<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td><img src="Image" alt="5:30a-6:15a Vicky Spin Express" /></td>
<td><img src="Image" alt="8:30a-9:25a Colleen H.I.I.T. the Water" /></td>
<td><img src="Image" alt="9:15a-10:10a Ylona Spin Express" /></td>
<td><img src="Image" alt="5:30a-6:25a Elizabeth Spin" /></td>
<td><img src="Image" alt="5:30a-6:30a Elle Spin" /></td>
<td><img src="Image" alt="8:15a-9:10a Nancy Ultimate Conditioning" /></td>
<td><img src="Image" alt="8:00a-9:00a Elizabeth Morning Yoga Wake Up" /></td>
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<tr>
<td><img src="Image" alt="5:30a-6:25a Marianne Pilates Barre + Mat" /></td>
<td><img src="Image" alt="8:30a-9:25a Rosie Power Aqua Circuit" /></td>
<td><img src="Image" alt="9:00a-10:00a Elizabeth Power Yoga" /></td>
<td><img src="Image" alt="7:00a-7:55a JoAnn Yoga with Weights" /></td>
<td><img src="Image" alt="6:00a-6:55a Patti Hatha Yoga" /></td>
<td><img src="Image" alt="8:45a-9:30a Kim Aqua Xpress" /></td>
<td><img src="Image" alt="8:30a-9:20a Jennifer V. Fit Water Workout" /></td>
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<td><img src="Image" alt="9:00a-10:00a Elizabeth Power Yoga" /></td>
<td><img src="Image" alt="9:15a-10:10a Ericka Cross Train" /></td>
<td><img src="Image" alt="9:30a-10:15a Jennifer Power Yoga" /></td>
<td><img src="Image" alt="8:30a-9:25a Linda Hydro X" /></td>
<td><img src="Image" alt="8:30a-9:20a Karen H.I.I.T." /></td>
<td><img src="Image" alt="9:15a-10:10a JoAnn Sweat, Strength, &amp; Relax" /></td>
<td><img src="Image" alt="9:15a-10:10a Julie B. Strength" /></td>
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<tr>
<td><img src="Image" alt="9:15a-10:15a Ylona Spin Express" /></td>
<td><img src="Image" alt="5:30a-6:25a Elizabeth Spin" /></td>
<td><img src="Image" alt="9:00a-10:00a Ericka Aqua Xpress" /></td>
<td><img src="Image" alt="9:30a-10:15a Linda Power Yoga" /></td>
<td><img src="Image" alt="9:15a-10:10a JoAnn Aqua Xpress" /></td>
<td><img src="Image" alt="9:30a-10:20a Debbie Aqua Mash Up" /></td>
<td><img src="Image" alt="9:30a-10:20a Jennifer V. Strong/Stretched/Centered" /></td>
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<td><img src="Image" alt="9:00a-10:00a Elizabeth Power Yoga" /></td>
<td><img src="Image" alt="10:15a-11:10a Julie Gentle Flow Yoga" /></td>
<td><img src="Image" alt="10:15a-11:10a Vicky Power Aqua Circuit" /></td>
<td><img src="Image" alt="10:15a-11:00a JoAnn Mature Strength" /></td>
<td><img src="Image" alt="10:15a-11:10a JoAnn Hatha Yoga" /></td>
<td><img src="Image" alt="10:15a-11:30a Victoria Hatha Yoga" /></td>
<td><img src="Image" alt="10:30a-11:25a Abel Jennifer V." /></td>
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<tr>
<td><img src="Image" alt="11:15a-12:10p Vicky Strength" /></td>
<td><img src="Image" alt="11:15a-12:10p Vicky Mature Strength" /></td>
<td><img src="Image" alt="12:15p-1:00p Rosie Aqua Xpress" /></td>
<td><img src="Image" alt="10:30a-11:20a Debbie Aqua Melt" /></td>
<td><img src="Image" alt="10:00p-1:00p JoAnn Chair Yoga" /></td>
<td><img src="Image" alt="12:00p-12:45p JoAnn Chair Yoga" /></td>
<td><img src="Image" alt="11:30a-12:15p Rosie Aqua Tone" /></td>
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<td><img src="Image" alt="12:20p-1:00p Jenny Low &amp; Light" /></td>
<td><img src="Image" alt="12:15p-1:00p JoAnn Power Yoga" /></td>
<td><img src="Image" alt="12:15p-1:00p JoAnn Dance for Agility" /></td>
<td><img src="Image" alt="12:15p-1:00p JoAnn Chair Yoga" /></td>
<td><img src="Image" alt="12:00p-12:45p Pam Power Yoga" /></td>
<td><img src="Image" alt="12:00p-12:45p Pam Power Yoga" /></td>
<td><img src="Image" alt="11:30a-12:15p Abel Aqua Zumba" /></td>
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<td><img src="Image" alt="1:30p-1:15p Jenny Sit &amp; Fit" /></td>
<td><img src="Image" alt="1:00p-1:00p JoAnn Dance for Agility" /></td>
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<td><img src="Image" alt="11:30a-12:15p JoAnn Chair Yoga" /></td>
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<td><img src="Image" alt="1:30p-2:25p Abel Aqua Zumba" /></td>
<td><img src="Image" alt="1:10p-1:55p Rosie Aquatone" /></td>
<td><img src="Image" alt="2:00p-2:45p Rosie Aquatone" /></td>
<td><img src="Image" alt="1:10p-1:55p JoAnn Chair Yoga" /></td>
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<td><img src="Image" alt="5:00p-5:55p JoAnn C.A.S.H." /></td>
<td><img src="Image" alt="2:00p-2:45p Rosie Aquatone" /></td>
<td><img src="Image" alt="3:00p-2:15p Sandi Aquatone" /></td>
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<td><img src="Image" alt="1:00p-1:45p JoAnn Chair Yoga" /></td>
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<tr>
<td><img src="Image" alt="6:00p-6:55p Gina Mindfully Fit &amp; HIIT" /></td>
<td><img src="Image" alt="3:00p-2:15p Sandi Aquatone" /></td>
<td><img src="Image" alt="4:30p-5:15p Kim Power Aqua Circuit" /></td>
<td><img src="Image" alt="12:30p-1:15p JoAnn Chair Yoga" /></td>
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<td><img src="Image" alt="6:00p-6:55p Karen Tabata" /></td>
<td><img src="Image" alt="5:00p-5:25p Abel Power Aqua Circuit" /></td>
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<td><img src="Image" alt="6:00p-6:45p Rosie Aquatone" /></td>
<td><img src="Image" alt="6:20p-7:05p Megan Barre Strong" /></td>
<td><img src="Image" alt="6:00p-6:45p Rosie Aquatone" /></td>
<td><img src="Image" alt="1:00p-1:45p JoAnn Chair Yoga" /></td>
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<tr>
<td><img src="Image" alt="6:00p-7:00p Nancy Spin Core" /></td>
<td><img src="Image" alt="6:20p-7:05p Megan Barre Strong" /></td>
<td><img src="Image" alt="7:15p-8:10p Patti Hatha Yoga" /></td>
<td><img src="Image" alt="6:00-7:00p Ylona Spin Flex" /></td>
<td><img src="Image" alt="6:00p-6:55p Abel Power Aqua Circuit" /></td>
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Class times, formats, and instructors are subject to change at any time.

Guidelines: In accordance with fitness industry standards, students should not join a class after the warm up has concluded (approx. first 10 mins). To respect other participants, please refrain from private conversations during class. Refrain from using perfumes, lotions, or oils before classes. Classes are subject to minimum/maximums, instructor/location changes, and/or cancellation at supervisor's discretion. Aqua classes - water shoes are recommended. Pool etiquette guidelines are posted in pool area, available at the front desk, and posted at www.advocatehealth.com/gsam-wellness.

Updated 6/24/19
Agility for Life - All Levels: Enhance your agility of both body and mind in this strength and balance format.

Ai Chi - All Levels: Formed from Tai Chi, Shiatsu, Watsu, this flowing progression allow full bodied relaxation as you move through movement postures, breathing techniques and alignment sensing.

Aquabata - Intermediate/Advanced: Improve your cardiovascular endurance with intervals of maximum effort and periods of rest using the water as resistance.

Aqua Mash Up - All Levels: A fun mix of cardio and resistance training combined with invigorating music and a stretching cool down.

Aqua Melt - All Levels: Immerse yourself in this mind-body class with key elements of Yoga, Pilates, & Ai Chi. Emphasis is on body alignment while strengthening the core and improving flexibility.

Aqua Strong - All Levels: Gain or maintain strength using your body's resistance, water resistance, and non-grip equipment.

Aqua Tone - All Levels: Improve your body's balance and symmetry while preforming a variety of controlled movements to improve flexibility, strength, and circulation. Resistance equipment may be used.

Aqua Xpress - All Levels: This mixed-level class efficiently combines a cardio component and muscle conditioning component in one express workout! Participants will be worked from HEART to toe!

Aquabata - All Levels: Ditch the Workout - Join The Party! Zumba is a fun, energetic, and free-spirited workout choreographed to upbeat tunes & water as resistance.

Barre Strong - All Levels: Combines use of the ballet barre with strength training equipment for this full-body workout.

C.A.S.H. - Cardio and Strength Hour - All Levels: Cash in on strength and cardio in this 55 minute long class. If it can make you stronger, we will use it!

Chair Yoga - Beginner/Older Adult: A gentle yoga class using a chair or stability ball for assistance. Benefits include greater flexibility, joint mobility, improved balance, and stress/anxiety reduction.

C.Z.C. - Core Zone Commotion® - All Levels: Core Zone Commotion® is a fun, inspirational and motivating workout! This class combines functional movement patterns with upbeat rhythmic music.

Cross Train - Intermediate/Advanced: Use a combination of exercises to work various parts of the body. The aim is to reduce the risk of injury and improve overall fitness.

Dance for Agility - All Levels: Dancing has many components to aide in our fitness goals. Join this 45 minute Dance for Agility class with easy moves in a social environment where you can get fit and have FUN!

Fit Water Workout - All Levels: Focus on being fit through cardio, strengthening, and flexibility circuits. Enjoy creative workouts blending body weight resistance and equipment.

Gentle Flow Yoga - All Levels: Focus is on stress relief, relaxation, flexibility, and strength. Leave class feeling strong, flexible, peaceful, and refreshed.

Hatha Yoga - All Levels: Hatha Yoga uses body postures, breathing techniques, and meditation with the goal of bringing about a healthy body and a clear, peaceful mind.

H.I.I.T. - You Pick by Land or by Water High Intensity Interval Training - Intermediate/Advanced: H.I.I.T. is a total body, heart pumping, aerobic, and strength conditioning workout. This interval based class combines full-body strength training with high intensity bursts of cardio.

Hydro X - All Levels: Combine cardio and strength in this all-around workout using bands, hydro-bells, noodles, steps, and more.

Mindfully Fit & HIIT - All Levels: Strengthen and tone your body in less time with proper body mechanics and combination strength exercises, fused with high intensity intervals.

Morning Yoga Wake Up - All Levels: Awaken your mind and body by practicing a combination of Hatha and Flow Yoga. Afterwards, you will feel an improved mental and physical balance.

PiYo - All Levels: Challenge your body through a variety of exercises pulled from Pilates & Yoga.

Power Yoga - Intermediate/Advanced: The perfect mix of strong, flowing movements challenging your balance and control.

Power Aqua Circuit-Intermediate/Advanced: Get it all in one class! Alternate cardio and strength segments for a heart pumping workout in the lap pool.

Power Yoga - All Levels: Energize your body using Ripstix® designed to make you shed pounds to the beat.

Sculpt & Shred - Intermediate/Advanced: A dynamic mix of body weight exercises, light weight strength training, and H.I.I.T. that will push you to the next level.

Sit & Fit - Beginner/Older Adult: Get fit from your seat rather than your feet utilizing personal resistance and light weights.

Spin/Core - All Levels: Traditional 45 minute ride followed by 15 minutes of concentrated core strength training using mats, balls, or foam rollers.

Spin & + Media Mix - All Levels: Fun class that pass the time with music videos and scenery from around the world.

Spin + Flex - All Levels: Work on two fitness goals in this interval class! Build cardio and muscular strength by alternating biking and resistance exercises.

Spin Express - All Levels: Effectively train your body and improve your overall fitness level by using the four energy zones.

Spin Flex - All Levels: Work on two fitness goals in this interval class! Build cardio and muscular strength by alternating biking and resistance exercises.

Spin + Media Mix - All Levels: Fun spin class that pass the time with music videos and scenery from around the world.

Spice up your workout and build lean, muscle mass by utilizing barbells, dumbbells, resistance bands and body weight.

Stamina Zumba® - All Levels: Ditch the Workout - Join The Party! Zumba is a fun, entertaining, and free-spirited workout choreographed to upbeat tunes & water as resistance.

Strength - All Levels: Sculpt and tone your body, increase your muscular endurance, and build muscle.

Strength - All Levels: Build and maintain lean muscle mass and functionanl balance training.

Stretch - All Levels: Conquer muscle stiffness through the power of stretch.

Stretch & Sculpt - All Levels: This class focuses on both stretching and strengthening the body.

Spin + Media Mix - All Levels: Build and maintain lean muscle mass and functionanl balance training.

Tabata® - Intermediate/Advanced: Improve your cardiovascular endurance with energizing intervals of maximum effort and periods of rest.

Tabata® Express - All Levels: This class incorporates tabata intervals of maximum effort at a high intensity.

Tabata: This mixed-level class combines cardio and strength in the lap pool and then transitions to the warm pool for relaxation and stretching.

Turbulence/Tranquility - All Levels: This mixed-level class combines cardio and strength in the lap pool and then transitions to the warm pool for relaxation and stretching.

Ultimate Conditioning - Intermediate/Advanced: Get it all in this class! Easy to follow format includes athletic based moves, weight training, and plyometric. Bring out the athlete in you!

Ultimate Conditioning - All Levels: This easy to follow yoga class is designed to sculpt, lengthen, and challenge every muscle group.

Yoga with Weights - All Levels: This easy to follow yoga class is designed to sculpt, lengthen, and challenge every muscle group.

Yoga in the Lap Pool - All Levels: This mixed-level class combines yoga and water to make for a very effective full-body workout.

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