

Group Exercise Schedule

Cycle, Main Studio and Mind/Body Studio | Monday, January 7 – Thursday, February 28

Lake Forest Health & Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00-7:00a Cycle Bill	5:30-6:30a Body Pump Loralee V.	6:00-7:00a Cycle Amy P	5:30-6:30a Body Pump Amy P	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	8:15-8:55a Bodycombat Amy R 1st, 3rd and 5th NEW	
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.	8:30-9:45a Vinyasa Flow Yoga (Int.) Sarah	
8:00-8:25a Core Conditioning Lisa H	9:00-9:55a Pilates Fusion Suzann E.	8:00-8:50a Bodys shred Amy R	8:00-8:25a Core Conditioning Amy W.	8:30-9:25a Triple Threat Gemma	9:00-10:00a Body Pump Amy R 1st 3rd & 5th/Denise 2nd & 4th	
8:30-9:30a Total Body Conditioning Lisa H	9:00-9:45a Circuits! Gemma	8:00-8:55a Pilates Mat Lorie B.	8:30-9:15a Shockwave Amy W.	9:15-10:30a Mindful Flow Yoga Canella	9:15-10:15a Cycle Melissa	
9:15-10:15a Cycle Melissa	9:05-10:05a Just Dance Lesley	9:00-9:25a Core Conditioning Lora D.	9:15-10:00a Cycle Express Amy R.	9:15-10:15a Cycle Lisa	9:30-10:30a Stride, Strength & Stretch Dale	
9:15-10:30a Power Yoga Sheila	9:15-10:30a Cycle & Strength Lora D.	9:15-10:30a Vinyasa Flow Yoga Canella	9:30-10:25a Barre Boot Camp Janine	9:30-10:25a Just Dance Lesley	10:00-11:15a Hatha Yoga Steve P.	
9:35-10:30a The Barre Class Werner	10:15-11:05a Just Barre Lesley	9:15-10:15a Cycle Lisa	9:30-10:25a Pilates + Equipment Loralee V.	10:30-11:00a Arm, Core & Stretch Lesley	11:30a 12:45p Restorative Yoga Marlene	
11:00-11:55a Nia Myrna	10:15-11:15a Body Pump Gemma	9:30-10:25a Simply Strength Lora D.	10:30-11:20a Cardio Ballroom NEW Katy	10:40-11:35a Therapeutic Ballet NEW Katy	SUNDAY	
11:00-12:00p Yoga Basics Liza	10:30-11:15a Soft Tai Chi/ Qi Gong (B) Liza	10:30-11:15a Foam Roller Lora D.	10:30-11:30a Body Pump Loralee V.	11:30a-12:20p Heart Plus (AOA) Werner	8:00-8:45a Cycle Express Suzann E	
11:15a-12:00p Chair Yoga (B) Audrey	11:30-12:45p Total Body Yoga Liza	11:00-12:00p The Barre Class Janine	11:30a-12:45p Restorative Yoga Marlene	11:45-12:45p Therapeutic Yoga (RF) Marlene	9:00-10:00a Cycle Marti/Suzy	
12:10-1:00p Heart Plus Toning (AOA) Audrey	11:30-12:30p Strength & Balance (AOA) Dale	11:30a-12:20p Heart Plus (AOA) Kris	11:35a-12:30p Strength & Balance Dale		9:00-10:15a Vinyasa Flow Yoga Susan	
12:15-1:15p Dance 101 Lesley	1:00-2:15p Restorative Yoga Sarah	1:00-2:00p Chair Yoga Susan S.	1:00-2:00p Yoga Basics Sarah		9:10-10:10a Body Pump Victor/Georgia	
5:20-6:20p Yoga Basics Liza	4:30-5:15p Total Body Conditioning Cindy	5:15-6:15p Adult Ballet Werner	1:15-2:00p Tai Chi (B) Tom		10:20-11:20a WERQ Dance Elizabeth	
5:30-6:30p Cycle Bill	5:20-6:20p Vinyasa Flow Yoga Cindy	5:30-6:30p Cycle Melissa	4:30-5:15p Sculpt + Core Taylor		11:30-12:30p Yoga Sculpt Liza	
5:30-6:30p Zumba/WERQ combo Lisa P	5:30-6:15p The Barre Class Janine	6:30-7:30p Yoga Tune Up® Werner	5:30-6:00p Tabata Cardio Conditioning Express Taylor NEW		1:00-2:15p Total Body Yoga Liza	
	6:30-7:45p Beginner Yoga Steve P.		5:25-6:25p Pilates Mat Michelle F			
			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 Rosales at 847.535.7632

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Adult Ballet — Develop muscle tone, core strength, balance and grace. Ideal for those who are ex-dancers and have no dance experience.

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.

Bodycombat — You will go through a series of music tracks striking, punching and kicking using movements from boxing, tae kwon do, Muay Thai and Kung Fu. Boxing/grappling gloves recommended but not required

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.

BodysHred — High intensity and endurance based metabolic circuit training workout using a 3-2-1 interval format of 3 minutes of resistance, 2 minutes of cardio and 1 minute of active core exercises. Modifications and levels for every move will be offered so you can work at your own fitness level.

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 Ballroom — Enjoy learning the Foxtrot, Waltz, Country, Latin (Samba, Tango, Rumba) to worldly music. Low impact while learning techniques and breaking a sweat.

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.

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.

Dance 101 — This class is for beginning dancers and those who want to review choreography from Just Dance (T/F). Come learn salsa, merengue, cumbia, hip hop moves in addition to basic dance patterns. This is a low impact format for all levels. Class meets on the 2nd & 4th Monday of every month.

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!

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.

Stride, Strength & Stretch — This class will meet up on the track, we will combine walking for cardiovascular conditioning with intervals of upper and lower body strength exercises using weights, bands, etc. Finishing with stretching exercises for a total body workout.

Tabata Cardio Conditioning Express — High intensity interval training consisting of 20 seconds of max out cardio effort and 10 seconds of active recovery. Modifications and levels for every move will be offered so you can work at your own fitness level.

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

Therapeutic Ballet — Grace, posture and movement come together. This class consists of classical barre work and floor routines to classical music with soft energy.

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 Rosales at 847.535.7632