



987 Civic Center Dr. Niles Illinois

GROUP EXERCISE SCHEDULE April 22- June 8

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*SPINNING DO 7:35am</p> <p>ZUMBA® PT 8:40- 9:40am (gym)</p> <p>CORE & STRENGTH 9:45-10:40am 4/28KP 5/5DG 5/12KP 5/19KP 5/26DG 6/2KP 6/9DG 6/16KP</p> <p>YOGA 10:45-11:45am 4/28JG 5/5DG 5/12JG 5/19DG 5/26DG 6/2JG 6/9DG 6/16JG</p> <p>***Please Note: <u>Underlined classes are specialty classes; Registration or drop-in fee is required.</u> These classes run in sessions. See spring brochure for specific session dates & fees.</p>	<p>YOGA MH 8:00-9:05am (multi A/B)</p> <p>*EXPRESS SPIN 8:30-9:05am DD/JA</p> <p>FIT CHALLENGE CP 9:05-10:05am (gym)</p> <p>LITE & FIT KP 10:10-11:05am (gym)</p> <p>TRX MEDLEY KP 11:10am -12:10pm (gym)</p> <p>YOGA JS 5:15-6:15pm</p> <p>ZUMBA® DGa 6:00-6:55pm Gym <</p> <p>BODY FLEX NK 6:30-7:30pm</p> <p><Mon 6pm Zumba> Tweens 12 & 13 years are allowed with parent</p>	<p>TRX DD 8:20-9:00am (gym)</p> <p>*SPINNING 9am JA</p> <p>BODY FLEX DD 10:05-11:00am (gym)</p> <p>YOGA BALANCE KP 10:15-11:10am</p> <p>TRX BOOTCAMP KP 5:40-6:35pm (gym)</p> <p>WERQ IM / GS 5:30-6:25pm</p> <p>*SPINNING 6:30pm RW</p> <p>YOGA LD 7-8:10pm (multi A & B)</p> <p>RESTORATIVE JA STRETCH & MEDITATION 7:30-8:30PM</p>	<p>YOGA AC 8:00-9:10am</p> <p>CARDIO FUSION CP 9:15-10:10am (gym)</p> <p>ZUMBA GOLD DV 10:15-11:10am (gym)</p> <p>HEART RATE UP & PUMP 5:25-6:25pm KP</p> <p>PILATES BARRE FUSION 6:30-7:20pm (Multi A)</p>	<p>PILATES BARRE FUSION 8:10-8:55 DO/ML</p> <p>*SPINNING 9am DD/JA</p> <p>BODY FLEX DD 10:05-11:00am (gym)</p> <p>BOOT CAMP KP 5:15-6:10pm (gym)</p> <p>CORE & STRENGTH 6:20-7:05pm JA/DO</p> <p>YOGA LD 6:45-7:55pm (multi A,B)</p> <p>*SPINNING 7:15pm JA/DO</p>	<p>STRETCH RW 8:00-8:55am</p> <p>TRX DD 8:20-9:00am (gym)</p> <p>ZUMBA BW 9:10-10:05am (gym)</p> <p>LITE & FIT SK 10:15-11:00am (gym)</p> <p>YOGA RW 10:10-11:20am</p> <p>*SPINNING 11:30am JA</p>	<p>*SPINNING DD 8:00am</p> <p>BODY FLEX DD 9:05-10:00am (gym)</p> <p>STEP, DRILLS & STRETCH MD 10:15-11:20am</p>

All classes are held in Group Exercise Studio unless noted. **Please arrive to class on time, so as not to disrupt others.** **Specialty classes (underlined classes) that do not meet our minimum enrollment requirement will be cancelled.**

*** (fee required) See Spinning® class calendar for descriptions.**
Daily Drop In Fees:
Spinning: \$6 member/ \$10 resident/ \$11 Nonresident
Specialty class \$8 member / \$10 resident/ \$11 Nonresident
Member Free classes: \$10 resident/ \$11 Nonresident

Instructors: Danielle (DD), Joe (JS), Julie (JA), Michelle (MD), Susan (SK), Regina (RW), Nicole (NK), Lucien (LD), Karen (KP), Marty (MH), Donna (DG), Amy C (AC), Marimel (ML), Duvia (DV), Debbie (DJ), Denise (DO), Jessica (JG), Carrie (CP), Ilaria (IM), Gladys (GS). Becca (BW), Patricia (PT), Diane (DGa)

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. Use hand weights, weighted bars, stability balls, rubber tubing, and floor exercises to develop a toned, strong body. 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 a 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: In this 55 minute class 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.

WERQ is the wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat. WERQ instructors build a playlist based on trendsetting pop and hip hop music. Each week a couple new routines are introduced, so you get to WERQ to routines you know and challenge yourself with new ones you're learning. Ready to WERQ? Class Level: Intermediate to Advanced

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 / \$11 Non-Resident or purchase a **Group Ex Express Card** for discounted rates.

5 class card: \$44 Resident (\$8.80 per class/ \$49 Non-Resident (\$9.80 per class)

10 class card: \$82 Resident (\$8.20 per class)/ \$89 Non-Resident (\$8.90 per class)

20 class card: \$156 Resident (\$7.80 per class) / \$166 Non-Resident (\$8.30 per class)

30 class card: \$225 Resident (\$7.50 per class) / \$237 Non-Resident (\$7.90 per class)

Express cards are also valid for *Spinning* classes.

*See seasonal brochure for paid class descriptions. Note that some specialty classes may have been canceled if they did not meet minimum enrollment.

TWEEN YOGA is a fantastic specialty Yoga class for 8-13 year olds. Please see the spring brochure for fee information.

