



Center Fitness Club

Group Exercise Schedule

July 2018

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.....	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	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

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.....	Amy SS
9:15 – 10:15	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	Cardio Strength.....	Amy..... A	
10:30 – 11:45	Kundalini 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.....	StacySS
7:30 – 8:00	Therapeutic Stretch.....	DianneA
8:00 – 9:00	Pilates.....	DianneA
9:15 – 10:15	Pound/Strength.....	RachelA
9:15 – 10:30	Hatha Yoga.....	ChelleMB
9:15 – 10:15	Spin.....	AmySS
10:30 – 11:30	WERQ.....	Jenny..... A
10:55 – 11:45	Joints in Motion.....	PamMB
5:45 – 6:45	TrueFit.....	Tom.....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/Marta...A
10:05 – 10:50	Spin.....	Stacy/Chris. .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

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.

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: 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

Kundalini: Compared to other types of yoga, it has a much broader emphasis: it not only entails postures but also emphasizes conscious breathing, meditation, hand positions, and visualization. Kundalini Yoga is the ideal form of yoga for those seeking more immediate feel-good effects and also the long term benefits inherent in a calmer, yet inspired, state of being.

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.