

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M.	Core Stretch 6:05-6:50	Muscle Hustle 6:05 – 6:50	Rise N Grind 6:05-6:50	ME Strong 6:05-6:50	
		Senior Strength / AFEC 11:00 – 11:45		Senior Strength / AFEC 11:00 – 11:45	
Lunch	H.I.I.T Step 12:05-12:50	Yoga 12:05-12:50	Cardio Kickbox 12:05-12:50	Yoga 12:05-12:50	Total Body Conditioning 12:05-12:50
P.M.	Cycle 4:45-5:30	Tabata Tuesday 5:00-5:30		Cardio Kickbox 6:00 – 6:45	

Group Exercise Schedule

Effective January 2nd, 2024



Schedule subject to change based on instructor availability and class demand.



1875 Dempster Street Suite G01
Park Ridge, IL 60068
847-723-6139

Hours:
Monday-Thursday: 5:30AM-8:00 PM
Friday 5:30AM-7:00
Saturday: 7:00AM-3:00PM
Sunday: Closed



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- **AFEC**: Arthritis Foundation Exercise Class is designed specifically for people with arthritis and includes activities that will help participants have more energy and improved function. This class provides a great supplement to exercises prescribed by a doctor or therapist.
- **Cardio Kickbox**: Achieve total body fitness and endurance by punching and kicking your way through this class. This will be a mixed level class with modifications for beginner and advanced students.
- **Core Stretch**: This class is meant to work your abs with functional movements including: reaching, twisting, and turning. Followed by a relaxing stretch to start off your week. Moves can be modified to appeal to all levels of fitness and work around any limitations.
- **H.I.I.T Step**: A high intensity interval training workout that incorporates free weights, as well as step platforms, to perform multi-joint, compound traditional weight room exercises designed to boost your metabolism and improve your musculature.
- **ME Strong**: Learn the basics! This class incorporates the fundamentals of strength and cardiovascular exercise with the collaboration of an exercise group to keep you motivated.
- **Muscle Hustle**: An intense sculpt circuit workout focusing on light weights and high reps using body weight and bands. Increase your strength and improve your definition while improving your muscular endurance. This class will wake you up in the morning!
- **Senior Strength & Balance**: This is a great land class for people who want to increase bone density and strength.
- **Rise N Grind**: Jumpstart your day by jumpstarting your metabolism with this interval workout that will boost your energy levels to conquer your day.
- **Tabata Tuesday**: This workout will provide challenging functional exercises combined with circuit training for the beginner/intermediate/advanced in a 30 minute condensed time. Strength exercises will be blended in with short bursts of cardio moves.
- **Total Body Conditioning**: An intense sculpt circuit workout focusing on all the body's muscles with emphasis on functional training. Increase your strength and improve your definition while improving your muscular endurance. All levels welcome.
- **Yoga**: Vigorous and calming poses that work alternatively to energize strengthen and stretch the body while reducing stress and tension.