

Lake Bluff Group Fitness Class Schedule



JUNE 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 6 to 6:45	Total Body Sharon 6 to 6:50			Cycle Sharon 6 to 6:45			
6:45													
7:00													
8:00													
8:15													
8:30	Total Body Amber 8:30 to 9:25		Pure Strength Judy 8:30 to 9:25		Total Body Amber 8:30 to 9:25			Cycle Judy 8:30 to 9:15	Total Body Cheryl 8:30 to 9:25			Cycle Judy 8:30 - 9:15	
9:00													
9:15		Training Day! Cheryl 9:15 to 10:15				Training Day! Cheryl 9:15 to 10:15							
9:30			Pilates: Mat 1 Judy 9:30 to 10:15				Pilates: Mat 1 Judy 9:30 to 10:15					Pure Strength Judy 9:30 to 10:15	
9:45													
10:00													
10:15												Pilates: Mat 1 Judy 10:15 to 11:00	
10:30													
10:45	SILVER-FIT™ Angie Strength & Cardio 10:45-11:30		SILVER-FIT™ Angie Balance, Posture & Flexibility 10:45 - 11:30		SILVER-FIT™ Angie Strength & Cardio 10:45-11:30		SILVER-FIT™ Angie Strength, Stability & Stretching 10:45-11:30		SILVER-FIT™ Marian Chair Yoga 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 6:15 to 7		Video Cycle (no instr.) 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!

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.

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 & Cardio & Stretching: 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.

Balance Posture & Flexibility: 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.

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.

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 for a fun workout that will keep you guessing! Strength, Cardio, Flexibility, Agility and Endurance! Happy Friday!