



Group Fitness Schedule

January 12 – April 5, 2026

schedule and locations subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING		8:30-9:20pm Strength Sculpt Liz – LL3	8:30-9:20am Vinyasa Yoga Flow Kelly – LL3		8:30-9:30am Yoga-lates Werner – LL3	8:30-9:20am Strength Circuit Peter – LL3 <u>**Begins 1/24</u>	
MORNING	9:30-10:20am Strength Bootcamp Cameo – LL3	9:30-10:20am Yoga-lates Silvia – LL3	9:30-10:20am Strength Circuit Edwin – LL3	9:30-10:20am Barre Sculpt KC – LL3			
MID-MORNING	10:30-11:20 Vinyasa Yoga Flow Kelly – 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		12:00-12:45pm Strength Circuit Edwin – LL3					2:00-3:00pm Gentle Yoga Werner – LL3
EVENING		5:45-6:45pm Mat Pilates Lu – LL3		5:45-6:45pm Candlelight Gentle Yoga Carly – 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

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

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. **Candlelight Gentle Yoga** is gentle yoga with ambiance!

Mat Pilates: A full body workout on the mat to build core strength, improve flexibility, posture, and body awareness, focusing on controlled, precise movements linked with breath, originating from Joseph Pilates' original exercises.

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.

Strength Sculpt: A full body resistance exercise class that combines body weight and weighted exercise to tone and strengthen while enhancing balance, posture and mobility.

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 Yoga Flow – 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.