

Group Exercise Schedule

Effective: 5/1/26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength Circuit Fusion 5:30-6:15 a.m. Maurice	RIDE Express 5:15-6:00 a.m. Tina A.	Cycle Circuit Fusion 5:15-6:15 a.m. JT	Bootcamp 5:30-6:15 a.m. Maurice	Party RIDE 5:15-6:15 a.m. Brian	Kettlebell Strength 7:00am - 7:45am Maurice	RIDE Express 8:00-8:45 a.m. Tina A. (Weeks 2, 4) Rotation (Weeks 1, 3, 5)
Bike, Buff, & Balance 7:30-8:30 a.m. Rhoni/Chris	Rise & Flow Yoga 5:30-6:15 a.m. Leslie	Bike, Buff, & Balance 7:30-8:25 a.m. Chris	Rise, Shine, Realign 7:30-8:15 a.m. Tina M.	Bike, Buff, & Balance 7:30-8:30 a.m. Rhoni	Total Body Conditioning 8:00-9:00 a.m. Laura F.	Power Zone RIDE 9:00-10:00 a.m. Tina A. (Weeks 2, 4) Rotation (Weeks 1, 3, 5)
Vitality Vinyasa 8:30-9:30 a.m. Tina M.	Yin Yoga 7:30-8:30 a.m. Danene	Yoga Flow 8:30-9:30 a.m. Cassie/Kathryn	Barre Fusion 8:30-9:30 a.m. Trish	3-2-1 Fitness 8:35-9:15 a.m. Laura	Ride Revolution 8:00-9:00 a.m. Rhoni (weeks 1, 3, 5)/Jenkins (weeks 2, 4)	Mindful Yoga Flow 9:15-10:15 a.m. Maricel
Beyond Strong Express 8:35-9:20 a.m. Trish	Total Body Conditioning 8:15-9:15 a.m. Laura F.	Performance RIDE 9:30-10:30 a.m. Laura F.	Fun Zone RIDE 8:30-9:30 a.m. Steve	Power Zone RIDE 8:45-9:45 a.m. Ellorie	Resistance Pilates 8:30-9:30 a.m. Linda B.	POWER Pump 10:30-11:30 a.m. Angela S.
Ballet Sculpt 9:30am - 10:30am Trish	S.W.A.Y (Seated Weights and Yoga) 9:15-10:15 a.m. Cassie	Bootcamp 9:45-10:30 a.m. Eric S.	S.W.A.Y (Seated Weights and Yoga) 9:15-10:15 a.m. Adrienne	LaBlast® - Zumba 9:30-10:30 a.m. Wei	H2O Blast 8:30am - 9:30 a.m. Elaine (Weeks 1, 4) Jennifer (Weeks 2, 3)	
Cardio Mashup 9:30-10:30 a.m. Carol	Muscle Works 9:35-10:35 a.m. Chris	H2O Blast 10:35-11:35 a.m. Elaine	Muscle Works 9:35-10:20 a.m. Trish	Yoga Flow 9:30-10:30 a.m. Adrienne	Gentle Vinyasa 9:35-10:35 a.m. Linda B.	
Performance RIDE 9:30-10:30 a.m. Laura F.	H2O Blast 10:00-11:00 a.m. Susie	Senior Strong 10:45-11:30 a.m. Eric S.	CIRCL Mobility™ 10:20-10:30 a.m. Trish	H2O Blast 10:00-11:00 a.m. Janet	S.W.A.Y (Seated Weights and Yoga) 9:45-10:45 a.m. Maricel (Week 1, 3) Danene (Week 2, 4, 5)	
H2O H.I.I.T 10:35-11:35 a.m. Trish	Vinyasa 9:30-10:30 a.m. Linda K 1st Tuesday is Yoga Basics	Tai Chi 11:35-12:30 a.m. Lisa	Better Balance 10:30-11:00 a.m. Adrienne	Fitness in Motion 10:35-11:35 a.m. Kit	Beyond Strong 9:10-10:10 a.m. Rhoni	
Fitness in Motion 10:35-11:35 a.m. Kit	IGNITE Express Power Zone RIDE 4:45-5:30 p.m. Karen	POWER Pump 5:30-6:30 p.m. Angela S.	H2O H.I.I.T 10:35-11:35 a.m. Trish	Zumba® 10:15-11:15 a.m. Angela W.		
POWER Pump 5:30-6:30 p.m. JT	Ride Express 5:15-6:00 p.m. Maurice	Balanced Body Flow 5:30-6:30 p.m. Tina M.	RIDE Express 5:15-6:00 p.m. Tina A.			
	Barre Sculpt Flow 5:45-6:45 p.m. Ashleigh		Pilates Fusion 5:30-6:30 p.m. Ashleigh			
	Aqua Rhythm 6:00pm - 7:00pm Tina M		Zumba® 6:30-7:30 p.m. Angela W.			

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.

Aqua Rhythm: A high energy aqua class that will keep you moving and develop strength and cardio health.

MAIN STUDIO

3-2-1 Fitness: Get ready to move in this fast-paced, total-body workout. Each round includes 3 minutes of cardio, 2 minutes of targeted strength training, and 1 minute of core work.

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 Mashup: A fat burning workout that alternates weight training with cardio intervals.

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.

Kettlebell Strength: Kettlebell Strength is a full-body workout focused on building power, stability, and functional strength through controlled kettlebell movements. With guided technique and scalable progressions, this class challenges all fitness levels to move stronger and more confidently.

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.

Senior Strong: A senior strength class using resistance, light weights, and functional movements to build muscle, improve stability, and support safe, everyday mobility.

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.

Tai Chi: Tai Chi is moving meditation, a gentle exercise series that creates harmony between the mind and body.

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 high-intensity class for motivated and seasoned athletes, combining an endurance and strength-focused cycle session using heart rate zones and FTP with a studio boot camp that uses weights, bands, Bosu, and more for full-body strength, core, and flexibility training.

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

Ballet Sculpt: A unique combination of basic Ballet and strength training designed to create a full body workout. No Ballet experience needed. Great for all levels.

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

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.

Pilates 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.

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: style of yoga that involves holding passive, prop-supported, postures for an extended period, typically 3-5 minutes, to target deep connective tissues like fascia, ligaments, and joints. Practitioners focus mindfully on stillness, meditative introspection, and breath to improve flexibility, range of motion, and emotional balance while cultivating a deeper internal awareness, and connecting with the present moment. All levels are welcome.

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.

Rise & Flow Yoga: Awaken your body and mind with this invigorating 45-minute yoga session designed to energize and refresh. Each class blends fluid vinyasa transitions, balance-focused postures, and mindful stretches to awaken your muscles, build strength, and enhance flexibility. You will leave energized and empowered to take on the day.

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

instructors are subject to change at any time.