



Group Fitness Schedule

November 20 – December 31, 2023

schedule and locations subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EARLY MORNING			6:00-6:50 am Knockout Edwin – LL3		
MORNING	9:30-10:20am Strength Bootcamp Susie – LL3	9:15-10:15am Yoga-lates Silvia – LL2	9:30-10:30am TRX Circuit Jen – LL3	9:00-9:50am Knockout Edwin – LL3	8:30-9:30am Yoga-lates Werner – LL2
MID-MORNING	10:30-11:20am WERQ Susie – LL3			10:00-11:00am Yoga Flow Liz – 212	
EVENING	6:00-6:50pm Knockout Edwin – LL3			5:45-6:45pm Yoga-lates Emily – 212	

For more information or questions regarding Group Fitness contact Rachel Tandy, Fitness Manager at rachelt@mywch.org or (847) 881-9317.

To participate in a Group Fitness class, you must first visit the Fitness Center desk to pick up a class ticket, which will be issued when your Group Fitness Membership Enhancement is confirmed or you pay the \$20 drop-in fee. Present the ticket to the instructor for entry to the class.

Class Descriptions

Knockout: High intensity boxing, strength, and cardio circuits led by a former competitive boxer will get your heart pumping!

Strength Bootcamp: Build strength, increase lean muscle mass, and have fun in this resistance-based exercise class.

TRX Circuit: TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. Come experience this workout developed by a Navy Seal!

WERQ: Come try the wildly addictive cardio dance workout based on trending pop and hip-hop music!

Yoga Flow: An all-levels yoga flow practice.

Yoga-lates: This combination of Pilates moves and yoga poses will strengthen and lengthen muscles and help create a lean, toned look.