

Group Exercise Schedule

Effective: 2/1/25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength Circuit Fusion 5:30-6:15 a.m. Clo	RIDE Express 5:15-6:00 a.m. Tina	Cycle Circuit Fusion 5:15-6:15 a.m. JT	Bootcamp 5:30-6:15 a.m. Clo	Party RIDE 5:15-6:15 a.m. Brian	Total Body Conditioning 8:00-9:00 a.m. Laura F.	RIDE Express 8:00-8:45 a.m. Tina
Bike, Buff, & Balance 7:30-8:30 a.m. Jen	NEW CLASS: NEW INSTRUCTOR: Yoga Flow Express 5:30-6:15 a.m. Leslie	Bike, Buff, & Balance 7:30-8:25 a.m. Chris	Yoga Flow Express 7:30-8:15 a.m. Kathy	Bike, Buff, & Balance 7:30-8:30 a.m. Rhoni	Ride Revolution 8:00-9:00 a.m. Rhoni/Jenkins	Power Zone RIDE 9:00-10:00 a.m. Tina
Yoga Flow 8:30-9:30 a.m. Linda B.	Yin Yoga 7:30-8:30 a.m. Danene	Yoga Flow 8:30-9:30 a.m. Cassie	Barre Fusion 8:30-9:30 a.m. Milana	Cardio Drum Fusion 8:35-9:20 a.m. Milana	Resistance Pilates 8:30-9:30 a.m. Linda B.	NEW LOCATION: Mindful Yoga Flow 9:15-10:15 a.m. Maricel
Beyond Strong Express 8:35-9:20 a.m. Milana	Total Body Conditioning 8:30-9:30 a.m. Laura F.	Cycle & Stretch 9:30-10:30 a.m. Laura F.	NEW CLASS: Fun Zone RIDE 8:30-9:30 a.m. Steve	IGNITE Power Zone RIDE 8:45-9:45 a.m. JT	H2O Blast 8:30-9:30 a.m. Janet/Susie	POWER Pump 10:30-11:30 a.m. Angela S.
Total Body H.I.I.T. 9:30-10:30 a.m. Lauren R.	S.W.A.Y (Seated Weights and Yoga) 9:15-10:15 a.m. Cassie	Kickbox Step Fusion 9:35-10:35 a.m. Milana	S.W.A.Y (Seated Weights and Yoga) 9:15-10:15 a.m. Adrienne	LaBlast® 9:30-10:30 a.m. Milana	S.W.A.Y (Seated Weights and Yoga) 9:45-10:45 a.m. Maricel (Week 1, 3) Danene (Week 2, 4, 5)	
Performance RIDE 9:30-10:30 a.m. Laura F.	Muscle Works 9:35-10:35 a.m. Chris	H2O H.I.I.T 10:00-11:00 a.m. Cindy	Muscle Works 9:35-10:20 a.m. Tricia	Yoga Flow 9:30-10:30 a.m. Adrienne	Beyond Strong 9:10-10:10 a.m. Rhoni	
H2O H.I.I.T 10:00-11:00 a.m. Cindy	POWER Pump 5:30-6:30 p.m. Angela S.	Forever Fit 10:35-11:20 a.m. Lauren R.	CIRCL Mobility™ 10:20-10:30 a.m. Tricia	H2O Blast 10:00-11:00 a.m. Janet	Zumba® 10:15-11:15 a.m. Angela W.	
Fitness in Motion 10:35-11:35 a.m. Kit	H2O Blast 10:00-11:00 a.m. Susie	POWER Pump 5:30-6:30 p.m. Angela S.	Better Balance 10:30-11:00 a.m. Adrienne	Fitness in Motion 10:35-11:35 a.m. Kit		
POWER Pump 5:30-6:30 p.m. J.T..	Vinyasa 10:30-11:30 a.m. Laura B.	Vinyasa I 5:30-6:30 p.m. Ann	H2O H.I.I.T 10:00-11:00 a.m. Ann			
Yin Yoga 6:05-7:05 p.m. Danene	LaBlast® 5:00-5:45 p.m. Milana		Pilates Fusion 5:30-6:30 p.m. Ashleigh			
1st Monday is Sound Meditation	Barre Sculpt Flow 5:45-6:45 p.m. Ashleigh		Zumba® 6:30-7:30 p.m. Angela W.			
Zumba® 6:30-7:30 p.m. Lida						
IGNITE Express Power Zone RIDE 6:30-7:15 p.m. JT						
	H2O H.I.I.T 6:00-7:00 p.m. Jackie					

Libertyville

- Therapy Pool
- Lap Pool
- Cycle Studio
- Main Studio
- Mind/Body Studio
- Gym
- Wellness Studio

Class Descriptions

AQUA

H2O Blast: This class combines elements of strength and cardio for a fun, invigorating workout in the lap pool.

H2O H.I.I.T.: A challenging workout that pushes you to reach your maximum intensity in a low-impact, high fun environment.

MAIN STUDIO

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

Barre Sculpt Flow: Sculpt and Tone your entire body by combining elements of yoga, barre, and strength training..

Beyond Strong: A fat-burning strength class that utilizes the five components of Total well-being. (Physical, Mental, Social, Intellectual, Nutritional)

Bike-Buff-Balance (BBB): An interval workout that alternates cycle segments with a variety of resistance training exercises to challenge your heart, core, and all major muscle groups from the start to finish!

Bootcamp: An interval class that mixes bodyweight exercises with cardio and strength training. With a new workout every week, these classes are designed to push participants harder than ever.

Cardio Kickbox Fusion: This class consists of 30 minutes of easy-to-follow cardio kickboxing moves, and is followed by 15 minutes of circuit-style mix of exercises to raise your metabolism and burn tons of calories.

Cardio Drum Fusion: A full-body Pilates/Sculpt/Drum workout mixed with dynamic cardio intervals designed to burn fat and tone up the entire body. This class is great for all levels.

CIRCL Mobility™: A class that will unlock your body's potential through flexibility, breath work, and mobility exercises.

Fitness in Motion: A low-impact, cardiovascular workout, with strength training included. All fitness levels are welcome.

Forever Fit: This class is best suited for the older adult, beginner, or someone who is looking for a low to moderate cardiovascular and strength workout.

LaBlast®: A partner-free easy to follow fitness dance program that anyone could participate in and learn to dance while getting fit and having fun.

Muscle Works: Excellent class for all fitness levels. The class will build strength using all studio props (bands, tubes, slides, steps, and free weights). Muscle tissue is built and joint integrity is enhanced.

POWER Pump: Strengthen your body with tried and true exercises. Squat, press, lunge, and curl using an adjustable barbell with plates and body weight.

Strength Circuit Fusion: This class is designed to help shed that excess fat while building strength and endurance. This class includes circuit training, cardio exercises, and bodyweight exercises, and finishes with core training and stretching for a complete workout.

Total Body Conditioning (TBC): Multi-fitness level class integrates segments of aerobic conditioning, strength training, and core development. Will challenge all fitness levels!

Total Body H.I.I.T: High-Intensity Interval Training features intervals of intense cardio and/or strength exercises paired with active recovery. Burn lots of calories in this unique high-energy workout.

Zumba®: A high-energy, calorie-burning, cardio-pulsating, synchronized dance routine. If you love dancing and music mixed with fun, and if you love to exercise to the Latin beat, Salsa, Mambo, Reggae, and Merengue, this class is for you! This class is for everyone. No dance experience needed.

CYCLE STUDIO

Cycle Circuit Fusion: A cardio cycle work-out alternated with circuit style strength exercises.

Cycle and Stretch: Need to work on your cycle performance and flexibility? For the first 50 minutes, you will be working on your cardiovascular performance on the cycle bikes, followed by 10 minutes of basic flexibility.

IGNITE Zone RIDE: Your class profile takes you through the blue and green zones with small detours into the yellow zone. Increase your aerobic fitness, stamina, and strength while incorporating the color zones

PARTY RIDE: TGIF! Start your Friday off with this exhilarating, fitness party-like ride!

Performance RIDE: This class will incorporate the three major energy zones of endurance, strength, and interval, as well as utilize techniques used by professional trainers to improve and advance your cycle performance.

Power / Fun Zone RIDE: Come for the fun and stay for the results. Power Zone training is a method of intentional training based on watts output that is unique to YOU. It is a great tool to both improve and track your fitness over time. You will be amazed at what you are capable of!

RIDE Express: A 45-minute cycle class that focuses on improving your endurance and overall fitness as you take on steep climbs, rolling hills jumps, and flats to motivating music.

RIDE Revolution: Join the Revolution! Each weekend gear up for a new ride led by a different cycle coach. Various modalities each weekend will enhance your low-impact cycle workouts.

MIND/BODY STUDIO

Better Balance: In this class specific exercises will be incorporated to help you enhance balance, improve core strength and stability.

Core and More Yoga 15/45: This low-impact class is for anyone who wants to build their core while strengthening their mind --from newbies to experienced yogis; from people with limited mobility to those who can stretch into all sorts of shapes and poses. This multi-purpose class is designed to help support core strength and fitness, healthy flexibility, the gentle release of physical and emotional tension, cognitive function, and much more. The first 15 minutes include warm-up and core work, followed by 45 minutes of dynamic "flexing and flowing", ultimately landing in a relaxing savasana.

Mindful Yoga Flow: Join us as we breathe, move, center, balance, stretch, strengthen, and challenge our bodies as well as our minds. This class incorporates fun yoga sequences, with an emphasis on total body strength, flexibility, vitality, and mindful energy expenditure, while cultivating a deep connection with our true selves. Experience pure bliss...in motion.

Pilate Fusion: A class that incorporates exercises from different workout styles Pilates, Barre, and Yoga, The focus is on the core and emphasizes moves that will tone, stretch, balance, and elongate the muscles.

Resistance Pilates: This Pilates practice will keep you moving with smooth transitions between precise and slow, controlled movements improving strength, flexibility, and mobility. Adding resistance props will add an extra challenge to take your practice to the next level.

Restorative Yoga: This gentle class will help you de-stress, and unwind as you focus on light stretching and breathwork to help relieve tension or tightness in the body

Sound Meditation: In this class you will be guided to find mindfulness and wisdom within by combining vibrations of sound therapy with crystal singing bowls and meditation..

S.W.A.Y (Seated Weights and Yoga)

This yoga practice uses a chair for seated poses and as a balance point for standing poses. Light weights are used for gentle sculpting exercises.

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

Yin Yoga: This class is designed to shrink your waistline, tone your tummy, and strengthen the pelvic floor while increasing total body strength, flexibility, and stamina.

Yoga Flow: This class focuses on alignment and is appropriate for all levels. After the warm-up, we will slow down the pace and enjoy several breath cycles in each pose. It is meditative to both.

Yoga Flow Express: A 45-minute Yoga Flow class

***Please note that class times, formats and**

instructors are subject to change at any time.