



Center Fitness Club

Group Exercise Schedule

December 2017

CFC Front Desk: (847) 920-3901

Schedule Key

Spin Studio **SS**
 Studio A **A**
 Mind&Body **MB**
SeniorFit Class **Boldface**
New/Changed Classes *Italics*

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	Alison R 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	Joints 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

TIME	CLASS	INSTRUCTOR / ROOM
Tuesday		
5:45 – 6:30	HIIT Express	Frankie A
7:30 – 8:00	Heart Plus Express	Karen A
8:00 – 8:50	<i>In-trinity*</i>	<i>Julie MB</i>
8:00 – 9:00	Pilates / Strength	Dianne A
9:15 – 10:30	Hatha Yoga	Megan MB
9:15 – 10:15	Spin	Leah SS
9:25 – 10:25	Interval Training	Lisa A
11:30 – 12:30	Tai Chi	Evelyn MB
6:00 – 6:45	Spin	Stacy SS
6:30 – 7:30	HIIT	Allison R A
7:00 – 8:00	Yoga	Stacy MB

TIME	CLASS	INSTRUCTOR / ROOM
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
9:20 – 10:20	Cardio Strength	Rachelle A
10:30 – 11:45	Hatha Yoga	Michelle MB
10:30 – 11:20	Heart Plus	Karen A
6:00 – 6:55	Intro to Concepts of Krav Maga	David A
7:00 – 8:00	Zumba	Farrell A

GroupFit Passes			
GroupFit Pass	CFC Member	Resident	Non-Resident
Daily Class	\$10	\$14	\$16
5 Classes	\$46	\$67	\$77
10 Classes	\$82	\$124	\$144
20 Classes	\$144	\$227	\$268
Unlimited	\$479	\$489	\$613

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 MB
9:15 – 10:15	Spin	Lora SS
10:25 – 11:25	Zumba	Rachel A
10:55 – 11:45	Joints in Motion	Pam MB
6:00 – 6:55	HIIT	Frankie A
7:00 – 8:00	WERQ	Amanda A

TIME	CLASS	INSTRUCTOR / ROOM
Friday		
8:00 – 9:00	<i>Functional Flexibility & Myofascial Release</i>	<i>Lora MB</i>
8:00 – 9:00	<i>Basic Strength</i>	<i>Marta A</i>
9:15 – 10:15	Spin	Leah SS
9:20 – 10:20	Interval Training	Rachelle A
10:35 – 11:35	Zumba Gold	Ruben A

TIME	CLASS	INSTRUCTOR / ROOM
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

TIME	CLASS	INSTRUCTOR / ROOM
Sunday		
8:00 – 9:15	Yoga	Sarah MB
9:15 – 10:00	Strength Express	Stacy/Liz A
10:05 – 10:50	Spin	Stacy/Liz SS
10:15 – 11:15	HIIT	Marta 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.

***Space limited to 9 participants.**

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.

Intro to the Concepts of Krav Maga: An effective athletic training program utilizing the discipline of Krav Maga. We cover basic sparring techniques, deterring conflict, situational awareness and learning how to use defensive and offensive maneuvers.

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.