



Group Fitness Schedule

effective: March 1 – April 16

mon	tue	wed	thu	fri	sat
West Side Classes					
The Ride 530–630 am	Boot Camp 530–615 am	Dynamic Strength 530–630 am	Kickboxing 530–630 am	Circuit Challenge 530–630 am	The Ride 7–8 am
The Ride 8–855 am R.A.B. Dynamic Strength 9–955 am	Dynamic Strength & Cardio 8–855 am Yoga 9–945 am	Zumba 8-845 am STEP & Dynamic Strength 9–955 am Feldenkrais 9–10 am (s) XL for Life 930–1030 am	Dynamic Strength & Cardio 8–855 am Yoga 9–945 am	The Ride 8–855 am Dynamic Strength 9–955 am	Super Saturday 815–930 am
XL for Life 930–1030 am	SilverSneakers® Strength 10–1045 am	Active Adults 10–11 am	SilverSneakers® Strength 10–1045 am	Active Adults 10–11 am	
Active Adults 10–11 am	Dynamic Abs 5–525 pm	Tai Chi Gong 1115–1215 pm	Osteoporosis Series 430–530 pm	XL for Kids 5-545pm	
Zumba 430-515 pm	Turbo Kick 530–625 pm XL for Life 530–630 pm	Dynamic Strength & Cardio 5–600 pm	Zumba 530-615 pm XL for Life 530–630pm		
Circuit Challenge 530–625 pm	The Ride 630–730 pm	HOT Style Yoga 630–730 pm	The Ride 630–730 pm		
HOT Style Yoga 630–730 pm		XL for Life 7–8 pm			
XL for Life 7–8 pm					
East Side Classes					
Dynamic Strength 6–7 am	The Ride 530–630 am	Dynamic Strength & Cardio 6–7 am	The Ride 530–630 am	Dynamic Strength 6–7 am	Yoga/Zumba Rotation 8–9 am
Dynamic Strength & Cardio 9-955 am	Dynamic Strength 8–9 am	Gentle Yoga 8–9 am	Dynamic Strength & Cardio 8–9 am	Zumba 8-845 am	
Active Adults 10–11 am	Cardiopulmonary & Vascular Rehab 930–11 am	Drums 9-945 am	Cardiopulmonary & Vascular Rehab 930–11 am	Active Adults 10–11 am	March 6 – Yoga March 13 – Zumba March 20 – Yoga March 27 – Zumba
STEP 430–515 pm Dynamic Strength 515–6 pm	SilverSneakers® Strength 1115–12 pm	Active Adults 10–11 am Osteoporosis Series 1115–12 pm	SilverSneakers® Strength 1115–12 pm		April 3 – Yoga April 10– Zumba April 17–Yoga April 24– Zumba
	Tai Chi Gong 530–630 pm (w) Zumba! 530-615 pm Kid Shape 7–8 pm	STEP & Strength 430–525 pm	Zumba! 530-615 pm		

Class Descriptions

Active Adults - Maintain cardiovascular health and improve strength and flexibility in this fun, low-impact class. Designed specifically to help bring ease to your everyday activities, the music will get you moving, and the friends will keep you coming back.

Circuit Challenge - A fantastic, calorie-burning, heart-pumping, athletic-style workout. Simple exercises that everyone can do. You will work through numerous stations to train cardiovascular fitness, functional strength performance, balance, and coordination.

Drums - Feel the rhythm and experience this dynamic and unique class. A high-energy workout utilizing stability balls, drumsticks and motivating music to help you burn calories and reduce stress. Open the door to a new dimension of fitness.

Dynamic Abs - Work a series of dynamic ab-defining exercises and get to the core of your abdominal strength. This class will hit you where it counts.

Dynamic Strength - Strength training builds muscle, burns fat and improves bone density. Not only will you burn tons of calories, but you'll also maintain a significant metabolism boost throughout the day. These classes are suitable for all fitness levels and experience.

Dynamic Strength & Cardio - Condition your cardiovascular system and every muscle in your body with this fun, energizing class. Feel free to pace yourself or go the limit with intervals of strength and cardio using athletic-based aerobic moves, body bars, hand weights, tubes, etc.

Gentle Yoga - Restore the body and renew the mind. Promotes balance, flexibility, strength and relaxation through a variety of poses and breathing techniques. Appropriate for the beginner or for the experienced practitioner who is seeking a relaxing yoga experience.

Hot Style Yoga - A practice of specific postures performed systematically in a heated room to cleanse the body from the inside out. Be prepared to sweat. Improves strength and flexibility. Decreases stress. Helps eliminate toxins. Bring a mat, towel and water.

R.A.B. Dynamic Strength - Learn fun and functional exercises with this total body Resist-A-Ball class. Delivers strengthening, toning, stretching and balance to tighten your abs, strengthen your back and improve your posture.

SilverSneakers® - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movements and activity for daily living. We will focus on functional strength building exercises using hand-held weights, elastic tubing, and a ball for resistance, and a chair is used for seated and/or standing support.

STEP & Dynamic Strength - After all these years, step classes are still one of the most popular and effective ways to burn fat and build cardiovascular endurance. An awesome workout that includes heart-pumping cardio work on the step mixed with effective strength & toning exercises for a complete full body workout.

Super Saturday - This nonstop, 75-minute class will offer you a variety of instructors, class formats, and fitness levels. A combination workout of cardio and strength that may include step aerobics, kickboxing, weights, tubing and more. We guarantee you will get the Super workout you've been looking for!

Turbo Kick - Are you ready for the next level of kickboxing? Let's have some fun with this high energy progressive class that is great for all levels. Turbo Kick combines athletic moves, sports drills, and hip hop flavor.

Yoga - A mind/body exercise focusing on improving your flexibility, strength and balance while enhancing your posture, coordination and mental focus. These classes are a great way to relieve stress and feel great.

Zumba® - Let the party begin! Zumba® is a Latin-dance inspired fitness class. Class features interval training using fast and slow rhythms to maximize caloric output, fat burning and total-body toning. No experience required! Just show up and let the Latin rhythms do the rest!

Paid Specialty Classes *Session Dates / March 1 - April 16*

Boot Camp - You know the drill...anything goes in Boot Camp! This fun, demanding and energetic class combines cardio sports drills with strength training and exercises for functional fitness. Prepare to work hard!

Cardiopulmonary & Vascular Rehab - Staffed with certified personal trainers and Bellin Health cardiac personnel, this class is designed for anyone who has finished a hospital-based Phase Two Program and would like to continue in a supervised format. Class includes: pre/post blood pressure and heart rate monitoring, group warm up and cool down, personalized exercise prescription, and monthly EKG monitoring.

Feldenkrais - Discover the benefits of Feldenkrais... it helps to minimize or eliminate pain, enhances flexibility, balance and coordination, reduces stress and fatigue and improves cognitive abilities such as thinking and problem solving. Anyone, regardless of age, gender or physical condition or limitations can benefit from the guided Feldenkrais Method.

Paid Specialty Classes *Session Dates / March 1 - April 16*

Osteoporosis Series

The Healthy Back, Better Posture - Utilizing the Meeks method (www.sarameekspt.com), discover guided exercises and aspects of back health along with postural alignment. During this 4-week series, find out that all exercise is not the same - this workshop is an effective approach that is safe for people with osteoporosis.

Tai Chi Gong Learn the art of being calm in the chaos of life - **Tai Chi & Chi Gong**. Learn the awareness, movement, and cultivation of **chi** - the internal life force of the human body and all living beings. Through specific postures and movements performed in a graceful and dynamic manner feel the benefits of reduced stress, better balance, and greater sense of well being.

The Ride - Outdoor cycling with indoor comfort. An amazing cardio workout filled with intervals, hill climbs, speed work, and endurance training. You control the intensity of the ride, we control the "bumps and curves" in the road. Great for all levels.

XL Performance for Life - A comprehensive training program geared towards enhancing your flexibility through dynamic warm up and static stretching techniques, improve your balance and coordination, core stability and overall functional strength.

► **Please note:**

- All classes in the shaded boxes are paid Specialty Classes.
- See Specialty Class brochure for class prices.