



## Group Fitness Schedule

**September 8, 2025- January 11, 2026**  
*schedule and locations subject to change*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING			8:30-9:20am Vinyasa Flow Level 1&2 Kelly – LL3 (starts 9/17)		8:30-9:30am Yoga-lates Werner – 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	9:30-10:20am Barre Sculpt KC – LL3			
MID-MORNING	10:30-11:20am Dance Cardio Cameo – LL3	10:30-11:20am TRX Circuit Cameo – LL3	10:30-11:20am WERQ Katie - LL3	10:30-11:20am Roll & Recover KC – LL3			
AFTERNOON	12:30-1:15pm High Intensity Pilates Werner – LL3	12:00-12:45pm Strength Circuit Edwin – LL3					2:00-3:00pm Gentle Yoga Brook – LL3

For more information or questions regarding Group Fitness contact Rachel Tandy, Fitness Manager at [rachelt@mywch.org](mailto: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

**Barre Sculpt:** This barre class delivers a fusion of ballet, pilates, yoga and strength training in each 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!

**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.

**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!

**Roll & Recover –** Alleviate muscle tension and improve range of motion throughout your body using foam rollers and gentle stretching techniques.

**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.

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

**Vinyasa Flow Level 1&2 –** This yoga class combines foundational poses with slightly more challenging, intermediate postures at a moderate pace, linking breath to movement in a flowing sequence to build strength, flexibility, and endurance.

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

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