



Center Fitness Club

Group Exercise Schedule

October 2019

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..... SS
9:15 – 10:15	Triple Threat	Cris A
10:20 – 11:20	Zumba	Iida A
11:25 – 12:10	Zumba Gold: Toning	Alison M.... A
11:30 – 12:45	Yoga Basics	Ellen..... MB
12:15 – 1:05	Joints in Motion	Allison/Pam.A
6:00 – 7:00	Spin	Chris..... SS
6:00 – 7:00	Zumba	Alison M.... A

TIME	CLASS	INSTRUCTOR / ROOM
Tuesday		
5:45 – 6:30	HIIT/Strength Express	Frankie/Kate..A
7:30 – 8:00	Heart Plus Express	Karen A
8:00 – 9:00	Pilates / Strength	Dianne A
9:00 – 9:45	Spin Express	Stacy SS
9:15 – 10:30	Yoga	Mira MB
9:15 – 10:15	Interval Training	Marta A
10:30 – 11:30	Barre Fusion	Cris..... A
11:30 – 12:30	Tai Chi	Evelyn MB
6:00 – 7:00	HIIT	Allison R.... A
7:00 – 8:00	Yoga	Nicole..... MB

TIME	CLASS	INSTRUCTOR / ROOM
Wednesday		
5:45 – 6:30	Spin Express	Chris..... SS
5:45 – 6:30	Strength Express	Lori A
8:00 – 9:00	Strength	Marta A
9:15 – 10:15	Cardio/Sculpt	Cris..... A
10:30 – 11:45	Kundalini Yoga	Michelle MB
10:30 – 11:30	Heart Plus	Karen A
11:30 – 12:30	Zumba Gold: Low Impact	Alison M.... A
6:00 – 7:00	Zumba	Kristin V.... A
6:00 – 6:45	Spin	Stacy..... SS
7:00 – 8:00	Yoga	Stacy..... MB

GroupFit Passes			
GroupFit Pass	CFC Member	Resident	Non-Resident
Daily Class	\$10	\$15	\$17
5 Classes	\$49	\$71	\$81
10 Classes	\$87	\$132	\$153
20 Classes	\$153	\$241	\$285
Unlimited	\$518	\$528	\$662

Schedule Key	
Spin Studio	SS
Studio A	A
Mind & Body	MB
SeniorFit Class	Boldface
New/Changed Classes	<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 – 10:30	Yoga	Jancy..... MB
9:30 – 10:30	WERQ	Amy G..... A
11:00 – 11:50	Backs, Hips & Knees in Motion	Pam.... MB
7:00 – 8:00	HIIT	Alison R.... A

TIME	CLASS	INSTRUCTOR / ROOM
Friday		
5:45 – 6:30	Spin & Strength Express	Amie/Lori ... SS/A
8:00 – 9:00	Foam Roller & Stretch	Lora MB
8:00 – 9:00	Strength/Tabata	Marta A
9:15 – 10:15	Spin	Lora SS
9:15 – 10:15	Interval Training	Rachelle A
10:35 – 11:35	Zumba	Ruben A

TIME	CLASS	INSTRUCTOR / ROOM
Saturday		
7:00 – 8:00	Spin	Lori SS
7:30 – 8:30	HIIT/Spin	Alison..... A/SS
8:15 – 9:15	Strength Training	Rachelle A
9:15 – 10:00	Spin Express	Chris..... SS
9:15 – 10:15	Yoga	Lori MB
9:30 – 10:30	Cardio/Sculpt	Cris..... A

TIME	CLASS	INSTRUCTOR / ROOM
Sunday		
8:00 – 9:00	HIIT	Marta A
9:00 – 10:00	Yoga	Karissa 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

Barre Fusion: Develop strength through a combination of isometric strength (maintaining specific postures) and high repetitions using just your body weight. From time to time, we'll shake up the format and incorporate strength and balance work with some familiar equipment.

Cardio Core: The cardio portion of the class draws from several formats including kick-boxing, plyometrics, and functional bodyweight movements. The second portion of the class utilized a variety of exercises 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!

Tabata: A form of high-intensity interval training with a specific time format. This format uses high or low intensity.

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

Foam Roller & Stretch: Using the foam roller and other small equipment, we will self-massage to calm down stressed muscle and tissue as well as integrate trigger point release of trouble spots. Yoga straps will help to achieve active muscle lengthening as well as joint mobility. The combination of massage and stretch will leave you with increased flexibility and 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.

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 is 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.