



Group Fitness Schedule

January 6 – April 6, 2025

schedule and locations subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING				6:00-6:50am High Intensity Pilates Marcia – LL3			
MORNING	9:30-10:20am Strength Bootcamp Cameo – LL3	9:15-10:15am Yoga-lates Silvia – LL3	9:30-10:20am Strength Circuit Edwin – LL3	9:00-9:50am Knockout Edwin – LL3	8:30-9:30am Yoga-lates Werner – LL3		
MID-MORNING	10:30-11:20am Dance Cardio Cameo – LL3	10:30-11:20am TRX Circuit Cameo – LL3	10:30-11:20am WERQ Carly - LL3	10:00-11:00am Yoga Flow Liz/Jim – LL3	9:40am-10:30am TRX Circuit Danielle – LL3		
AFTERNOON		12:00-12:45pm Strength Circuit Edwin – LL3					2:00-3:00pm Gentle Yoga Jim – LL3
EVENING			5:45-6:35pm Mindful Movements Silvia – LL3	5:45-6:45pm Yoga-lates Emily – 211D			

For more information or questions regarding Group Fitness contact Rachel Tandy, Fitness Manager at rachel@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.