



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 Stretch & Flow Silvia – LL3				

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.

For class descriptions, see the back of this page.

Class Descriptions

Gentle Yoga: Simple sequences and slower paced movements make this a great class for beginner to intermediate yogis as well as advanced yogis looking for a recovery workout.

Dance Cardio: Old school aerobics transformed into a modern, heart-pounding, fun and effective workout. Cardio and toning meet leg warmers with a side of air guitar!

High Intensity Pilates: This class is a low impact, high intensity, interval-based Pilates class. Tone your core, arm and leg muscles, and boost your metabolism for hours after you leave class!

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.

Strength Circuit: Build muscle in this timed, station-based strength workout.

Stretch & Flow: Gentle stretching and slow yoga poses help you rejuvenate and recharge your tired muscles.

TRX Circuit: Suspension training that uses bodyweight exercises to develop strength, balance, and core stability combined with floor exercises in this total body workout.

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.