Plus (AOA) Werner	12:00-1:00p Strength & Balance Dale		
4:15-5:15p Therapeutic Adult Ballet Werner	11:30-12:30p Strength & Balance (AOA) Dale	1:45-2:30p Chair Yoga Maryanna	1:00-2:00p Yoga Basics Marjorie		
4:30-5:20p Yoga Sculpt Suzann E	1:00-2:15p Restorative Yoga Marjorie	5:15-6:15p Therapeutic Adult Ballet Werner	1:15-2:00p Tai Chi Tom		
5:20-6:20p Yoga Basics Marjorie	4:30-5:25p Total Body Conditioning Amy P	5:15-6:15p Power Yoga Lisa H.	4:30-5:15p Sculpt + Core Gemma		
5:30-6:30p Cycle Suzann E.	5:30-6:15p The Barre Class Janine	5:30-6:30p Cycle Melissa	5:25-6:25p Pilates Mat Michelle F		
6:00-7:00p Zumba Tasha	6:30-7:45p Beginner Yoga Steve P.	6:30-7:20p Metabolic Conditioning Brock	6:00-7:00p WERQ Lisa P		
	6:30-7:15p Body Pump Express Stephen H.	6:30-7:30p Yoga Tune Up® Werner	6:35-7:50p Hatha Yoga Steve P.		

- = Cycle Studio
- = Main Studio
- = Mind/Body Studio
- = Track
- (B)** = Banquet Room
- (RF)** = registration/fee
- (AOA)** = Active Older Adult

Classes are MULTI-LEVEL unless otherwise noted. Studios are a Cell-Free Zone. Cell phones may be used in the café, library and lobby areas only.

Class times, formats, and instructors are subject to change without notice. Low attendance classes are subject to cancellation at any time.

**FOR ALL CYCLE CLASSES: Sign up is mandatory.** Registration/sign-up begins 1 hour before class time at the front desk. You will be given a numbered tag that you are to hang from the bike of your choice. All tagged yet unoccupied bikes at the start of class will be made available to waiting participants. Thank you for your cooperation.

**For more information,** please contact Amy Pierce at 847.535.7173



# Group Exercise Schedule

Cycle, Main Studio and Mind/Body Studio | Tuesday, May 29 - Sunday, September 2

**Arm, Core & Stretch** — Focus on toning your upper body and abdominals. This class will end with stretches for your back, hips and legs for the ultimate dancer's body!

**Barre Boot Camp** — Classic barre combined with multiple small equipment pieces and non-punishing cardio intervals.

**The Barre Class** — This class combines isometrics, dance conditioning and interval training to quickly firm and elongate participants' musculature. This is a targeted workout designed to flatten the abdominal area, lift the buttocks and increase muscle definition in the upper body.

**Body Pump** — Format combines high-repetition weight training and high energy into one exercise program. Participants use a combination of free weights and a barbell to strengthen major muscle groups.

**Boot Camp** — Get ready to sweat as you reap the benefits of this ultimate calorie-burning hour—with cardiovascular drills, plyometric exercises and more!

**Cardio Core & Tabata Training** — Using the scientifically proven Tabata method of alternating high intensity exercise with short recovery periods in four minute cycles, you will burn calories while becoming stronger.

**Cardio/Step Interval** — Increase your cardiovascular endurance in this steady state, moderate intensity exercise class. This class may use either steps only or other fitness tools to achieve the goal.

**Chair Yoga** — a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.

**Circuits!** — Complete total body exercises for a designated time frame to build muscular strength and endurance.

**Core Conditioning** — 25-minute class strengthens and stabilizes the entire core: rectus abdominis, obliques, hip flexors, glutes, hamstrings and lower back extensor muscles. Cutting-edge floor work and stability ball exercises are used to enhance abdominal definition and increase core strength.

**Cycle** — A cardio workout on a stationary bike, Cycle classes are technique-based and/or real terrain-based. We focus on cadence, heart rate zones, climbs and sprints.

**Cycle Express** — A 45 minute cycle class with 15 minutes of core work at the end. Core work includes abdominals, obliques, hip flexors, glutes and lower back exercises.

**Cycle & Strength** — Work your heart and your upper body! Challenge yourself with 60 minutes of cycling, plus 15 minutes of targeted exercises to shape your arms and shoulders.

**Fit for Life** — Improve strength, balance, core stability and posture using body weight and resistance bands.

**Foam Roller** — Incorporate a foam roller and small exercise balls to release hard to reach areas into your exercise routine. Benefits of this class are correction of muscle imbalances, muscle relaxation, improved joint range of motion, reduced soreness and improved tissue recovery, suppression/reduction of trigger point sensitivity and pain.

**Heart Plus** — Light cardio and strength segments, along with exercises that promote balance and core stability.

**Heart Plus Toning** — Focus more on strength and cardio exercises to strengthen your muscular and vascular systems!

**HIIT (High Intensity Interval Training)** — improve your cardiovascular capacity and core strength with repeated short bursts of intense effort followed by less intense recovery efforts.

**Just Barre** — This class combines isometrics, dance conditioning and interval training to quickly firm and elongate participants' musculature. This is a targeted workout designed to flatten the abdominal area, lift the buttocks and increase muscle definition in the upper body.

**Just Dance** — Easy-to-follow dance choreography to current and retro hit music. Come burn fat, learn Latin moves, and have fun in this well-paced workout!

**Metabolic Conditioning** — Enjoy bursts of cardio plus total body exercises to burn extra calories while you strengthen and tone all major muscle groups in this fun and challenging interval-style workout.

**Nia** — Enjoy an approach to fitness that addresses the whole person: mind, body, emotions and spirit. An expressive blend of martial arts, dance and yoga, Nia delivers a deceptively powerful cardiovascular workout that will enhance your coordination and leave you toned, strong and energized. Enjoy musical grooves from around the world and expect to move!

**Pilates Fusion** — Using a variety of Pilates tools you will experience a full body workout to enhance balance, stability and core strength.

**Pilates Mat** — A series of mind-body exercises evolving from the principles of Joseph Pilates. Class increases core strength, balance and flexibility.

**Sculpt + Core** — This class focuses on defining your body using heavier weights and a lower rep count. We will incorporate balance and core moves for a sleek physique.

**Shockwave** — A cross-training class utilizing a specially designed WaterRower to provide short-burst, high-intensity, calorie-torching intervals along with functional strength stations.

**Simply Strength** — Challenge your muscles using a variety of equipment including free weights, exercise bands, resist-a-balls and BOSU balls. All fitness levels are accommodated.

**Soft Tai Chi/Qi Gong** — This class emphasizes energy awareness and movement through traditional Qi Gong exercises. Class participants will also work through gentle warm ups and balancing exercises while learning a short and long "set" or form, eventually working towards a portable self practice.

**Strength & Balance** — Improve your posture, balance and flexibility. Class consists of light strengthening with exercise bands, free weights, stretching and relaxation exercises.

**Tai Chi** — Tai Chi is a Chinese exercise system that uses slow, smooth body movements to achieve a state of mind/body relaxation.

**Therapeutic Adult Ballet** — Develop muscle tone, core strength, balance and grace. Ideal for those who are ex-dancers, have no dance experience or who have mild arthritis, fibromyalgia or multiple sclerosis.

**Total Body Conditioning** — This class integrates segments of aerobic conditioning, strength training and core development for a triple whammy! It's easy to follow and guaranteed to challenge every fitness level.

**Triple Threat** — Burn, sweat, tighten and melt your body with three workouts in one session: strength training, core conditioning and cardio drills! Get ready to work every muscle from head to toe and burn hundreds of calories in a motivated group setting.

**WERQ** — is the wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat.

**Zumba** — An aerobic dance class featuring movements inspired by various styles of Latin American as well as modern American dance.

## YOGA

**Gentle Yoga** — Yoga for active older adults, beginners or those looking for a gentler, more fundamental approach. This class will educate your body on the basics of yoga flows and asanas (poses) while improving alignment and flexibility.

**Hatha Yoga** — A physical approach to the yoga practice connecting postures, movement and breathing.

**Mindful Flow Yoga** — This format is slower than Vinyasa Flow. However, it is not any less challenging. Mindful Flow combines flow with longer holds in standing poses to build heat and draw awareness to breath and alignment.

**Power Yoga** — Nourish your mind, body and spirit in this invigorating workout. Poses (asanas) are sequenced together and linked with the breath to create a flow (vinyasa) of exercise. Increase strength, improve flexibility, reduce stress and bring balance into your life with this challenging class. Prior yoga experience is strongly encouraged.

**Restorative Yoga** — This class is slow and meditative, linking slower movements, alignment and breath work. Each pose (asana) is held comfortably and longer than other yoga classes. This deep relaxation releases hormones that rebuild and regenerate the body. Class is ideal for beginners, those returning to exercise or for participants with minor injuries.

**Total Body Yoga** — A multi-level class incorporating breathing, balance and limited strength work. Expect a slow and easy flow, moderate standing poses and leisurely floor stretching. This class is appropriate for both new and experienced yoga practitioners, and is perfect for runners and cyclists! We make modifications for pre/postnatal students and those with injuries.

**Vinyasa Flow Yoga** — A vigorous, more athletic approach to yoga with flowing poses and sequences linked to the breath.

**Yoga Basics** — Beginner class working on basic poses (asanas) and flows with attention to alignment and breath awareness.

**Yogalates** — a mind/body experience that combines Pilates exercises with the postures and breathing techniques of yoga.

**Yoga Sculpt** — A safe, upbeat fusion of flow yoga and body weight moves that target all areas while still maintaining a strong focus on breathing and final relaxation. While challenging, this class will include modifications, both up leveling and easier options, to a breezy, uplifting soundtrack.

**Yoga Tune Up®** — A therapeutic class using therapy balls and other props to relieve aches and pains while improving posture and performance.

**For more information,** please contact Amy Pierce at 847.535.7173