



Center Fitness Club

Group Exercise Schedule

April 2018

CFC Front Desk: (847) 920-3901

Schedule Key	
Spin Studio.....	SS
Studio A.....	A
Mind & Body.....	MB
SeniorFit Class.....	Boldface
<i>New/Changed Classes.....</i>	<i>Italics</i>

TIME CLASS INSTRUCTOR / ROOM

Monday

5:45 – 6:30	Spin Express.....	Stacy	SS
8:00 – 9:00	Strength.....	Stacy	A
9:15 – 10:00	Spin Express.....	Beth O.K.	SS
9:15 – 10:10	Triple Threat.....	Cris	A
10:15 – 11:15	Zumba.....	Rachel	A
11:30 – 12:30	Beginner Yoga.....	Ellen	MB
12:20 – 1:10	Joins in Motion.....	Pam	A
1:15 – 2:00	Zumba Gold: Low Impact....	Alison M.	A
6:00 – 7:00	Spin.....	Chris	SS
6:00 – 7:00	Zumba.....	Farrell	A

Tuesday

5:45 – 6:30	HIIT Express.....	Frankie	A
7:30 – 8:00	Heart Plus Express.....	Karen	A
8:00 – 9:00	Pilates / Strength.....	Dianne	A
9:15 – 10:30	Hatha Yoga.....	Megan	MB
9:15 – 10:15	Spin.....	Leah	SS
9:15 – 10:25	Interval Training.....	Marta	A
11:30 – 12:30	Tai Chi.....	Evelyn	MB
6:30 – 7:30	HIIT.....	Allison R.	A

Wednesday

5:45 – 6:15	Strength Express.....	Julie	A
5:45 – 6:30	Spin Express.....	Chris	SS
8:00 – 9:00	Strength.....	Marta	A
9:15 – 10:15	Spin Challenge.....	Beth O.K.	SS
9:15 – 10:15	Cardio Strength.....	Amy	A
10:30 – 11:45	Hatha Yoga.....	Michelle	MB
10:30 – 11:30	Heart Plus.....	Karen	A
6:00 – 6:45	Spin.....	Stacy	SS
7:00 – 8:00	Yoga.....	Stacy	MB
7:00 – 8:00	Zumba.....	Farrell	A

GroupFit Passes

GroupFit Pass	CFC Member	Resident	Non-Resident
Daily Class.....	\$10.....	\$14.....	\$16
5 Classes.....	\$47.....	\$69.....	\$79
10 Classes.....	\$84.....	\$128.....	\$148
20 Classes.....	\$148.....	\$234.....	\$276
Unlimited.....	\$503.....	\$513.....	\$644

TIME CLASS INSTRUCTOR / ROOM

Thursday

5:45 – 6:30	Spin Express.....	Stacy	SS
7:30 – 8:00	Therapeutic Stretch.....	Dianne	A
8:00 – 9:00	Pilates.....	Dianne	A
9:15 – 10:15	Pound/Strength.....	Rachel	A
9:15 – 10:30	Hatha Yoga.....	Chelle	SS
9:15 – 10:15	Spin.....	Lora	SS
10:55 – 11:45	Joins in Motion.....	Pam	MB
6:00 – 7:00	HIIT.....	Frankie	A

Friday

8:00 – 9:00	Functional Flexibility & Myofascial Release.....	Lora	MB
8:00 – 9:00	Basic Strength.....	Marta	A
9:15 – 10:15	Spin.....	Leah	SS
9:20 – 10:20	Interval Training.....	Rachelle	A
10:35 – 11:35	Zumba.....	Ruben	A

Saturday

7:00 – 8:00	TrueFit.....	Tom	A
7:00 – 8:00	Spin.....	Lori	SS
8:15 – 9:15	Strength Training.....	Rachelle	A
9:15 – 10:00	Spin Express.....	Julie	SS
9:15 – 10:15	Yoga.....	Stacy	MB

Sunday

8:00 – 9:00	HIIT.....	Marta	A
8:00 – 9:15	Yoga.....	Sarah	MB
9:15 – 10:00	Strength Express.....	Stacy	A
10:05 – 10:50	Spin.....	Stacy	SS
10:15 – 11:15	WERQ.....	Amanda	A

Group Fitness Classes – Our “GroupFit” classes are designed to meet your schedule and class attendance needs. GroupFit Passes are non-transferable, non-refundable and cannot be shared. Senior discounts are not available on GroupFit purchases.

Passes expire 6 months from date of purchase. Unlimited & Platinum Access expire 1 year from date of purchase.

The Center Fitness Club will offer a minimum of 55 GroupFit classes per week:

- GroupFit classes are “Drop-In” classes for participants with varying abilities.
- GroupFit classes may change format, time and/or instructor; however, all efforts will be made to give as much notice to participants as possible.
- GroupFit classes may be cancelled due to low attendance; however, all efforts will be made to give as much notice to participants as possible.
- GroupFit Holiday Schedules will vary from the schedule above.

Center Fitness Club Group Fitness Descriptions

Cardio, Balance, Core and Strength Formats

BodyShred: This high-intensity class uses intervals of cardio, strength and abs to give you a quick, effective workout.

HIIT: High Intensity Interval Training workout consists of intense cardio, strength training, stretching and balancing.

Interval Training: Combines short, high intensity bursts of cardio and recovery phases, repeated during one exercise session to provide a complete workout.

In-Trinity: In-Trinity is an elevated fitness board and training program designed to build strength, balance, flexibility, coordination and agility.

PelviCore: Ground exercises utilizing the PelviCore ball will help strengthen and stabilize your core.

Strength and Strength Express: An intense muscle conditioning class targeting every muscle group in just 45 minute or 60 minute classes!

Triple Threat: Boost your fitness in a high-intensity, full-body strength & conditioning workout that will challenge your inner fitness warrior!

TrueFit: Blending speed, power and agility - a low-impact, fat-torching, muscle-sculpting and core centric-interval workout.

WERQ: The wildly addictive cardio dance workout based on the hottest pop and hip hop music.

Pilates and Foam Roller Formats

Pilates & Pilates with Props: A core-centric workout, this class is a fusion of mat Pilates, arms, legs, gluts and abs routines for progressive core strengthening! Instructors use Pilates ring, ball and resistance bands to enhance your workout.

Functional Flexibility & Myofascial Release: Work through a series of deep stretches for increased flexibility & muscle release.

Therapeutic Stretch: A body-prep for the following Pilates class, Therapeutic Stretch will warm up the body for better performance.

Spin Class Formats

Spin/Spin Challenge/Spin Express: This class uses stationary cycles with motivating music to improve your cardiovascular system and burn calories, with no impact on joints and bones. Instructors guide participants through workout phases: Warm-up, sprints, climbs, up tempo cadences and cool-down techniques.

YOGA Formats

Hatha Yoga & Yoga: Instructors use postures, breathing techniques and meditation with the goal of bringing about a sound, healthy body and a clear, peaceful mind. Diverse poses promote a supple spine, blood circulation, and also stretch and align the body improving balance and flexibility.

ZUMBA Formats

Zumba: Zumba uses a variety of styles in its routines, including cumbia, merengue, salsa, reggaeton, hip-hop, pop, mambo, rumba, flamenco and calypso. Music selections include both fast and slow rhythms to help tone and sculpt the body with easy to follow dance moves! No dance experience required.

Zumba Gold: What makes this class "Gold" is that it is designed for those in their "Golden Years," although it is open to all.

SeniorFit Classes

Chi Gong/Tai Chi: Tai Chi originated as a martial art. Its current popular form is Tai Chi Chuan, a 24 position exercise set that combines flowing movements with deep breathing.

Joints in Motion: Exercises strengthen and protect the body's joints by building the muscles around the joints for greater stability. These exercises aim to keep a joint's range of motion at its best.

Heart Plus & Heart Plus Express: Focus on strength, balance, core stability and posture using a variety of fitness equipment.