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<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
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<th>Saturday</th>
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<td></td>
<td>Water Works 9:00-10:00am Kimberly G.</td>
<td>Aqua Boot Camp 9:00-10:00am Nicole B.</td>
<td>Aqua Dynamics 9:35-10:35am Kimberly G.</td>
<td>Water Works 8:30-9:30am Nicole B.</td>
<td>Aqua Blast 9:00-10:00am Kimberly G.</td>
<td>Aqua Arthritis 9:05-10:50am Kimberly G.</td>
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<td>Muscles In Motion 5:00-6:00pm Sarai J.</td>
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<td>Aqua Arthritis 6:00-7:00pm Sarai J.</td>
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<td>ADULT SWIM 8:00-10:00pm</td>
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**GURNEE AQUATICS**

Effective: 5/28/19 - 9/1/19

*Private and Semi-Private Swim Lessons Available
Please contact Vicki at 847.625.4750 or vicki.howard@midtownhealth.com

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**Advocate Condell Medical Center Centre Club**
GROUP EXERCISE STUDIO

Barre: Emphasizes the correct biomechanics of movement combined with the power of music to increase strength, flexibility, stamina and dynamic stability. Program geared for everybody and no dance experience required.

BODYCOMBAT®: is a high energy martial arts-inspired workout. You’ll learn how to punch, kick and strike your way to superior fitness and strength. This non-contact workout requires no experience. Leave your inhibitions at the door and bring your best fighter attitude - you’ll be releasing stress, having a blast and feeling like a champion before you know it.

BODY PUMP™: This workout challenges all major muscle groups, a total body workout utilizing powerful motivating music, choreographed moves by trained instructors and your choice of weight makes this workout for all levels.

Cardio Express: A quick way to get your cardio in. Class changes each time by using various modes and intervals.

Circuit Blast: A circuit style mix of cardio and endurance strength training exercises. This combination has proven to be one of the fastest ways to burn calories and blast fat. All levels welcome.

HIIT: High Intensity Interval Training is exactly that! Bouts of high intensity exercise followed by lower intensity recovery periods. Prepare to push yourself to new levels of fitness!

Muscle Works: Excellent class for all fitness levels. Class will build muscle toning and balance and coordination will be integrated into each class.

Piloxing: Blends the power, speed and agility of boxing with sculpting and flexibility of Pilates. This fat torching, muscle sculpting, core centric interval workout is designed to whip you into shape!

Piloxing Barre: High energy yet focused - fluid yet powerful. In this cardio program, you lengthen, you strengthen, you box, you sweat.

PIYO: This class combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility advantages of yoga.

Pound®: The world’s first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

Simply Fit™: Developed exclusively for the Centre Club, this class is best suited for the older adult, beginner, or someone who is looking for a low to moderate workout. Functional, integrated training consisting of cardiovascular and muscular endurance, balance and coordination, and flexibility are included.

Simply Seated™: Developed as part of the Simply Fit program, this seated class is a great option if injuries, balance issues or joint pain make standing exercises challenging. Segments of seated aerobics, muscle toning and balance and coordination will be integrated into each class.

Strength, Stability & Stretch: Develop strength, muscular endurance and core stability loaded with variety! Ends with stretching to enhance flexibility and promoting muscle relaxation.

STRONG: Not your mama’s Zumba class. Plyometric interchange with isometric moves, driven by pumpin’ music; keep your workout interesting while you are challenged to see out your max.

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

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

GYM FLOOR

Boot Camp: A no-nonsense aerobic-based strength training class with exercises proven to increase muscle strength.

BOOTY Camp: This 45 minute class will feature intense lower body exercises, sprinkled with fat burning cardio intervals throughout, to really shape, tone and define the hips, thighs, glutes and core!

Battle: Train for strength, speed, and power using battle ropes and body weight movements in this challenging 60 minute workout.

Kuk Sool: A martial arts system integrating and exploring the entire spectrum of the established traditional Korean martial arts body conditioning techniques & mental development.

RIDE

PWR: Whether a weekend warrior or an elite athlete, this technical ride will improve your performance.

JOURNEY: An indoor cycle workout for all fitness levels to improve cardio endurance and muscular strength.

VIBE: Please don’t stop the music! Get your legs, heart, and fist pumping to this energizing, party-like ride.

SAMADHI

Chair Yoga: is a practice using a chair for seated poses, and the chair as a balance point for standing poses. Perfect for those who are unable to get up and down off the floor comfortably or anyone who likes a gentle yoga class.

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

Pilates: A total body conditioning class with focus primarily on core strength, and flexibility. Using the principle movements developed by Joseph Pilates, participants will execute a series of exercises lying, seated or standing on a mat to strengthen muscles and develop abdominal stability. Specific instruction on proper breathing will also be emphasized.

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

Vinyasa II: This powerful and fluid style of yoga links movement and breath as it detoxifies and exhilarates your body and mind to leave you feeling centered, strong, and rejuvenated.

Yoga for Athletes: Boost metabolism and build lean muscle mass as you flow to upbeat tracks while combining free weights and Vinyasa sequencing.

AQUA

AI-Chi: Water exercise and relaxation helps participants enjoy the water in a flowing yet progressive. AI-Chi increases oxygen and caloric burn and is ideal for creating improved range of motion and mobility. No swimming experience is required.

Aqua Arthritis: Class is held in the warm water therapy pool. Designed to improve function and stability. Focus will be on range of motion, flexibility and balance. No swimming experience is required.

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

Aqua Bootcamp: This aquatic class will combine “Water Works” concepts in addition to more interval style patterns using equipment plus the water’s resistance for a safe and challenging workout.

Aqua Dynamics: Class held in warm water therapy pool designed to enhance movement by offering balance, coordination, strengthening and stretching activities. Some resistance equipment may be used. Aqua arthritis participants are welcome to attend and perform exercises without using resistance.

Deep H2O: Try this dynamic total body cardio and strength workout with absolutely no impact! No swimming skills are required but must feel comfortable in deep water.

Muscles In Motion: An aquatic full body workout using resistance tubing, water bells and noodles. Also, the use of the aqua step will target the upper and lower body while helping with balance and abdominal strength. Beginners through advanced exercisers will benefit.

Water Works: A great workout with safe, effective water resistance offering a variety of aerobic and anaerobic conditioning through circuit, interval and strength training. No swimming experience required.