



Center Fitness Club

Group Exercise Schedule

November 2017

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
6:00 – 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
11:30 – 12:30	WERQ.....	Stacey..... 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.....	PamMB
6:00 – 6:55	HIIT.....	Frankie..... A
7:00 – 8:00	WERQ.....	Amanda..... A

TIME	CLASS	INSTRUCTOR / ROOM
Friday		
8:00 – 9:00	Functional Flexibility & Myofascial Release.....	Lora A
9:10 – 10:10	Basic Strength.....	Marta..... MB
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.