



Center Fitness Club

Group Exercise Schedule

October 2018

CFC Front Desk: (847) 920-3901

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	<i>Yoga Basics</i>	<i>Ellen MB</i>
12:15 – 1:05	<i>Joints in Motion</i>	<i>Pam A</i>
1:15 – 2:00	<i>Zumba Gold: Low Impact</i>	<i>Alison M. .. A</i>
6:00 – 7:00	Spin	Chris SS
6:00 – 7:00	<i>Zumba</i>	<i>Kate A</i>
7:00 – 8:00	Yoga	Nicole MB

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

Wednesday		
5:45 – 6:30	Strength Express	Julie A
5:45 – 6:30	Spin Express	Chris SS
8:00 – 9:00	Strength	Marta A
9:15 – 10:15	Cardio/Sculpt	Cris MB
9:15 – 10:15	Spin	Caren SS
10:30 – 11:45	Kundalini Yoga	Michelle MB
10:30 – 11:30	<i>Heart Plus</i>	<i>Karen A</i>
11:30 – 12:30	Dance & Tone	Alison M. A
6:00 – 6:45	Spin	Stacy SS
7:00 – 8:00	Yoga	Stacy MB
7:00 – 8:00	<i>Zumba</i>	<i>Lisa P A</i>

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

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
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	<i>Spin</i>	<i>Lora SS</i>
10:30 – 11:30	WERQ	Jenny A
11:00 – 11:50	<i>Joints in Motion</i>	<i>Pam MB</i>
5:45 – 6:45	TrueFit	Tom A

Friday		
5:45 – 6:45	Spin & Strength	Julie SS/A
8:00 – 9:00	Functional Flexibility & Myofascial Release	Lora MB
8:00 – 9:00	Strength	Marta A
9:15 – 10:15	<i>Spin/Strength</i>	<i>Leah SS/MB</i>
9:15 – 10:15	Interval Training	Rachelle A
10:35 – 11:35	Zumba	Ruben A
11:00 – 12:15	Vinyasa Yoga Level 1	Jancy MB

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	Lori/Nicole .MB

Sunday		
8:00 – 9:00	HIIT	Marta A
8:00 – 9:15	Yoga	Sarah MB
9:15 – 10:00	Strength Express	Rotation 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

Cardio Core: The cardio portion of the class draws from several formats including kick-boxing, plyometrics, and functional bodyweight movements. Core-centric exercises comprise the second portion of the class in which a variety of modalities are used to strengthen one's overall core strength and balance.

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.

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.

PILATES AND FOAM ROLLER FORMATS

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

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.

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: This practice focuses on strengthening the connection of body and mind by reinforcing correct alignment for specific postures.

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.

Vinyasa Level 1: This first progression focuses on utilizing breath to develop strength and flexibility while transitioning through a variety of poses.

Yoga Fundamentals: This format is designed with both introductory and experienced participants in mind. This class is meant to both introduce the key concepts of yoga as well as develop a participant's current skills and abilities.

CHOREOGRAPHED FORMATS

Strength/Dance: Dance your way to health and tone your body using simple, easy to follow moves in addition to using weights, bands, and the balance barre. All levels welcome!

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

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

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

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.

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.