


# Lake Bluff Group Fitness Class Schedule

## JANUARY 2018



Morning Class Schedule

| Time      | Monday   |                                       | Tuesday  |                                     | Wednesday  |                                       | Thursday   |                            | Friday  |                           | Saturday                              |                                 | Sunday                               |
|-----------|--|---------------------------------------|--|-------------------------------------|--|---------------------------------------|--|----------------------------|---|---------------------------|---------------------------------------|---------------------------------|--------------------------------------|
| Classroom | GroupX   | CYCLE                                 | GroupX   | CYCLE                               | GroupX   | CYCLE                                 | GroupX   | CYCLE                      | GroupX  | Cycle                     | GroupX                                | CYCLE                           | CYCLE                                |
| 6:00      |  |                                       |  |                                     |  | Cycle Sharon<br>6 to 6:45             | Total Body Sharon<br>6 to 6:50                             |                            |   | Cycle Sharon<br>6 to 6:45 |                                       |                                 |                                      |
| 6:45      |  |                                       |  |                                     |  |                                       |  |                            |   |                           |                                       |                                 |                                      |
| 7:00      |  |                                       |  |                                     |  |                                       |  |                            |   |                           |                                       |                                 |                                      |
| 8:00      |  |                                       |  |                                     |  |                                       |  |                            |   |                           |                                       |                                 |                                      |
| 8:15      |  |                                       |  |                                     |  |                                       |  |                            |   |                           |                                       |                                 |                                      |
| 8:30      | Total Body Amber<br>8:30 to 9:25                       |                                       | Pure Strength Judy<br>8:30 to 9:25                           | Bike & Bands Sharon<br>8:30 to 9:30 | Total Body Amber<br>8:30 to 9:25                       |                                       |  | Cycle Judy<br>8:30 to 9:15 | Total Body Cheryl<br>8:30 to 9:25                     |                           |                                       | Cycle Mary/ Judy<br>8:30 - 9:15 | Cycle Instructor Team<br>8:30 - 9:15 |
| 9:00      |  |                                       |  |                                     |  |                                       |  |                            |   |                           |                                       |                                 |                                      |
| 9:15      |  | Training Day! Cheryl<br>9:15 to 10:15 |  |                                     |  | Training Day! Cheryl<br>9:15 to 10:15 |  |                            |   |                           |                                       |                                 |                                      |
| 9:30      |  |                                       | Pilates: Mat 1 Judy<br>9:30 to 10:15                         |                                     |  |                                       | Pilates: Mat 1 Judy<br>9:30 to 10:15                       |                            |   |                           | Pure Strength Judy<br>9:30 to 10:15   |                                 |                                      |
| 9:45      |  |                                       |  |                                     |  |                                       |  |                            |   |                           |                                       |                                 |                                      |
| 10:00     |  |                                       |  |                                     |  |                                       |  |                            |   |                           |                                       |                                 |                                      |
| 10:15     |  |                                       |  |                                     |  |                                       |  |                            |   |                           | Pilates: Mat 1 Judy<br>10:15 to 11:00 |                                 |                                      |
| 10:30     |  |                                       |  |                                     |  |                                       |  |                            |   |                           |                                       |                                 |                                      |
| 10:45     | SILVER-FIT™ Angie<br>Strength & Stretch<br>10:45-11:30 |                                       | SILVER-FIT™ Angie<br>Cardio, Core & Balance<br>10:45 - 11:30 |                                     | SILVER-FIT™ Angie<br>Strength & Stretch<br>10:45-11:30 |                                       | SILVER-FIT™ Angie<br>Cardio, Core & Balance<br>10:45-11:30 |                            | SILVER-FIT™ Angie/Marian<br>Chair Yoga<br>10:45-11:30 |                           |                                       |                                 |                                      |
| 11:00     |  |                                       |  |                                     |  |                                       |  |                            |   |                           |                                       |                                 |                                      |
| 11:30     |  |                                       |  |                                     |  |                                       |  |                            |   |                           |                                       |                                 |                                      |
| 12:00     |  |                                       |  |                                     |  |                                       |  |                            |   |                           |                                       |                                 |                                      |

Evening Schedule

| Time      | Monday |                           | Tuesday |                         | Wednesday |       | Thursday |       | Friday | Saturday | Sunday |
|-----------|--------|---------------------------|---------|-------------------------|-----------|-------|----------|-------|--------|----------|--------|
| Classroom | GroupX | CYCLE                     | GroupX  | CYCLE                   | GroupX    | CYCLE | GroupX   | CYCLE |        |          |        |
| 5:00      |        |                           |         |                         |           |       |          |       |        |          |        |
| 5:15      |        |                           |         |                         |           |       |          |       |        |          |        |
| 5:30      |        |                           |         |                         |           |       |          |       |        |          |        |
| 5:45      |        |                           |         |                         |           |       |          |       |        |          |        |
| 6:00      |        |                           |         |                         |           |       |          |       |        |          |        |
| 6:15      |        | Cycle Sharon<br>6:15 to 7 |         | Cycle Mary<br>6:15 to 7 |           |       |          |       |        |          |        |
| 6:30      |        |                           |         |                         |           |       |          |       |        |          |        |
| 6:45      |        |                           |         |                         |           |       |          |       |        |          |        |
| 7:00      |        |                           |         |                         |           |       |          |       |        |          |        |

Classroom locations:

**GroupX:** 2nd floor in the Fitness Center, past the locker rooms,  
**Cycle:** 2nd floor in the Fitness Center, through the Weight Room

Class schedules are subject to change.  
We will give as much advance notice as possible

# Lake Bluff Group Fitness Class Descriptions

\* Not all classes listed are offered every month

### Pure Strength

This class safely and effectively progresses your body through these stages of muscle conditioning utilizing scientifically-proven training methods and techniques, including free weights, body weight and elastic resistance. Participants learn what to do, how to do it and why they are doing it! High energy background music combined with the exercise routine provides a fun, and motivating environment!

### Cross Train Interval

This class combines aerobic conditioning, strength and skill based intervals to maximize fat-loss, increase endurance and improve muscular strength. There will be lots of variety with this class: expect a fun but tough workout!

### Total Body

Total Body provides a full body workout by integrating segments of aerobic conditioning with resistance training and core development. Equipment use varies. All levels of participants are welcome and encouraged to attend – instructors modify exercises, as needed.

### Boxing/Kickboxing Fitness

Kick and punch your way to improved fitness, better health, less stress and tons of FUN! This class utilizes drills, skills, techniques & movement patterns from boxing, kickboxing, traditional martial arts and self-defense training. This progressive workout is modified by the instructor to be **safe, yet challenging**, for **all skill and fitness levels!** Participants are able to see and feel the positive results of consistent participation in FitStrike! All aspects of fitness, including cardio-respiratory function, muscle conditioning (endurance, strength & power), flexibility and agility, are enhanced by FitStrike Kickboxing!

### Pilates – Mat 1

Core muscles are utilized in everyday tasks including bending, reaching and twisting. Our mission is to improve flexibility, joint stability, strength, endurance and coordination. All levels welcome!

### Strength, Stability & Stretch

This class will help develop functional strength, muscular endurance and core stability with 45 minutes of work loaded with variety. We will end with a 15 minute stretch enhancing flexibility and promoting muscle relaxation. Enjoy the benefits of muscular endurance, rev up your metabolism, increase bone density, have better muscle tone and feel energized all day long!

**SILVER-FIT** (Successful Independent Loving Vibrant Empowered Resilient – Fun In Training) Join our 45-minute SILVER-FIT classes for a variety of routines designed to invigorate the body and the mind. Participants enjoy a mix of exercises that focus on building muscle endurance, strength and power, improving cardiovascular function, balance and flexibility, while increasing general mobility. Our instructors coach you through each routine and offer modifications wherever necessary. Using a combination of detailed instruction, motivating music and cheerful encouragement, you are sure to walk out the door feeling better than when you walked in! Please join us for an opportunity to stay fit in an inviting, social environment.

**Strength & Stretch:** A full body workout using free weights, bands, bars, etc to challenge and increase muscular strength. To compliment the strength training, long stretches will be held and added to the muscle groups worked.

**Cardio, Core and Balance:** Cardio conditioning thru use of track work, step movement with varied intensity levels. Abdominal exercises (seated and standing) along with balance positions will define and create lean muscles.

**Chair Yoga:** Seated and Standing modified yoga poses to allow for All Levels to participate. Emphasis is on the fundamentals of yoga to increase awareness of body alignment and breath, increase flexibility, and maintaining presence of mind from one moment to the next.

### Bike & Bands

This will be an all-terrain ride that will burn calories, build strength, and improve fitness. The energetic music motivates each rider through a variety of speed and resistance challenges. Each class will take you on a creatively designed ride to maximize your fitness potential. The last 15 minutes will focus on muscle conditioning and core strength using body weight and resistance/elastic bands.

### CYCLE

An all-terrain ride that will burn calories, build strength, and improve fitness. The energetic music motivates each rider through a variety of speed and resistance challenges. Each class will take you on a creatively designed ride to maximize your fitness potential.

### CYCLE & Core

This hour long class will begin with an all-terrain ride that will burn calories, build strength, and improve fitness. The energetic music motivates each rider through a variety of speed and resistance challenges. Each class will take you on a creatively designed ride to maximize your fitness potential. We will end with 15 minutes of core work.

**Family SPIN™** A Spin class in which all are invited, and the music is intended to pump you up. Keeping the enthusiasm and energy level high during this 45 minute all terrain ride that will give you a great workout!

### Gentle Yoga

A slow-paced, attentive, graceful hatha yoga class that moves through asanas (poses) with the intention of creating space in the mind and body. The focus is on breathing, relaxation and gentle stretching to reduce stress and calm the mind. We will also work on building strength, balance, and flexibility in a supportive environment. All levels welcome.

### Power Yoga

Power Yoga is a powerful, mindful style of yoga that links movement and breath. This vinyasa style class strengthens and detoxifies the body and mind with emphasis on movement, balance, and intention. Expect a great cardiovascular and strength workout, leave feeling like a new person.

### Vinyasa Yoga (Yoga Team)

This faster paced yoga class links asanas (poses) with the breath. Class incorporates; sun salutations, standing poses, balancing postures, seated & reclining poses, backbends and core work. Yoga is designed to build muscular strength, endurance, and flexibility. Practicing yoga provides a wonderful opportunity to open the body, quiet the mind and renew the spirit. Open to all levels from beginner to experienced. Instructors give modifications for newer students as well as challenging options for an advanced practice.

### Restorative Yoga

Restorative yoga helps provide healing for the body through restful poses, controlled breathing and relaxation. It helps restore spinal alignment. It can help eliminate fatigue and stress as it activates the parasympathetic nervous system. All poses are performed with the mat using props to enhance relaxation and comfort.

### HIIT IT!

Getting it done with mixture of cardio, plyometric, and strength drills that will work your entire body! This high energy workout is guaranteed to challenge you to become stronger, faster and increase your endurance. Core work will end this fun start to your Monday!

### Tabata Fit!

Train both mind and body to "push through" with cardio and strength drills alternated and performed Tabata Style (20 seconds of intense work followed by 10 seconds of rest for 8 rounds totaling 4 minutes). All muscle groups will be challenged in this fat burning, total body workout. Last 10 - 15 minutes of class will include targeted core work.

### Training day!

You never know what challenges are in store for you in this Boot Camp style class! Workouts are designed using circuits, drills, and a variety of equipment tor a fun workout that will keep you guessing! Strength, Cardio, Flexibility, Agility and Endurance! Happy Friday!

### Zumba®

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.