



Group Fitness Schedule

June 1- September 6, 2026

schedule and locations subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
MORNING	9:30-10:20am Strength Bootcamp Liz – LL3	9:30-10:20am Garden Yoga Flow Silvia – Outdoor Garden*	9:30-10:20am Strength Circuit Edwin – LL3	9:30-10:20am Mat Pilates KC – LL3	9:40-10:30am WERQ POP-UP** Katie – LL3
MID-MORNING	10:30-11:20 Vinyasa Yoga Flow Kelly – 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			
EVENING		5:45-6:45pm Mat Pilates Lu – LL3			

*Outdoor weather and schedule permitting. Contact Fitness Center to confirm location weekly.

**WERQ POP UP DATES: June 5, June 26, July 24, July 31, August 14

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

Class Descriptions

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: A 50 minute high energy workout designed to build strength, increase endurance, and build metabolism.

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.

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. **Garden Yoga Flow** does this in our beautiful outdoor Community House Garden!

WERQ: Come try the wildly addictive cardio dance workout based on trending pop and hip-hop music! ****WERQ POP UP:** Select Fridays only. See Fitness Center for dates.

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