

GROUP EXERCISE SCHEDULE Apr 5– May 31



987 Civic Center Dr.
Niles Illinois 60714

These are scheduled in-Studio classes, classes with added virtual option are noted.

Reserve your spot online for each class at nilesfitness.com. Reservations open 8 days prior to class; space is limited.

If you must cancel a reservation, PLEASE CALL 847-588-8400 so someone else can take the open spot.

We are closed on Monday, May 31st for Memorial Day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ZUMBA® PT 8:40– 9:40am Also Virtual option (Gym) YOGA 10:50-11:50am Also Virtual option 4/4 Closed, 4/11 DG 4/18 JG, 4/25 DG 5/2 JG, 5/9 DG, 5/16 JG, 5/23 DG 5/30 JG	YOGA MH 7:55-9:00am Also Virtual option FIT CHALLENGE CP 9:05-9:55am (gym) Also Virtual option LITE & FIT KP 10:15-11:10am (gym) Also Virtual option BODY FLEX NK 6:30-7:30pm Also Virtual option	BODY FLEX DD 10:05-11:00am (gym) Also Virtual option *Spinning –JA 6:00-6:50pm <u>fee required</u> YOGA LD 7-8:10pm Also Virtual option	YOGA AC 7:55-9:05am Also Virtual option CARDIO FUSION CP 9:10-10:00am (gym) Also Virtual option ZUMBA GOLD DC 10:15-11:10am (gym) Also Virtual option *Spin & Pump –JA 11:30-12:20 <u>fee required</u> HEART RATE UP & PUMP 5:15-6:10pm (Gym) Also Virtual option KP *Intro to Spin– DD 5:45pm– 6:15pm (studio) see website for class dates	BODY FLEX DD 10:05-11:00am (gym) Also Virtual option CORE & STRENGTH 6:00-6:50pm (Gym) DO Also Virtual option YOGA LD 7:00-8:10pm Also Virtual option	STRETCH RN 8:00-8:55am Also Virtual option TRX DD 8:20-9:00am <u>fee required</u> ZUMBA MS 9:15-10:10am (gym) Also Virtual option YOGA JG 10:00-11:00am Lite & Fit SK 10:20-11:05am Gym Also Virtual option *Express Spin 11:30-12:10 <u>fee required</u>	BODY FLEX DD 9:05-10:00am (gym) Also Virtual option STEP, DRILLS & STRETCH MD 10:15-11:20am gym

***Refer to Nilesfitness.com for specific Spinning class dates**

*We no longer provide mats, Yoga Straps, Yoga blocks or resistance bands, so if you use those for classes, please bring your own.

* Bring your water bottle filled, as our fountains are turned off.

*Bring your own towel

*Please arrive to class on time, so as not to disrupt others.

Instructors: Danielle (DD), Julie (JA), Michelle (MD), Susan (SK), Nicole (NK), Lucien (LD), Karen (KP), Marty (MH), Donna (DG), Amy C (AC), Marimel (ML), Duvia (DC), Debbie (DJ), Denise (DO), Jessica (JG), Carrie (CP), Patrizia (PT), Maria (MS), Rose (RN),

Class Descriptions of all classes that are free with membership:

BODY FLEX: This strength training class is the perfect addition to your workout schedule. Increase lean muscle mass and boost your resting metabolic rate. Combination movements to challenge stamina, stability and functional strength. Please arrive 5 minutes early to set up. Class Level: Beginner to Advanced.

CARDIO FUSION: Try this cardiovascular medley workout. We will vary each week with cardio drills, plyometrics, balance challenges, and some body weight strength. Finish with core work and a stretch.
Class Level: Intermediate to Advanced

CORE & STRENGTH: This class will offer overall body strengthening, with the focus on the core muscles. Strength training will increase lean muscle mass and raise the body's resting metabolism.
Level: Beginner to Advanced

FIT CHALLENGE: Let's bring your fitness to a new level! Constantly varied fitness using functional movements (movements that train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports.) You'll be using various muscles in the upper and lower body at the same time while also focusing on core stability. This class will keep you engaged, having fun, getting fit AND will keep you coming back for more! Class Level: Intermediate to Advanced

HEART RATE UP & PUMP: Get your heart rate up with this variety of high intensity aerobics, cardiovascular drills and some light muscle conditioning. A perfect class for beginners and advanced participants because you can work at your own pace. Class Level: Beginner to Advanced.

LITE & FIT : Perfect for the mature adult. Work at your own pace - a combination of low impact (with some high intensity) aerobics. May include Basic step and stability ball work, body toning with ab and back strengthening
Class Level: Beginner to Intermediate

STEP, DRILLS & STRETCH: This 60-minute class includes STEP combinations, high intensity conditioning drills and a Yoga inspired stretch. Please arrive 5 minutes early to setup. Class Level: Intermediate to Advanced

STRETCH: We will warm up with large movement dynamic stretching, followed some balance exercises, light resistance and static stretching. Class also includes low back and abdominal strengthening.

YOGA: It's time to work your mind and body! Get a good workout, stretch, and sooth your mind.
Class Level: Beginner to Advanced. **Please arrive to class on time.**

ZUMBA®: Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program designed for everyone. Try it, you'll love it!
Class Level: Intermediate to Advanced

ZUMBA GOLD®: This class takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Class Level: Beginner to Intermediate

Non-members may drop in for classes listed above.

\$10 Resident / \$12 Non-Resident or purchase a **Group Ex Express Card** for discounted rates.

**5 class express card: \$45 Resident (\$9.00 per class)
\$50 Non-resident (\$10.00 per class)**

**10 CLASS EXPRESS CARD: \$85 Resident (\$8.50 per class)
\$93 Non-Resident (\$9.30 per class)**

**20 CLASS EXPRESS CARD: \$160 Resident (\$8.00 per class)
\$172 Non-Resident (\$8.60 per class)**

**30 CLASS EXPRESS CARD: \$231 Resident (\$7.70 per class)
\$249 Non-Resident (\$8.30 per class)**

*Express cards are also valid for *Spinning* classes for nonmembers.

Members Spinning class options: 1 class: \$8 5 class card \$36 15 class card: \$96