

GROUP EXERCISE SCHEDULE

Effective:
07/15/2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Tangerine Tough 5:30-6:15 a.m. Elle	Core Strength, Balance & Stability 5:15-5:45 a.m. Nancy	Tangerine Tough 5:30-6:15 a.m. Elle	Hatha Yoga 5:15-6:15 a.m. Nancy H.	Hydro X 8:30-9:15 a.m. Deanna	Ultimate Conditioning 8:30-9:30 a.m. Nancy	Morning Yoga Wake Up 8:00-9:00 a.m. Elizabeth
Tangerine Tough 6:30 - 7:15 a.m. Elle	Ready, Set, Ride 5:30-6:15 a.m. Elle	Tangerine Tough 6:30 - 7:15 a.m. Elle	Aqua Mash Up 8:30-9:15 a.m. Staff	Aqua Tone 9:30-10:15 a.m. Deanna	Aqua Xpress 8:45-9:30 a.m. Kim	Fit Water Workout 8:45-9:30 a.m. Jenny Lap Pool
Aqua Fiesta 8:30-9:15 a.m. Abel	Cardio Conditioning 5:45-6:30 a.m. Nancy	Hydro X 8:30-9:15 a.m. Tina	Vinyasa Yoga 9:00-9:55 a.m. Ericka	Circuit Training 10:00 - 10:45 a.m. Fernando	TRX 9:35-10:05 a.m. Nancy	Aqua Tone 9:45-10:30 a.m. Jenny
H.I.I.T. 9:00-9:55 a.m. Ericka	Aqua Mash Up 8:30- 9:15 a.m. Tina	Functional Strength 9:00-9:55 a.m. Ericka	Aqua Tone 9:30-10:15 a.m. Staff	Strong, Stretched & Centered 10:30-11:15 a.m. Deanna	Pilates Mat 10:15-11:15 a.m. Nancy	
Aqua Zumba 9:30-10:15 a.m. Abel	Power Yoga 9:00-9:55 a.m. Elizabeth	Aqua Tone 9:30-10:15 a.m. Tina	Meditation 10:00-10:30 a.m. Ericka	Everlasting Motion 11:30 a.m.-12:15 p.m. Deanna		
Spin 9:30-10:30 a.m. Vicky	Aqua Tone 9:30 - 10:15 a.m. Tina	Spin 9:30-10:30 a.m. Vicky	Aqua Tone 10:30 - 11:15 a.m. Staff	Aqua Fiesta 11:30 a.m. - 12:15 p.m. Abel		
Pilates 10:00-10:45 a.m. Ericka	Aqua Tone 10:30 - 11:15 a.m. Tina	Gentle Flow Yoga 10:00-10:45 a.m. Ericka	Strength 11:00 - 11:45 a.m. Ivan			
Core Strength, Balance & Stability 11:00 - 11:45 a.m. Ivan	Strength 11:00 - 11:45 a.m. Ivan	Circuit Training 10:00 - 10:45 a.m. Fernando	Cardio Conditioning 4:30-5:15 p.m. Laurie			
Aqua Fiesta 11:30 a.m. - 12:15 p.m. Abel	Aqua Dance 11:30 a.m. - 12:15 p.m. Abel	Aqua Tone 10:30-11:15 a.m. Tina	MELT 5:00-6:00 p.m. Mary			
Strength 5:00-5:45 p.m. Deanna	Cardio Conditioning 4:30-5:15 p.m. Laurie	Aqua Fiesta 11:30 a.m. - 12:15 p.m. Abel	Yin Yoga & Meditation 6:15-7:15 p.m. Victoria			
Spin 6:00-6:45 p.m. Deanna	Tabata Cardio & Strength 5:30-6:15 p.m. Deanna	Forever Fit & Stretch 1:00- 2:00 p.m. Tina				
Hatha Yoga 6:15-7:15 p.m. Victoria	Barre, Bands & Balls 6:30-7:15 p.m. Deanna	Power Aqua Circuit 4:30-5:15 p.m. Kim				
		Aqua Yoga Fusion 5:30-6:15 p.m. Kim				
		Belly Dance 5:30-6:15 p.m. Deanna				
		Aqua Mash Up 6:30-7:15 p.m. Kim				
		Strength 6:30-7:15 p.m. Deanna				

CLASS CAPACITY

- LAP POOL - 36
- THERAPY POOL - 25
- STUDIO A - 25
- STUDIO B - 12
- STUDIO C
- STUDIO D - 8
- BASKETBALL COURT
- FITNESS FLOOR

Class times, formats and instructors are subject to change at any time.
Please visit the Front Desk or call 630.275.2640 for more information.

Monday - Thursday 5:00 a.m.-10:00 p.m.
Friday 5:00 a.m.-8:00 p.m.
Saturday and Sunday 6:00 a.m.-7:00 p.m.

CLASS DESCRIPTIONS

LAP POOL

Aqua Dance – All Levels: A pool dance class that incorporates strength, range of motion and water exercises. This innovative dance class in the water set to music promotes self-expression and joyful freedom of movement.

Aqua Fiesta - Ditch the workout - Join the Party! Aqua Fiesta is a fun, energetic, and free-spirited workout choreographed to upbeat tunes and water as resistance.

Aqua Mash Up - All Levels: A fun mix of cardio and resistance training combined with invigorating core work and a stretching cool down.

Aqua Xpress - All Levels: This mixed-level class efficiently combines a cardio component and muscle conditioning component in one express workout! Participants will be worked from HEART to toe!

Fit Water Workout - All Levels: Focus on being fit through cardio, strengthening, and flexibility circuits. Enjoy creative workouts using body weight resistance.

Hydro X - All Levels: Combine cardio and strength in this all-around workout.

Power Aqua Circuit - Intermediate/Advanced: Get it all in one class! Alternate cardio and strength segments for a heart pumping workout in the lap pool.

THERAPY POOL

Ai Chi - All Levels: Formed from Tai Chi, Shiatsu, Watsu, this flowing progression allow full bodied relaxation as you move through movement postures, breathing techniques and alignment sensing.

Aqua Tone - All Levels: Improve your body's balance and symmetry while performing a variety of controlled movements to improve flexibility, strength, and circulation.

Aqua Tone & Soothing Stretch - All levels: Improve your body's balance and symmetry while performing a variety of controlled movements to improve flexibility, strength, and circulation. End this great class with breathing and smooth movement.

Aqua Yoga Fusion - All Levels: Yoga poses, and flows fused with barbells, bands, and noodles to focus on range of motion, stability and balance while gaining flexibility as you move gently through the water.

Strong, Stretched, Centered - All Levels: Aqua Pilates, Aqua Yoga, and Ai Chi combined giving you harmony of mind, body, & spirit.

STUDIO A

Barre, Bands & Balls - This class is a full-body workout combining ballet-inspired moves while incorporating resistance bands and stability balls for strength training and balance.

Belly Dance - Learn graceful hip drops, rolls, and pivots to utilize muscle groups in the abdomen, pelvis, trunk, spine, and neck. Did you know that Belly Dancing can aid in weight loss by burning up to 300 calories per hour, plus, it helps to reduce stress, builds the muscles in your quads, glutes, hamstrings, back, and arms, and most importantly, it is FUN!

STUDIO A

Cardio Kickboxing - This dynamic and explosive class incorporates kickboxing techniques with an intense cardio workout. Increase your aerobic capacity, learn conditioning drills that improve your strength and agility and torch calories!

Chair Yoga - Beginner/Older Adult: A gentle yoga class using a chair or stability ball for assistance. Benefits include greater flexibility, joint mobility, improved balance, and stress/anxiety

Everlasting Motion - Keep fit with activity and learn exercises in seated and standing positions. The more we move the better off we will be. Seated and standing modifications available.

Functional Strength - Shapes and Strengthens your entire body by working multiple groups at the same time to gain lean muscle mass and burn more calories. The focus is on high repetition movements with low weight loads.

Gentle Flow Yoga - All Levels: Focus is on stress relief, relaxation, flexibility, and strength. Leave class feeling strong, flexible, peaceful, and refreshed.

Hatha Yoga - Uses body postures, breathing techniques, and meditation with the goal of bringing about a sound, healthy body, and a clear, peaceful mind.

H.I.I.T – A high Intensity Interval Training - Intermediate/Advanced: H.I.I.T is a total body, heart pumping, aerobic and strength conditioning workout.

MELT - MELT uses a specialized soft foam roller and small hand and foot balls to hydrate the connective tissue and rebalance the nervous system.

Morning Yoga Wake Up - All Levels: Awaken your mind and body by practicing a combination of Hatha and Flow Yoga. Afterwards, you will feel an improved mental and physical balance.

Pilates Mat - All Levels: Stretch and strengthen through a full range-of-motion to build joint stability.

Power Yoga - Intermediate/Advanced: The perfect mix of strong, flowing movements challenging your balance and control.

Strength - All Levels: Spice up your workout and build lean, muscle mass by utilizing barbells, dumbbells, resistance bands and body weight.

StrengthFit - A gentle impact, full-body strength training class using chairs, light weights, balls, and toning bands to increase mobility, balance, flexibility, and build strength. A great class for all levels.

Stretch & Roll: All Levels - Stretch and roll your way to better health! Regular stretching and rolling can provide significant benefits including improved flexibility, reduced muscle soreness, improved circulation, and enhanced posture.

Tabata Cardio & Strength - A high intensity interval training class designed to get your heart rate up using a series of 4 minutes of strength followed by 4 minutes of cardio to train all your energy systems.

Tangerine Tough - a full body workout, focused on endurance, strength and speed using Heart Rate Zone Training. Each participant's Heart Rate Monitor is displayed on a screen in real time. Workouts use a variety of cardio equipment, bodyweight exercises and weight training to get the most out of each workout. All fitness levels are welcome.

STUDIO A

Ultimate Conditioning - Intermediate/Advanced: Get it all in this class! Easy to follow format includes athletic based moves, weight training, and plyometric. Bring out the athlete in you!

Vinyasa Yoga - A dynamic style of Hatha Yoga which joins physical postures, or asanas, with inhales and exhales, creating a steady internal rhythm for the practice. Flow yoga classes are more vigorous and aerobic in nature with a variety of music and themes.

Yin Yoga & Meditation: Yin yoga is a slow-paced, passive type of yoga that incorporates long holds and deep breaths for a stretch that gets right into the muscle fibers. Designed to prepare the body for comfort in seated meditation.

STUDIO B

Ready, Set, Ride - A fun, heart-pumping workout at dawn. Ride on the flats, rolling hills, using a variety of tempos, motivated by great music. Ready, Set, Ride is perfect for everyone since you control the resistance and pedal speed.

Spin - All Levels: Effectively train your body and improve your overall fitness level by using the four energy zones.

STUDIO C

Circuit Training - Circuit training is a fast-paced class in which you do one exercise for a period and then move on to another exercise. It builds cardiovascular fitness while improving muscular strength and endurance.

STUDIO D

Core, Strength, Balance & Stability - This class is a full-body workout incorporating resistance bands, stability balls, and more to increase your core strength and balance.

TRX - Looking to tone up, lean out, and sculpt your body? TRX targets the small muscles under the larger muscle groups to reveal and sculpt the entire body for a stronger, leaner YOU!

BASKETBALL COURT

Cardio Conditioning - This class encompasses weighted and body weight exercises to gain lean muscle mass, while improving metabolic conditioning and cardiovascular endurance. The workouts will be done with high intensity and high energy, targeting all muscle groups with dynamic movement. It is designed to promote strength, cardiovascular endurance, lean muscle growth, and excess fat loss.