

Group Exercise Class Schedule



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	5:30-6:30 SP Patti H.	Spin 60	5:20-5:50 S Rene	Express Intervals	5:30-6:30 SP Patti H.	Spin 60			7:15-8:00 G	Foam Roll & Stretch	Sheila
6:00-7:00 S	Fight Club Chris A.	5:30-6:30 S Abby	HIIT It Circuit!	6:00-7:00 S Kristin M.	Pilates	5:30-6:30 S Abby	HIIT It Circuit!	6:00-7:00 G Chris A.	Fight Club	8:00-9:00 S Alex & Kato	World Dance Fitness
6:00-7:00 L(\$)	Performance Swim John R.			6:00-7:00 L(\$) John R.	Performance Swim					8:15-9:15 SP Sheila	Spin 60
8:00-9:00 S	Cardio Combo Jodi					7:00-7:50 S Bev	Mat Pilates	7:30-8:30 SP Julie D.	Spin 60	8:15-8:45 L/TP(\$)	Aqua Babies Gina
8:00-9:00 G(\$)	TRX April	8:00-9:00 S Maria P.	Power Pump	7:30-8:10 SP April	Spin Express 40	8:00-9:00 S Julie D.	Power Pump	8:15-9:00 G(\$) Shannon	TRX	8:15-9:00 G(\$) Abby	Tabata Training
9:00-10:00 L(\$)	Performance Swim John R.	8:00-9:00 G(\$) April	TKO Boxing	8:00-9:00 S Jodi	Cardio Combo			8:00-9:00 S Maria P.	Pure Cardio	9:00-10:00 L Gina	Aqua Edge
9:00-10:00 FF(\$)	L.G.L. Staff			9:00-10:00 L(\$) John R.	Performance Swim			9:00-10:00 FF(\$) Staff	L.G.L.	9:25-10:25 S Marcella/Julie/Shannon	Power Pump
9:15-10:15 S	PLYOGA Shannon	9:00-10:00 G(\$) Ryan	Heart Rates & Weights			9:00-10:00 G(\$) Staff	Heart Rates & Weights	9:15-10:15 S Shannon	Super Pump	10:00-11:00 S 1st Saturday of the Month	Spin 101
9:15-10:15 SP	Spin 60 Julie D.	9:15-10:15 S Jennifer A.	Core and More	9:15-10:15 S Jennifer A.	PLYOGA	9:15-10:15 S Jennifer A.	Core and More	9:15-10:15 FF/G(\$) Maria P.	Bootcamp		Jenkins
9:30-10:30 G(\$)	Heart Rates & Weights April	9:15-10:15 SP Jodi/April	Spin 45/60	9:30-10:30 FF/G(\$)	Rowing Strength	9:15-10:15 SP Sheila	Spin 60			10:40-11:40 S Catherine	Yoga
10:00-11:00 L	Aqua Energy Elizabeth			10:00-11:00 L Catherine	Aqua Burn	10:10-11:00 G Terri	Pilates	10:00-11:00 L Jaynie	Aqua Energy	11:00-12:00 L Swim Coaches	Shepherd Sharks Swim Team
10:30-11:20 S	Flow Fusion Marisa	9:45-11:00 L/TP Gina	Aqua Bands, Balls and More	10:20-11:20 S Cat	Yoga	10:30-11:15 S Wendy	Prime Time Fitness	10:25-11:25 S John S.	Yoga	1:30-2:30 LP (\$) Gina	Aqua Float Fit
11:15-12:15 G (\$)	Parkinson's CT Jodi	10:25-11:10 S Jodi	Silver Aero & Circuits	11:15-12:15 G (\$) Staff	Parkinson's CT	11:15-12:00 S Wendy	B.S.C.S.	11:00-12:00 TP Kim	Aqua Barre	SUNDAY	
11:00-12:00 TP	Aqua Tone & Stretch Catherine	11:30-12:30 S Gina	Yoga	11:00-12:00 TP Catherine	Aqua Tone & Stretch	12:15-1:00 S Kim	Barre Fit Express	11:30-12:30 S Wendy	Basic Strength	7:30-9:00 Sp (\$) Kevin/Abby/Sheila	Performance Cycle
11:30-12:30 S	Zumba™ Axana			12:15-1:00 TP(\$) Bonnie	Aqua Fibro/Arthritis			11:15-12:15 G (\$) Staff	Parkinson's CT	8:15-9:15 S Marisa	Flow Fusion
12:15-1:00 TP(\$)	Aqua Fibro/Arthritis Bonnie					3:00-4:00 S (\$) Cat	Specialty Healing Yoga	12:45-1:45 SP Catherine	Chair Yoga	8:15-9:15 G Shannon/Marcella	Knockout Boxing
12:45-1:45 S	Chair Yoga Catherine	3:30-4:30 S Janet	Pilates					12:45-1:45 S(\$) Alex & Kato	Dance For Good Health	9:15-10:15 SP Julie D/Kevin	Spin 60
		4:45-5:45 S Jennifer A/Marcella	Core and More	4:45-5:45 S Rene	Power Pump	4:45-5:45 S Rene	Core and More			9:30-10:30 S Tatyana	Zumba™
4:45-5:45 S	Power Pump Jennifer A.			5:50-6:30 S Maria P.	Core Cardio Express					10:45-11:45 S Catherine	Yoga 101
5:50-6:30 S	Core Cardio Express Jennifer A.	6:00-6:45 S Kim	Barre Fit Express			6:00-7:00 SP Jenkins D.	Spin 60			11:00-12:00 LP (\$) Catherine	Aqua Float Fit
6:00-7:00 SP	Spin 60 Marcella	6:00-7:00 L/TP Becky	Aqua Burn	6:30-7:30 L/TP Gina	Aqua Fusion, NO Excuses						
						6:30-7:30 TP Kim	Aqua Barre				
7:00-8:00 S	Zumba™ Tatyana	7:00-8:00 S Catherine	Restorative Yoga	7:00-8:00 S Tatyana	Zumba™	7:00-8:00 S Gina	Yoga				

Classes change monthly and sometimes weekly. Please call 847-620-4500 to double check if classes are still active. Our phone App is the most up to date information, stop at the Service Desk for more information.

Key:
 S = Studio
 SP = Spin Studio
 FF = Fitness Floor
 G = Gym
 L = Lap Pool
 TP = Therapy Pool
 ES = Evolution Pilates Studio

{ \$ } = Addtl fee - Specialty Class

Shaded areas denote classes available to matinee members

Jenifer Anderson
 Grp Ex Coordinator 847-620-4518

Specialty Classes(\$) are open to non-members. Please see Specialty classes form for class descriptions