

LAND GROUP EXERCISE SCHEDULE EFFECTIVE JUNE 3–SEPT. 1, 2024

MON				TUE				WED				THU				FRI				SAT			
5:30	Body Blast	S	Mina	5:30	Perf. Cycle	MP2	Laura	5:30	Total Body Str.	S	Laura	5:30	Perf. Cycle	MP2	Laura					7:30	Hi/Lo Cardio (45min)	S	Jennifer
6:30	Yoga	MP1	Sally	6:30	TBS EXP (30 min)	S	Sally	7:00	Cardio Exp.30min	S	Karen	6:00	Yoga	S	Nicole	7:30	Hi/Low Cardio Glutes, Guns & Guts (45min.)	S	Nichelle Paula	8:15	Total Body Strength	S	Mina
7:30	Total Body Strength (55 Min)	S	Ylona	7:00	Mat Pilates & Athletic Stretch (30 min)	S	Sally	7:30	Body Blast w/ Stretch	S	Karen	7:15	Balance Exp. (30min)	S	Sally	8:00	Perf. Cycle	MP2	Bonnie				
7:45	Cycle/Core	S	Paula	7:45	ATAC	T/BBC	Paula	8:30	Perf. Cycle	MP2	Tammy	7:45	Mat Pilates (30 min)	S	Sally	8:30	Studio Cycle (45Min)	MP2	Tammy	9:25	Zumba (55min)	S	Dara
8:35	Muscle Pump	MP2	Yi-Jin	8:30	High/Low Cardio (55 Min)	S	Nichelle	8:30	Total Body Strength	S	Lana	8:30	Total Body Strength (55Min)	S	Laurie/ Carol	8:35	Yoga	S	Lana	10:30	Yoga	S	Julie
9:45	Yoga	S	Adrienne Ann	9:30	Cardio Boxing & Strength	S	Laurie	9:35	Athletic Stretch (15 min)	S	Lana	8:45	Perf. Cycle	MP2	Yi-Jin	9:45	Muscle Pump	S	Yi-Jin	11:45	Pilates Barre Fusion	S	Lana
								10:00	Zumba (45 min)	S	Danielle	9:35	Yoga (55 min.)	S	Lana								
												10:35	Ballroom (55 min.)	S	Nichelle								
11:00	Ener. Cardio (45min)	S	Lana	11:15	Ener. Interval	S	Karen	11:15	Basic Step and Toning Strength (45min)	S	Lana	11:15	Energizer Cycle (45min)	MP2	Mary	11:00	Werq! (55min)	S	Jepharya				
11:45	Energizer Yoga (55 min)	S	Sally	11:15	Energized Cycle (45min)	MP2	Sally					11:30	Energizer Total Body Strength (45 min.)	S	Nichelle	12:00	Energized Yoga	S	Katie	8:00	Creative Step (60 min)	S	Jennifer
12:45	Total Body Strength (45min)	S	Sally	12:30	Energized Yoga	S	Lana	12:30	BeMoved Dance	S	Annie	12:35	Energizer Chair Yoga	S	Mary Kay					8:15	Studio Cycle	MP2	Tammy/ Yi-Jin
1:35	Seated Strength Exp. (30min)	S	Sally					1:35	Balance Exp. (30 min)	S	Carol					1:15	Zumba Gold	S	Dara	9:15	Total Body Strength (60min)	S	Jessie
4:15	Yoga	MP3	Nicole	1:45	Energized Chair Yoga	S	Mary Kay													10:30	Yoga	S	Katie
4:30	Total Body Strength	S	Julie	4:30	Mat Pilates w/ Athletic Stretch (55 min)	S	Ylona	5:30	Pilates Barre Fusion (55min)	S	Jessie	5:30	Zumba	S	Thomas								
5:30	Studio Cycle (45min)	MP2	Carolyn	5:30	Dynamic Duo Zumba (55min)	S	Thomas & Danielle					6:45	Total Body Strength (30min)	S	Mandy								
6:00	Zumba	S	Dara	5:30	Cycle Plus	MP2	Carolyn	6:35pm	Lift Heavy (30 min)	S	Carol												
7:15	Lo-Impact Cardio & Strength (30min)	S	Mandy	6:30	Yoga	S	Nicole																

SUN

8:00	Creative Step (60 min)	S	Jennifer
8:15	Studio Cycle	MP2	Tammy/ Yi-Jin
9:15	Total Body Strength (60min)	S	Jessie
10:30	Yoga	S	Katie

Group Exercise Supervisor:
Paula McBride 630-646-7929
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 Classes may be subbed or cancelled
 without notice

NOTE

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CLASS DESCRIPTIONS

ATAC (Athletic Training and Conditioning) A variety of cardio intervals, sport-transfer drills, cycling, strength & core. An unbelievable cross-training workout! 60min

Athletic Stretch Simple and effective stretches for all levels. Straps and rollers may be used. We're leaving yoga out of these stretches. (15 or 30 min)

Balance Express a class designed to keep us upright and steady. (15 or 30 min)

Ballroom Dance Will help you burn calories as you learn a routine in 1 class time. (55min)

Basic Step and Toning Strength Take one step at a time to learn single bench basic step and tone up with light weight upper body movements. (45min)

BeMoved Dance movement expressed through dance and music with the power to enhance your well being. 60 min

Body Blast A total body strength workout with a cardio thrown in for an added "blast!" 45-55 min

Cardio Boxing & Strength High energy Cardio boxing and strength that includes a series of combinations that may include punches, blocks and kicks, plyometric exercises, core and more. 55 min

Cardio Express Calorie burning in a variety of formats. 30min.

Cardio Strength (Low Impact) Fat burning cardio that is easy on the joints. Can include, Hi/Lo, steps and more.

Creative Step (INT/ADV) Stylized movements utilizing one or more benches in any arrangement combined with instructors' creativity and flair to bring you contagious energy, innovative choreography and FUN. **Step experience required.** 45-55min.

Cycle & Core 45 min. of Cycling followed by 15 min of focused core work. 60 min

Cycle Plus 45 min. of Cycling followed by 15 minutes of focused core, strength or stretch. 60min

Glutes, Guns and Guts That's it...let's work our glutes, arms and core. 45 min

Hi/Lo Cardio A blast of high and low impact choreographed aerobics 45-55min.

Lift Heavy If You're not—you should be! Low reps with options for all levels builds a healthy heart, bone density, metabolism & confidence while reducing risk of injury.

Mat Pilates this class introduces Pilates on the mat exercises that will improve posture, balance, body awareness and core strength. 30 min

Muscle Pump Using a body bar and dumbbells working 4 min of structured strength exercises followed by a 1 minute break, helping to increase lean muscle and endurance. 60 min

Perf Cycle One hour of color guided cycle class.

Pilates Barre A workout using light weights, small movements for body sculpting and toning.

Power Yoga Well suited for most levels, power yoga is physical exercise that improves muscle strength and endurance. 60 min

Restorative Yoga Rest, relax, and recover in comfortable yoga poses that will help to restore your body. 60 min

Seated Strength Strength workout while staying seated in a chair. 30 min

Studio Cycle Indoor cycling class designed to simulate outdoor open road riding. Cardiovascular benefits galore! (45 min)

Total Body Strength (TBS) This class offers effective strength training in a group setting. Balanced focus on all muscle groups to improve muscular strength and/or endurance. 45 or 55 min

Yoga Develop outer and inner strength through poses, alignment and breath. Each teacher brings their unique style and experience to the class. Most commonly taught is Vinyasa or Iyengar based styles. 30-60 min

Werg! A new dance class with a hip hop vibe. Easy to follow and full of energy! Get ready to dance! 55min

Zumba HOT Latin dance based work out. Salsa, rumba and tango those calories away. All levels are welcome. 45-60 min

Mature Adult and/or Novice Class Options for 55+

Energizer Cardio (55+) A variety of low impact movements that are fun for the mature adult (or novice exerciser). 40 min of movement with 15 min core and flexibility for a balanced workout. 60 min.

Energizer Chair Yoga (55+) Using a chair to help balance and modify and yoga poses. 60 min.

Energized Cycle (55+) Indoor cycling class designed to simulate outdoor open road riding. Cardiovascular benefits galore! (45 min)

Energizer Interval (55+) This class is for the mature adult with intervals of cardiovascular exercise and weight training. Loads of fun and variety. 60 min.

Energizer Strength (55+) Effective resistance, balance and core training. Challenges and benefits for all levels. 60 min

Energizer Yoga (55+) Calm your nerves, ease stiffness, improve muscle tone and focus your mind. Vinyasa or Iyengar based method is followed (use of props and precise alignment) to safely guide each participant toward enhanced flexibility, strength and stamina. Great at any age. 60 min.

ZUMBA GOLD (55+) Low-impact, lower intensity of a typical Zumba class with a great mix of salsa, tango, rumba and more. 60 min.

S = Main Studio

S2=Studio 2

T = Track

MP1 = YPT Room/Multi-purpose Room

MP2 = Spin Room (kid's side)

MP3 = Multi-Purpose Room (kid's side)

BBC = Basketball Court

Classes subject to minimum/maximum participants, instructor/location changes, and/or cancellations may or may not occur with notice.

Summer Land Group Exercise Schedule

June 3-Sept. 1, 2024

