



# Group Fitness Schedule

## Winter 2020

847.587.0766

STARTS JAN 13TH

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.							
	<b>Boot Camp - Advanced</b> -DARREN 7:45⇒8:45	<b>Pilates Plus</b> -ALYCE 8:00⇒8:50	<b>Spin Strength &amp; Core</b> -MADELINE 8:00⇒8:50	<b>Technique, Tone &amp; Stretch</b> -DARREN 8:00⇒8:50	<b>Spin Strength &amp; Core</b> -MADELINE 8:00⇒8:50	<b>Shreds &amp; Gains</b> -ALYCE 8:00⇒8:50	<b>Spin Strength &amp; Core</b> -MADELINE 8:00⇒8:50
	<b>Yoga</b> -JEN 9:00⇒9:50	<b>D-Sanity</b> Darren 9:00⇒9:50	<b>Body Blast</b> -KRIS 9:00⇒9:50	<b>Spin</b> -Alyce 9:00⇒9:50	<b>Body Blast</b> -KRIS 9:00⇒9:50	<b>P90X Hybrid</b> -INGER 9:00⇒9:50	<b>Body Blast</b> -Kris/Madeline 9:00⇒9:50
				<b>Yoga</b> -SUSAN 10:00⇒10:50			<b>Speed &amp; Agility</b> -Henry 10:00⇒10:50
P.M.							
		<b>Body Shop</b> -AC 5:30⇒6:20	<b>TRX</b> -AC 5:30⇒6:20		<b>Body Blast</b> -KRIS 5:30⇒6:20		
		<b>Yoga</b> -JEN 6:30⇒7:20	<b>Boot Camp - Advanced</b> -DARREN 6:30⇒7:20		<b>Boot Camp - Advanced</b> -DARREN 6:30⇒7:20		<b>HOURS</b> M-Th 5am-10pm F 5am-9pm Sa 7am-5pm Su 7am-3pm
					<b>Yoga</b> -JEN 7:30⇒8:20		

<b>Speed &amp; Agility</b>	Speed is defined as the ability to move the body in one direction as fast as possible. Agility is the ability to accelerate, decelerate, stabilize, and quickly change directions with proper posture.
<b>Technique, Tone &amp; Stretch</b>	Beginners, New Members and Mature members. Focusing on postural techniques with elements of strength and stretching.
<b>Spin Strength and Core</b>	This isn't your typical spin class. It's a Full body workout—fat burning intervals on the spin bike and finish up with some abdominal core work on the mat and you get a complete body workout!
<b>Advanced Boot Camp</b>	Advanced Training Boot Camp is an intense mix of strength training, muscular endurance and cardiovascular workouts! This no-nonsense class utilizes calisthenics, military drills, aerobics & interval training—providing a total-body cardio and muscle workout in one!
<b>Body Shop</b>	Resistance, agility, cardio & body-weight training. Build lean muscle, improve bone density, increase strength & burn calories. Performed in an endurance-focused, obstacle course –inspired circuit format. Modifications provided for all fitness levels. You'll never get bored working out again...9 grueling stations. 18 ever-changing fundamental exercises. 14 minutes of intensity. Can you do it 3 times with a short break in-between? Get some work done at the Body Shop!
<b>Body Blast</b>	Total body sculpting with free weights paired with just the right amount of cardio and core work. Your entire body will feel this workout!
<b>Pilates Plus</b>	Start your day with mat work of great abdominal focus! Using equal parts of strength and stretch this class is a whole body, no impact, and high resistance workout.
<b>Shreds and Gains</b>	Tear off unwanted pounds in the pursuit of great physical condition! Through the use of your own body weight, dumbbells, bands and balls get shredded and see gains in your full body strength and condition.
<b>Power Hour</b>	This strength and toning class will get you fit fast, with workouts that vary from class to class. The main focus is to build strength with heavier weights and less reps with minimal cardio.
<b>Spinning® Indoor Cycling</b>	A dynamic group cycling experience that provides a variety of terrains & techniques to motivate you and connect your heart & soul. Emphasizes total core work focusing on abs, lower back and hip strengthening at the end of class. See the instructor to learn proper bike set-up, heart rate zones and techniques. Water bottles required. Spinning® provides riders a challenging, exhilarating and fun workout - come in and take the class for a Spin!
<b>P90X Hybrid</b>	Cardio based workout that focuses on the core. HIIT type workout that changes every week. Some use of step, bosu, medicine balls, bands dumb bells, kettle bells and so much more. Shred fat and strengthen your core all in one class!
<b>TRX®</b>	Increase lean muscle & overall strength using TRX® Suspension Trainers, letting you control resistance or difficulty simply by altering body position. TRX® Strength is a unique suspension training class inspired by proven, functional and effective weight-room approaches. Utilizes an effective combo of triple supersets, progressions, mini-circuits & compound exercises to train opposing muscle groups within the body - allowing ample recovery time while maintaining an effective working heartrate. Over 50 minutes of intensity. 50 total sets of resistance. Taught in a progressive superset, weight-room style format; modifications offered. Come see if you can hang!
<b>D-Sanity</b>	Cardio and plyometric drills with intervals of strength, power, resistance, and core training. It all happens in long bursts of maximum-intensity exercises with short periods of rest .
<b>Yoga</b>	Hatha yoga is the root of Asana practice. The Epic Yoga Practice uses elements from Iyengar, Vinyasa and Ashtanga. Students are encouraged to utilize intensity aligned to their individual ability, cultivate sensation awareness & tune in to their inner yogi to create a personal & unique practice.
<b>Pilates</b>	A system of exercise designed to improve physical strength, flexibility, posture and enhance mental awareness.