



Group Fitness Schedule

effective: Nov. 1 – Dec. 31

mon	tue	wed	thu	fri	sat
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West Side Classes

The Ride
530-630 am

The Ride
8-855 am
R.A.B. Dynamic Strength
9-955 am

Pilates Level Two
9-10 am (s)

XL for Life
930-1030 am
Active Adults
10-11 am

Zumba
430-515 pm

Circuit Challenge
530-625 pm

XL Endurance
630-730 pm
HOT Style Yoga
630-730 pm
XL for Life
7-8 pm

Boot Camp
530-615 am

Dynamic Strength & Cardio
8-855 am

Yoga
9-945 am

Hooping
9-9:30 am *Class Starts Tue., Nov. 10*

SilverSneakers® Strength
10-1045 am

Dynamic Abs
5-525 pm
Kickboxing
530-625 pm
XL for Life
530-630 pm

The Ride
630-730 pm

Dynamic Strength
530-630 am

Zumba
8-845 am

STEP & Dynamic
9-955 am

Feldenkrais
9-10 am (s)

XL for Life
930-1030 am
Active Adults
10-11 am

Boot Camp
530-615 pm

XL Endurance
630-730 pm
HOT Style Yoga
630-730 pm
XL for Life
7-8 pm

Kickboxing
530-630 am

Dynamic Strength & Cardio
8-855 am

Yoga
9-945 am

SilverSneakers® Strength
10-1045 am

Zumba
530-615 pm
XL for Life
530-630pm
Pilates Level One
530-630pm (s)

Core Conditioning
630-715 pm

Circuit Challenge
530-630 am

The Ride
8-855 am

Dynamic Strength
9-955 am

Active Adults
10-11 am

XL for Kids
5-5:45pm

The Ride
7-8 am

Super Saturday
815-930 am



East Side Classes

Dynamic Strength
6-7 am

Zumba Gold
8-845 am

Active Adults
10-11 am

STEP
430-515 pm
Dynamic Strength
515-6 pm

The Ride
530-630 am

Dynamic Strength
8-9 am

Cardiopulmonary & Vascular Rehab
930-11 am

SilverSneakers® Strength
1115-12 pm

KidShape*
630-800 pm
*(thru 11/17/2009)

Functional Strength
6-7 am

Gentle Yoga
8-9 am

Drums Alive!
9-945am

Active Adults
10-11 am

Tai Chi
1115-1215 pm
Osteoporosis Series
11-12 pm (w)
STEP & Strength
430-525 pm

Zumba!
530-615 pm
Body Rolling
530-615pm (s) *Class Starts Wed., Nov. 4*

The Ride
530-630 am

Functional Strength
8-9 am

Cardiopulmonary & Vascular Rehab
930-11 am

SilverSneakers® Strength
1115-12 pm

NIA
530-630pm *Class Starts Thurs., Nov. 12*

Dynamic Strength
6-7 am

Zumba
8-845 am

Active Adults
10-11 am

Yoga/Zumba Rotation
8-9 am

Nov. 7 - Zumba
Nov. 14 - Yoga
Nov. 21 - Zumba
Nov. 28 - Yoga

Dec. 5 - Zumba
Dec. 12 - Yoga
Dec. 19 - Zumba
Dec. 26 - no class

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 Alive® - 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.

Functional Strength - Functional strength training for life performance. A total body workout using dynamic movements, your own body weight and a variety of other fitness tools.

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.

Kickboxing - This powerful, high-energy class is full of kicks and punches that will help you increase strength, improve definition and work your cardiovascular endurance. Be prepared to have a blast in this calorie-burning, stress-releasing workout!

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!

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 / Nov. 1 - Dec. 31*

Body Rolling - Improve flexibility, realign the body, stimulate bone density, help prevent and heal injury, relieve pain and offset vigorous exercise with this self-help technique using small balls to stretch and relax muscles. Body Rolling is effective on its own or as a complement to your existing workout. Class is taught on the floor...you should be able to go down and up and support your own body weight.

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.

Core Conditioning - Enhance your core strength and stability along with increasing your flexibility using medicine balls, resistance bands, foam rollers and the Resist-a-Balls. This conditioning class burns calories and develops a strong core.

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.

Paid Specialty Classes *Session Dates / Nov. 1- Dec. 31*

Kidshape (ages 6-14) / **Teenshape** (ages 13-17)
A family-based weight program for kids and teens. These two fun-filled programs will start your child and whole family on a lifetime of health and confidence. Class meets two hours once a week for six weeks and is run by a personal trainer, social worker, and Registered Dietitian.

Hooked on Hooping - Remember the hula hoop? It is now re-immersing as the hottest fitness trend in the country! It is a low-impact, super-energizing workout that is fun and feels amazing. Even if you were never able to hoop before, you will experience success using our custom made hoops that fit any size and shape. You will be introduced to the booty bump, limbo, and all sorts of cool tricks that will make this an incredible experience you will never forget.

Nia - Improve your strength, balance, and flexibility during this fun and comprehensive workout that not only exercises your body, but also your mind and heart. Burn fat and calories, build muscle, and give your heart a real workout with Nia's mind-body disciplines, including several forms of yoga, running, aerobics, Tai Chi, Chi Gong, and Feldenkrais™ exercises.

Pilates - With an emphasis on breath, core conditioning, and body awareness, Pilates is a safe and effective way to stretch, strengthen, and streamline your body. The perfect complement to cardiovascular exercise, sports, and life, it will leave you looking toned, feeling revitalized, and moving with ease.

Tai Chi - A self-paced series of gentle exercises. Performing defined postures and movements in a slow, graceful manner, benefiting stress reduction, greater balance and increased flexibility. Great for everyone, especially active older adults.

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 Endurance - Is a comprehensive training program for active individuals. This class is geared towards anyone who is competing in 5K runs up to full Ironmans. Throughout the 8-week session our Certified Performance Specialists will help you to enhance your flexibility, through dynamic warm up and static stretching techniques, improve your balance, core stability, and overall strength for injury prevention. If you are looking to improve your next endurance challenge then this class is for you!

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. If you are looking to improve your energy levels, daily stamina, strength, and general quality of life, this is the class for you!

► **Please note:**

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