



## Group Fitness Schedule

**April 6-June 21, 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	
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 Mat Pilates 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 Strength Circuit 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					

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

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.

**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.

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

**Strength Circuit:** Work all muscle groups in this strength class that is station, time, or set based.

**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 to help create a lean, toned look.