

MON	TUE	WED	THR	FRI	SAT
5:30 - 6:15AM Body Blast Mina	5:30 - 6:30AM Cycle Performance Laura	5:30 - 6:15AM Total Body Strength Laura	5:30 - 6:30AM Cycle Performance Laura	7:30 - 8:15AM Glutes, Guns & Guts Paula	7:45 - 8:15AM Cardio Express Mina
7:30 - 8:30AM Total Body Strength Ylona	7:00 - 7:45AM TBS Express & Mat Pilates Sally	7:30 - 8:30AM Body Blast Karen	6:00 - 7:00AM Yoga Nicole	7:45 - 8:30AM Hi/Low Cardio Jen	8:00 - 9:00AM Cycle Performance Bonnie
7:45 - 8:45AM Cycle & Core Paula	7:45 - 8:45AM ATAC Paula	8:30 - 9:30AM Cycle Performance Tammy	7:30 - 8:15AM Mat Pilates & Balance Sally	8:30 - 9:15AM Cycle Tammy	8:15 - 9:15AM Total Body Strength Mina
8:35 - 9:35AM Muscle Pump Yi-Jin	8:45 - 9:30AM High/Low Cardio Nichelle	8:35 - 9:35AM Total Body Strength Lana	8:30 - 9:25AM Total Body Strength Laurie / Carol	8:35 - 9:35AM Yoga Lana	9:25 - 10:25AM Zumba Dara
9:45 - 10:45AM Yoga Adrienne Ann	9:35 - 10:30AM Cardio Boxing & Strength Laurie / Jen	9:45 - 10:45AM Zumba Danielle	8:45 - 9:30AM Cycle Yi-Jin	9:45 - 10:45AM Muscle Pump Yi-Jin	10:30 - 11:30AM Yoga Julie
11:00 - 11:30AM Energizer Cardio Express Lana	10:35 - 11:05AM Glorious Glutes (Fee Based)* Paula	11:15 - 12:00PM Basic Step & Toning Strength Lana	9:35 - 10:30AM Yoga Lana	11:00 - 11:55AM Werq! Jepharya	11:45 - 12:30PM Pilates Fusion Lana
11:30 - 12:15PM Total Body Strength Lana	11:15 - 12:15PM Energizer Interval Karen	12:30 - 1:30PM BeMoved Dance Annie	10:45 - 11:30AM Ballroom Dance Cardio Nichelle	12:00 - 1:00PM Energized Yoga Katie	<b>SUN</b>
12:30 - 1:30PM Energizer Yoga Sally	11:15 - 12:00PM Energizer Cycle Sally	1:35 - 2:05PM Balance Express Carol	11:15 - 12:00PM Energizer Cycle Mary	1:15 - 2:15PM Zumba Gold Dara	8:00 - 9:00AM Creative Step Jen
1:35 - 2:05PM Seated Strength Express Sally	12:30 - 1:15PM Energizer Chair Yoga Lana	4:30 - 5:25PM Yoga Adrienne Ann	11:35 - 12:20PM Energizer TBS Nichelle		9:15 - 10:15AM Total Body Strength Jessie
4:15 - 5:15PM Yoga Nicole	2:30 - 4:15PM Tap Beg/Adv (Fee Based)* Annie	5:30 - 6:25PM Pilates Fusion Jessie	12:30 - 1:30PM Energizer Chair Yoga Mary Kay		10:30 - 11:30AM Yoga Katie
4:30 - 5:30PM Total Body Strength Julie	4:30 - 5:30PM Mat Pilates & Stretch Ylona	6:35 - 7:05PM Lift Heavy Carol	1:45 - 2:30PM Restorative Yoga Nicole		
6:00 - 7:00PM Zumba Dara	5:30 - 6:30PM Dynamic Duo Tom & Danielle		4:30 - 5:15PM Muscle Pump Mandy		
7:15 - 7:45PM Lo-Impact Cardio & Strength Mandy	5:30 - 6:30PM Cycle Plus Carolyn		5:30 - 6:30PM Zumba Danielle / Thomas		
	6:30 - 7:30PM Yoga Nicole		6:00 - 6:45PM Cycle Carolyn		
			6:45 - 7:15PM TBS Express Mandy		

### Class Location Color Codes

<span style="border: 1px solid black; display: inline-block; width: 15px; height: 15px;"></span> Studio	<span style="background-color: #f4a460; display: inline-block; width: 15px; height: 15px;"></span> Multi Purpose Room 3
<span style="background-color: #fff9c4; display: inline-block; width: 15px; height: 15px;"></span> Multi-Purpose Room 1	<span style="background-color: #e1eef6; display: inline-block; width: 15px; height: 15px;"></span> Track / Basketball Court
<span style="background-color: #4a7ebb; display: inline-block; width: 15px; height: 15px;"></span> Multi Purpose Room 2	<span style="font-size: 2em;">*</span> Denotes Fee Based Class

**Paula McBride**  
 Group Exercise Supervisor

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

## Land Group Exercise Class List

### **ATAC (Athletic Training and Conditioning)**

A variety of cardio intervals, sport-transfer drills, cycling, strength & core. An unbelievable cross-training workout!

### **Balance Express**

A class designed to keep us upright and steady.

### **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.

### **BeMoved Dance**

Movement expressed through dance and music with the power to enhance your well being.

### **Body Blast**

A total body strength workout with a cardio thrown in for an added "blast!"

### **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.

### **Cardio Express**

Calorie burning in a variety of formats.

### **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.

### **Cycle & Core**

Cycle followed by 15 minutes of focused core work.

### **Cycle Performance**

One hour of color guided cycle class,

### **Cycle Plus**

Cycle followed by 15 minutes of focused core, strength or stretch.

### **Glutes, Guns and Guts**

That's it...let's work our glutes, arms and core .

### **Hi/Lo Cardio**

A blast of high and low impact choreographed aerobics

### **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.

### **Low Impact Cardio and Strength**

This cardio class will be easy on the knees but you will still get a good sweat going. Add a little strength and it is just what you needed!

### **Mat Pilates**

This class introduces Pilates on the mat exercises that will improve posture, balance, body awareness and core strength.

### **Mat Pilates with Balance**

This class introduces Pilates on the mat exercises that will improve posture, balance, body awareness and core strength with an added balance portion.

### **Mat Pilates with Stretch**

This class introduces Pilates on the mat exercises that will improve posture, balance, body awareness and core strength with an added stretch portion.

### **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.

### **Pilates Fusion**

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

### **Restorative Yoga**

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

### **Seated Strength**

Strength workout while staying seated in a chair.

### **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.

### **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.

### **Werq!**

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

### **Zumba**

HOT Latin dance based work out. Salsa, rumba and tango those calories away. All levels are welcome.

## Energizer Classes (Recommended for 55+)

### **Energizer Cardio**

A variety of low impact movements that are fun for the mature adult (or novice exerciser).

### **Energizer Chair Yoga**

Using a chair to help balance and modify and yoga poses.

### **Energizer Cycle**

Indoor cycling class designed to simulate outdoor open road riding. Cardiovascular benefits galore!

### **Energizer Interval**

his class is for the mature adult with intervals of cardiovascular exercise and weight training. Loads of fun and variety.

### **Energizer Interval**

Effective resistance, balance and core training.

### **Energizer Yoga**

Calm your nerves, ease stiffness, improve muscle tone and focus your mind. Vinyasa or Iyengar based method is followed to safely guide each participant toward enhanced flexibility, strength, and stamina.

### **Zumba Gold**

Low-impact, lower intensity of a typical Zumba class with a great mix of salsa, tango, rumba and more.