

Group Fitness Class Schedule



mon tue wed thu fri sat

West Side Classes

The Ride
530-630 am

The Ride
8-855 am

Going Ballistic
9-955 am

Feldenkrais
9-10 am (s)

XL Adult
930-1030 am

Active Adults
10-11 am

Pilates Core Challenge
12-12 30 pm

Zumba
430-515 pm

Circuit Challenge
530-625 pm

Yoga
630-730 pm

XL Adult
7-8 pm

TRX Boot Camp...
530-615 am

Core Challenge
530-630 am

Body Challenge
8-855 am

Yoga
9-945 am

SilverSneakers® MSROM
10-1045 am

Silver Circuit
11-12 am

Chisel'd
430-515 pm

Dynamic Abs
530-625 pm

The Ride
630-730pm

Dynamic Strength
530-630 am

Zumba
8-845 am
STEP & Dynamic Strength
9-955 am

Feldenkrais
9-10 am (s)

XL Adult
930-1030 am

Active Adults
10-11 am

Body Challenge
530-625 pm

Yoga
630-730 pm

XL Adult
7-8 pm

TRX Boot Camp...
530-615 am

Kickboxing
530-630 am

Body Challenge
8-855 am

Yoga
9-945 am

SilverSneakers® MSROM
10-1045 am

Pilates Core Challenge (s)
10-10 30 am
Silver Circuit
11-12 am

Chisel'd
430-515 pm

Zumba
530-615 pm

The Ride
630-730pm

Core Circuit
530-630 am

The Ride
8-855 am

Body Challenge
9-955 am

Active Adults
10-11 am

XL Primary
5-545 pm

The Ride
7-8 am

Super Saturday
815-930 am

We offer Child Care during most class times...ask for more information

East Side Classes

Dynamic Strength & Cardio
545-645 am

Body Challenge
8-855 am

Yoga
9-945 am

Active Adults
10-11 am

WOW!
11-1230 pm* **new class!**

STEP
430-515 pm
Dynamic Strength
515-600 pm

The Ride
530-630 am

Body Challenge
8-9 am

Silver Circuit
9-10 am

Cardiopulmonary & Vascular Rehab
930-11 am

SilverSneakers® MSROM
1115-12 pm

Zumba
530-615 pm

WOW!
530-700 pm* **new class!**

STEP & Dynamic Strength
545-645 am

Yoga
8-9 am

Drums Alive
9-945 am

Active Adults
10-11 am

WOW!
11-1200 pm **new class!**

Pockets of Peace
1100-1145 am

STEP & Dynamic Strength
430-530 pm

The Ride
530-630 am

Body Challenge
8-9 am

Silver Circuit
9-10 am

Cardiopulmonary & Vascular Rehab
930-11 am

SilverSneakers® MSROM
1115-12 pm

Zumba
530-615 pm

WOW!
530-630 pm **new class!**

Core Circuit
545-645 am

Zumba
8-845 am

Yoga
9-10 am **new class!**

Active Adults
10-11 am

Yoga/Zumba Rotation
8-9 am

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

Feb. 4 - Zumba
11 - Yoga
18 - Zumba
25 - Yoga

Mar. 3 - Zumba
10 - Yoga
17 - Zumba
24 - Yoga
31 - Zumba

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.

Body Challenge – Challenge yourself with intervals of cardio and strength training. Enjoy great music, great energy and great results... while you train, shape and strengthen your body. You'll not only feel the results, you'll feel better reaching them in this cutting-edge conditioning class.

Chi...The Three Promises - Chi(Qi) or vital energy offers three promises. Do you know what they are? Experience the essential principals and health benefits of Chi Gong and Tai Chi Chuan. Discover the secrets of balance, harmony, and longevity. Revitalize as you cultivate a practice that is simple and easy. Rediscover your own field of energy as you are guided through the three promises of Chi. No experience required!

Chisel'd – Be ready to take your body to the next level. Burn hundreds of calories and learn how to sculpt your body. Each week the Tuesday class will focus on different muscle groups than the Thursday class, so don't miss a class! This workout will deliver that lean and strong body you want!

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.

Core Challenge - A challenging class using balls, bands and body weight. Test your balance skills and do things with an exercise ball you didn't think were possible. Learn new exercises and proper form while getting an exhausting workout.

CORE Circuit – Enhance your abdominal definition, core strength, core stability and flexibility. Get results as you learn how to work and strengthen your abdominals efficiently. This class will definitely hit you where it counts!

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 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.

Going Ballistic! – A total body workout designed to define & tone every muscle in every way & improve muscular strength & endurance. Using stability balls, medicine balls and a variety of equipment, this class is fun and effective for all fitness levels.

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!

Pilates Core Challenge – A highly efficient and concentrated abdominal workout fusing Pilates with classic abdominal exercises. This challenge combines core strengthening and stabilizing exercises that not only give you leaner abs and a stronger back, but will help improve posture and balance. It's not all about crunches!

SilverSneakers® MSROM (Muscular, Strength and Range of Movement)– 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.

Silver Circuit – Designed to get the heart rate up and improve functional strength. Begins with a proper warm-up around the track and then transitions to resistance training on our Cybex Weight Machines. We will help you have better understanding of how and when to use the machines as well as the benefits of resistance training.

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

TRX Boot Camp...Small Group Training – Circuit-style training with exercises performed on the TRX Suspension Trainer and other various exercise equipment. The TRX will teach you how to get fast, effective, total-body workouts. This format is for everyone! Class is limited to six participants.
 Session One (7 weeks) starts January 10
 Session Two (7 weeks) starts February 28
Tues @ 530 a.m. 45-minute class
Thurs @ 530 a.m. 45-minute class
 Members \$56 General Public \$112

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.
 7-Week Session starts January 9
Mon @ 900 a.m. 60-minute class
Wed @ 900 a.m. 60-minute class
 Members \$56 General Public \$112

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.

WOW! Bellin Health Works on Wellness – Take a new course of action to get healthy and stay fit. This class is guaranteed to deliver motivation, encouragement, accountability, and most importantly...results! Lose weight fast, feel better about yourself and accomplish things that you never dreamed you could!
 6-Week Session / \$60 starts February 6
 *class includes 45-minute nutrition segment

XL 360 Adult – Integrates the principles and techniques of performance training into fast paced athletic style workouts.

Adults will participate in:

- Performance Training Exercises, Core Strengthening, and Functional Movements
- Weight Room Strength Training
- Flexibility and Injury Prevention Techniques

XL 360 Primary – Familiarizes beginning athletes with basic athletic movement patterns.

Athletes will participate in:

- Sprinting, Jumping, and Agility
- Body Weight Strength Training Exercises
- Warm-Up and Flexibility