Group Exercise Schedule: Land

Effective: February 1, 2026 Gurnee

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rise & Shine Ride 5:15-6:00am Lisa J. Cycle Studio	Bootcamp 5:15-6:00am Eric Gym Floor	Rise & Shine Ride 5:15-6:00am Lisa H. Cycle Studio	Bootcamp 5:15-6:00am Eric Gym Floor	Rise & Shine Ride 5:15-6:00am Lisa H. Cycle Studio	Bootcamp 8:00-8:45am Angela / Jenna Gym Floor	Sunday Cycle* 9:00-10:00am Lisa J. Cycle Studio 1st Sunday Only
Total Body Conditioning 8:30-9:30am Jodi Gym Floor	YogaRoll 6:05–6:35am Amy Main Studio	Pilates Barre 6:05-6:50am Paige Main Studio	Barre Fusion 8:30-9:30am Jennifer Main Studio	Functional Strength 6:05-7:00am Amy Main Studio	Cycle55 8:00-9:00am Amy / Lisa J. Cycle Studio	Knockout 9:00-10:00am Sam Main Studio
	Knockout 8:30-9:30am Jodi Main Studio	Barbell Strength 8:30-9:30am Jennifer Main Studio	Strong Nation® + Weights 9:30-10:30am Jennifer Main Studio	Total Body Tabata® 8:30-9:30am Jodi Gym Floor	Zumba® 8:00-9:00am Chompoo Main Studio	Core & More 10:00-10:55am Jenna Main Studio
	Strength & Stability 9:30-10:30am Angela S. Main Studio	Power Core Pilates 9:30-10:30am Jennifer Main Studio	Interval Ride 9:30-10:15am Gary Cycle Studio	Zumba® 9:30-10:30am Jennifer Main Studio	Barbell Strength 9:00-10:00am Main Studio Angela / Amy	
	Interval Ride 9:30-10:15am Gary Cycle Studio	Vinyasa I 9:30-10:30am Sharon B. Mind Body Studio	Soul Stretch 9:30-10:15am Jodi Mind Body Studio		Flex & Flow 9:00-9:45am Mind Body Studio Jodi	
Simply Fit 10:30-11:15am Jodi Gym Floor	Resistance Pilates 9:30-10:30am Linda Mind Body Studio	Simply Fit Interval 10:30-11:15am Kelly Main Studio	Simply Fit 10:30-11:15am Jodi Main Studio	Barre & Balance 10:30-11:30am Jennifer Main Studio	Vinyasa I 10:00-11:00am Sharon / Maricel Mind Body Studio	
Gentle Vinyasa 11:30am-12:30pm Sharon B. Mind Body Studio	Restorative Yoga 10:30-11:30am Linda Mind Body Studio				Simply Fit 10:15-11:00am Jodi / Sue Main Studio	
Seated Yoga Stretch Express 11:30am-12:00pm Jodi / Jenna Main Studio	Drum Beats / Dance Beats 10:45-11:30am Main Studio Jodi	Seated Yoga Stretch 11:30am-12:15pm Kelly Mind Body Studio	Sit Strong 11:30am-12:00pm Jodi / Kelly / Jenna Main Studio	Seated Gentle Flow 11:30am-12:15pm Andrea Mind Body Studio		
	Pilates Sculpt 4:30-5:15pm Sue Mind Body Studio		Pilates 34 4:30-5:15pm Lisa J. Mind Body Studio	Midday Yoga Flow 12:30-1:30pm Andrea Mind Body Studio		
Zumba® 5:00-6:00pm Angela W. Main Studio		Knockout 5:00-6:00pm Sue Main Studio				
Interval Ride 5:00-5:45pm Kris Cycle Studio	HIIT 45 5:15-6:00pm Sam/Sue/Jodi/Angela Main Studio	Interval Ride 5:00-5:45pm Kris Cycle Studio	Step & Strength 5:15-6:15pm Sue Main Studio			
Vinyasa Flow 5:00-6:00pm Sue Mind Body Studio	Slow Flow Yoga 5:30-6:30pm Colette Mind Body Studio	Gentle Vinyasa 5:30-6:30pm Andrea Mind Body Studio	Vinyasa Flow 5:30-6:30pm Amy Mind Body Studio		*New Class or Instructor	SEE BACK PAGE FOR CLASS DESCRIPTIONS.
Barbell Strength 6:00-7:00pm Amy Main Studio		Zumba® 6:00-7:00pm Chompoo Main Studio	Cycle & Stretch 5:30-6:30pm Lisa J. Cycle Studio			

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Contact Jodi Ryczek, Group Exercise Director Gurnee, for more info at Jodi.ryczek@hfit.com or 847.625.4764

Advocate Condell Medical Center
Centre Club

Barbell Strength: Build lean muscle mass with this strength and conditioning workout using an adjustable barbell with plates, dumbbells and other various equipment. Some cardiovascular training may be incorporated.

Barre Fusion / Pilates Barre: A dynamic and safe workout to challenge legs, core, glutes and arms while enhancing balance and alignment.

Barre & Balance: This full body workout will promote a leaner body, improved balance and elongated posture. The barres are used for stability as we focus on low impact moves with high repetition and flows of stretching to increase joint mobility. All moves are performed standing. Suitable for all levels.

Bootcamp: An interval or circuit style training class using bursts of intense activity alternated with intervals of lighter activity.

Core & More: This class is a blend of targeted core training and mobility work designed to build strength, improve posture, and enhance movement quality. All levels welcome.

Cycle55: Gear up for an energetic low impact cycle ride then stay for an extended stretch.

Cycle & Stretch: Get ready for the best of both worlds! 30 minutes of low-impact cycle plus 25 minutes of stretch work.

Dance Beats: Embrace the rhythm and feel the beat at our lively and energetic dance class designed especially for seniors! This class offers an inclusive and supportive environment where you can move, groove, and have fun while improving balance, coordination and boosting overall aerobic fitness. **Feb. 9, 23**

Drum Beats: This fun and lively cardio drumming class is designed to get you moving to the beat! This class is perfect for anyone looking to improve their cardiovascular health, boost their mood, and enjoy a rhythmic workout. **Feb. 2, 16**

Flex & Flow: This class delivers strength, balance and flexibility together with yoga-inspired moves all set to fun music. This moderate workout is perfect for active recovery days.

Functional Strength: This class focuses on full-body movements that improve balance, stability, and power for everyday activities. Using bodyweight, free weights, and dynamic exercises, you'll develop strength that supports your lifestyle—whether you're lifting groceries or chasing your kids.

Gentle Seated Flow: This chair-based class will benefit both mental and physical well-being by improving coordination, joint and heart health and stress management.

Gentle Yoga/Gentle Vinyasa: Treat yourself to a decadent experience and restore your body to its natural state through gentle stretching and relaxation.

HIIT 45: This high intensity workout mixes HIIT training methods, compound exercises and plyometrics to develop power and strength while tightening and shaping the entire body.

Interval Ride: Improve your endurance and overall fitness as you take on steep climbs, rolling hills, jumps and flats to motivating music.

Knockout: This class is an energetic mix of cardio kickboxing paired with metabolic drills to boost your heart rate. The session may include blocks of strength and/or core work.

Midday Yoga Flow: This class is energizing yet grounding, helping to relieve stress and refocus the mind. It is a perfect way to refresh and recharge before diving back into the rest of your day. All levels welcome.

Pilates 34: This mat based class will focus on the 34 primary exercises established by founder Joseph Pilates. Tools such as balls, rings or bands may be used. Suitable for all levels. Come learn or revisit the foundations of this classic methodology.

Pilates Sculpt: Part muscle toning and part muscle lengthening, this class is a sure way to improve your endurance, strengthen your muscles, and build major core strength.

Power Core Pilates: A 50/50 split of core strength and classical mat pilates. Power Core will use bands and weights, while the Pilates moves focus on obliques, back and glutes.

Resistance Pilates: This Pilates practice uses resistance props while performing slow, controlled movements to improve strength and mobility.

Restorative Yoga: A gentle practice that will relax, restore and rejuvenate the body, mind and spirit.

Rise & Shine Ride: Put the pedal to the metal on the road less traveled with a musical journey for your mind, body and spirit.

Seated Yoga Stretch: This class is designed to make yoga accessible to everyone by using a chair for all stretches and poses. This class focuses on improving flexibility and posture, and is perfect for participants who want a gentle yoga practice, especially those who may have limited mobility.

Simply Fit: This class is best suited for the older adult, beginner, or someone who is looking for a low to moderate workout consisting of functional, integrated training including balance and coordination.

Sit Strong: Perfect for seniors, beginners, and those living with mobility challenges, this class offers a dynamic and enjoyable way to stay active. Enjoy fun music and an invigorating workout that will keep you energized and smiling throughout. Get ready to Sit Strong!

Slow Flow Yoga: This class will bring calmness and peace to your yoga practice as we slow down and enjoy several breath cycles in each pose.

Soul Stretch: A soulful blend of movement and music blending yoga-inspired flows, deep restorative stretches, and targeted core and lower body work.

Step & Strength: Creative step choreography blended with intervals of strength & core for a full-body workout.

Strength & Stability: Focus on muscle strength and joint stability with a combination of resistance training exercises to build and tone muscles, along with targeted movements to improve the stability of your joints.

Strong Nation + Weights: A high-intensity interval training (HIIT) workout that blends bodyweight exercises and muscle conditioning with the added resistance of weights to help sculpt lean muscle, boost endurance, and improve total-body strength and conditioning.

Total Body Conditioning: Multi-fitness level class that integrates segments of aerobic conditioning, strength training and core development.

Total Body Tabata®: This class combines HIIT and Tabata into a high energy format offering the perfect mix of cardio and strength. This is Tabata for everyone – all levels welcome!

Vinyasa I / Vinyasa Flow: Synchronize movement and breath to cultivate flexibility, strength, balance and serenity.

YogaRoll: This class blends the mindful movements of yoga, the deep tissue relief of foam rolling, and the gentle, elongating benefits of stretching. Perfect for all fitness levels.

Zumba®: A high energy, calorie burning synchronized dance routine.