

Group Fitness Schedule as of January 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45 – 6:25 am Threshold Ride Julie	6 – 7 am Mor. Yoga Stretch Jeanne / Lauren		6 – 7 am Stretch Yoga Flow Jim	7 – 7:50 am Muscle Max - 50 Staff Rotation	8 – 9 am Vinyasa Yoga Jeanne
	6:30 – 7 am Express Tone Julie	6 – 6:45 am Total Body Blast Robin		6 – 6:45 am Strength Condit Robin	8 – 8:45 am Boot Camp (\$) Cole M.	8:15 – 9 am Aqua ZEN Lynn
7 – 7:45 am Spinning John	7 – 8 am Yoga Flow Ann	7 – 7:45 am Spinning Julie	7 – 7:45 am Power Pilates Ann	7 – 7:45 am Tabata Sculpt Lexi	8 – 9 am Sunrise Yoga Jim	8:15 – 9:05 am Total Body - 50 Kim/ Michelle
8:15 – 9:00 am Dance Fitness Kay	8:15 – 9 am Final Cut Vicki	8:15 – 9 am Let it Go Hi/Lo Vicki	8:15 – 9:05 am Dynamic Duo - 50 Julie	8:15 – 9 am Low Impact Motion Julie	8 – 9 am Cycle 60 Staff Rotation	9:15 – 10 am Aqua Cardio Blast Lynn
8:15 – 9 am Aqua Intervals Lynn	8:15 – 9 am Aqua Tone Sheri	8:15 – 9 am Cardio Splash Kimberly	8:15 – 9 am Power Waves Thea	8:15 – 9 am Sea Surprise Sheri	8 – 8:45 am Tabata & Core Staff Rotation	8:15 – 9:05 am Total Body - 50 Kim/ Michelle
8:15 – 9 am B . B . S Thea	8:15 – 9 am Walking&Stretch Thea				9:15 – 10 am Sea Surprise Bonnie	9:15 – 10 am Pilates Mat 101 Amanda
9:15 – 10 am Aqua Cardio Blast Lynn	9:15 – 10 am Aqua Intervals Sheri	9:15 – 10 am Aqua Mix Bonnie	9:15 – 10 am Aqua Cardio Blast Kimberly	9:15 – 10 am Aqua Intervals Sheri	9:15 – 10:05 am Pilates Mat 101 Amanda	9:15 – 10:15 am Pilates Mat II Ann
9:30 – 10:15 am Barre Lexi	9:15 – 10:15 am All Level Yoga Jim	9:30 – 10:15 am Pilates.Barre.Fusion Laureen			9:15 – 10 am 3--2--1-- Staff Rotation	9:30 – 10:30 am Zumba Leah
9:30 – 10:25 am Extreme Energy Julie	9:30 – 10:15 am Cycle 45 Vicki	9:30 – 10:15 am Threshold Ride Vicki	9:30 – 10:15 am Cycle 45 Julie	9:30 – 10:15 am Threshold Ride Lexi	10:15 – 11 am Beg. Friendly Yoga Amanda	10:30 – 11:30 am Beg. Friendly Yoga Staff Rotation
10:30 – 11:30 am Yogalates Julie	9:30 – 10:15 am Muscle Endurance Lexi	9:30 – 10:15 am 3--2--1-- Lexi	9:30 – 10:15 am Strength Condit Dede	9:30 – 10:30 am Kickboxing Julie		
10:30 – 11:15 am Low Impact Motion Vicki	10:25 – 11:10 am ZUMBA Gold Nori	10:30 – 11:30 am Yogalates Julie	10:25 – 11:10 am ZUMBA Gold Nori	10:30 – 11:15 am S . O . S Liz B.		
11:30 am-12:20 pm Stretch & Align 50 Vicki	10:30 – 11:15 am S . O . S Liz B.			11:30 am-12:20 pm Stretch & Align 50 Vicki		
12:15 – 1 pm Aqua Circuit Bonnie	11:30 am-12:25 pm Fit,Function,Balance Cathy	11:30 am-12:20 pm Fit,Function,Balance Cathy		11:45 am-12:45 pm BodyWorks Medita. Denice		
12:30 – 1:15 pm Chair Yoga Jim	12:30 – 1:00 pm Stretch & Flex 30 Cathy	12:15 – 1 pm Aqua Tone Bonnie	12:30 – 1:15 pm Chair Yoga Jim	12:15 – 1 pm Aqua FLOW Sheri		
4:30 – 5:15 pm Tabata Sandy		12:30 – 1:00 pm Stretch & Flex 30 Cathy				
4:45 – 5:30 pm Pilates Denice	4:45 – 5:30 pm Arms & Abs Gilda	4:30 – 5:15 pm Muscle Endurance Gilda	4:45 – 5:30 pm Leg Day + Core Gilda	5:45 – 6:45 pm Yoga Flow & Nidra Jim		
5:30 – 6:15 pm Boot Camp (\$) Will	5:15 – 6 pm Aqua Cardio Blast Lynn		5:15 – 6 pm Aqua Mix Bonnie			
5:30 – 6:15 pm Strength Condit Vicki	5:45 – 6:30 pm Power Cycle Vicki	5:45 – 6:35 pm F . I . T - 50 Michelle	5:45 – 6:30 pm Power Cycle Stephanie			
6 – 7 pm Purifying Yoga Flow Amanda		6 – 7 pm Vinyasa Yoga Amanda	6 – 7 pm All Level Yoga Jeanne			
7:15 – 8 pm Restorative Yoga Amanda	6:30 – 7:30 pm Zumba Leah	6:30 – 7:30 pm Aqua FIT n' FLOW Bonnie	6:15 – 7 pm Sea Surprise Bonnie			

- Conference Room 2&3
- Aerobic Studio
- Spin Room
- Swim Pool
- Yard /TURF
- Conference Rooms 2 & 3

- ★ First Friday of the month only
- NEW Class/Format/Instructor
- (\$) Specialty Paid Classes

For more info please visit our classes at <https://nchw.thememberspot.com/classes> .For more info call us at 847.618.3501

Class instructor and formats are subject to change without notice

Group Fitness Class Description 2025

Group Exercise

3-2-1: Get ready to sweat! 3 min. Cardio - 2 min. Strength & 1 min. Core

BootCamp (\$): An efficient and challenging form of conditioning that develops strength, endurance, & flexibility with a Personal Trainer. \$5M/\$15NM

Dance Fitness: Join us for an energetic and fun-filled dance fitness class that will get your heart pumping and your body moving to the beat!

Dynamic Duo: 2 min. of cardio followed by 2 min. of strength for total 45 minutes of core workout!

Express Tone: This class will improve circulation, metabolism and caloric burn in just 30 minutes.

Final Cut: This functional training class tones and sculpts the body using bars, dumbbells, resistance bands, Bosus and stability balls.

Fit, Function, Balance: Improve muscle endurance, strength and balance.

F.I.T.: Takes the traditional weight lifting class to the next level by utilizing movements to improve strength, mobility, and stability.

Kickboxing Intervals: Combinations of upper- and lower-body strikes and athletic drills make up this killer cardio workout.

Let It Go Hi/Lo: Energetic low impact cardio workout for the entire body.

Muscle Endurance: Target every muscle group! Build overall strength.

Muscle MAX: Increase your strength, develop lean strong muscles, and start building that body you've always wanted.

Seniors on Strength (S.O.S): Toning class using tubing and dumbbells for resistance while alternating between sitting, standing, and walking to improve movement and balance.

Strength Conditioning: Build lean muscle using a variety of exercise equipment guaranteed to improve

your fitness levels and endurance.

Stretch & Alignment: Geared for improving flexibility for all muscle groups through various stretching techniques.

Stretch & Flex 30: Exploring different stretches (dynamic and static) to increase flexibility, blood flow, muscle strength and reduce injury.

TABATA: A highly popular exercise for those who are looking for a fast, effective workout guaranteeing you to sweat.

TABATA & Core: 50% high-intensity interval training and 50% focus on sculpting and abs.

Total Body Blast: Total Body is a high-energy format to challenge muscular strength and cardiovascular endurance.

Zumba: A fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO."

Zumba Gold: A lower-intensity version of the Zumba class and designed to meet the anatomical, physiological and psychological needs.

Aqua Fitness

Aqua Cardio Blast: Moving with intense cardio and strength movements using the full benefit of the water's resistance.

Aqua Circuit: Electrify your training with this high voltage format of cardio and strength training in the pool!

Aqua Fit'n Flow: High intense cardio and low intense movements using the full benefit of the water's resistance.

Aqua Flow: The full benefit of the water's resistance. Half the class is in the lap pool & last part in warm pool.

Aqua Intervals: Using different intensity intervals from high energy to recovery you will be able to increase endurance and strength.

Aqua Mix: A true mix of equipment and balance moves to improve cardiovascular fitness, strength and flexibility.

Cardio Splash: Use the resistance of the water to improve cardiovascular fitness, endurance and flexibility.

Power Waves: An intense aqua workout with interval training, plyometrics, and power moves to improve cardiovascular fitness, muscular endurance, strength, and flexibility.

Sea Surprise: This aquatic exercise class will enhance muscular tone, using the resistance of the water, water weights, noodles, and more.

Aqua ZEN: Mindful Moves and Stretching is designed to improve stabilization, balance, and joint movement, reduce pain / stiffness and contribute to your overall health. All Level.

Mind/Body

All Level Yoga: Practice poses, breath awareness, strength, flexibility, form and flow.

Barre: Enjoy the strength workout while keeping your joints flexible and muscles elongated. No actual dancing involved, no need any experience in yoga or Pilates!

Balance. Brain .Spine (BBS): Challenge your minds with brain games, and focus on exercises that support your spine. Remember, a healthy spine is a healthy life.

Beg. Friendly Yoga: Combination of healthy alignment and the freedom to play within familiar and beginner yoga poses.

Chair Yoga: Cultivates awareness and deep relaxation through meditation, breath work, and gentle stretches all without the stress of getting up and down off the floor.

Hatha Yoga: It combines postures (asanas) with conscious breathing (Pranayama) while developing flexibility, balance, endurance, and mental clarity.

Pilates Barre Fusion: Elevate your fitness routine with our Pilates Fusion class, a dynamic blend of mat

Pilates and invigorating Barre exercises.

Pilates Mat & Power Pilates: Improve core strength, balance and stability with Pilates Mat exercises.

Purifying Yoga Flow: A rhythmic and devotional flow practice where you can explore every pose.

Restorative Yoga: This class emphasizes deep breathing exercises, poses and stretches that promote flexibility, awareness, posture, comfort and relaxation.

Sunrise Yoga: A morning yoga practice can be an exhilarating challenge that sets your day for success both mentally and physically!

Vinyasa / Yoga Flow: An energizing yoga practice involving movement through a sequence of poses (asana) coordinated with the breath.

Walking & Stretching: 45 minute workout achieving over 2,000 steps. We're adding stretching exercises to increase flexibility and range of motion.

Yogalates: Combined Pilates and yoga for a total body workout focused on strength and balance and core.

Yoga Flow and Nidra: Will allow your mind and body to slip into a deep state of relaxation.

Cycle

Cycle 45 and 60: Ride through a musical journey as you burn calories & build up a sweat performing intense interval work efforts.

HIIT the Road: High Intensity Interval Training on a stationary bike including interval training techniques.

Power Cycle: Take a heart-pounding ride through hills and drills. This is the best cardio calorie burner out there.

Spinning: This class will increase cardiovascular endurance. For beginner to advanced level.

Threshold Ride: Get lost in the fun and burn lots of calories on this ride.



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