



Center Fitness Club

Group Exercise Schedule

January 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..... | 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 | In-trinity*..... | Julie..... MB |
| 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 |
| 6:30 – 7:30 | HIIT..... | Allison R..... A |

| 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..... | Rhonda A |
| 9:15 – 10:15 | Spin Challenge..... | Beth O.K. . . SS |
| 9:15 – 10:15 | Cardio Strength..... | Rhonda A |
| 10:30 – 11:45 | Hatha Yoga..... | Michelle MB |
| 10:30 – 11:20 | Heart Plus..... | Karen A |
| 6:00 – 6:45 | Spin..... | Stacy..... SS |
| 6:00 – 6:55 | Intro to Concepts of Krav Maga..... | David A |
| 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..... | \$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 |

| TIME | CLASS | INSTRUCTOR / ROOM |
|----------------------|--|---------------------|
| Friday | | |
| 8:00 – 9:00 | Functional Flexibility & Myofascial Release..... | Lora MB |
| 8:00 – 9:00 | Basic Strength..... | Liz/Rachel . . A |
| 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 – 9:00 | HIIT..... | Alison R. A |
| 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 | 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.

*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.