### Group Exercise Schedule 2019

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>A.M.</strong></td>
<td><strong>Ab Burner</strong> 6:00-6:30</td>
<td><strong>Boot Camp</strong> 6:00 – 6:45</td>
<td><strong>Rise N Grind</strong> 6:00-6:45</td>
<td><strong>ME Strong</strong> 6:00-6:45</td>
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<td></td>
<td><strong>AFEC</strong> 10:30 – 11:30</td>
<td><strong>Senior Strength &amp; Balance</strong> 9:00 –9:50</td>
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<td><strong>Lunch</strong></td>
<td><strong>H.I.I.T the Weights</strong> 12:05-12:50</td>
<td><strong>Lunch Crunch</strong> 11:30-12:00</td>
<td><strong>Lunch Crunch</strong> 11:30-12:00</td>
<td><strong>Lunch Crunch</strong> 11:30-12:00</td>
<td><strong>Body Attack</strong> 12:05-12:50</td>
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<td><strong>Cardio Crunch</strong> 12:05-12:50</td>
<td><strong>Yoga</strong> 12:05-12:50</td>
<td><strong>Power Sculpt</strong> 12:05-12:50</td>
<td><strong>Yoga</strong> 12:05-12:50</td>
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<td><strong>The Ride</strong> 12:05-12:50</td>
<td><strong>Zumba</strong> 12:05 – 12:50</td>
<td><strong>Cardio Kickbox</strong> 12:05-12:50</td>
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<td><strong>P.M.</strong></td>
<td><strong>The Ride</strong> 4:30-5:10</td>
<td><strong>Boot Camp Express</strong> 4:45-5:15</td>
<td><strong>Cardio Kickbox</strong> 5:00-5:45</td>
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<td><strong>Pre Natal Yoga</strong> 5:30 – 6:15</td>
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<td></td>
<td><strong>Yoga</strong> 4:30 – 5:15</td>
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<td><strong>Pre Natal Yoga</strong> 5:30 – 6:15</td>
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**Effective March, 2019**

*Additional fee. Call 1-800-323-8622 to register.

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

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

**Hours:**
Monday-Thursday 5:30AM-9:00 PM
Friday 5:30AM-7:00 PM
Saturday 7:00AM-5:00 PM
Sunday: Closed
- **Ab Burner**: This class is meant to work your abs with functional movements including: reaching, twisting, and turning. Moves can be modified to appeal to all levels of fitness and work around any limitations.
- **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.
- **Body Attack**: An intense sculpt circuit workout focusing on body weight and functional training. Increase your strength and improve your definition while improving your muscular endurance. All levels welcome.
- **Boot Camp**: 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. All levels welcome.
- **Boot Camp Express**: A modified version of Boot Camp class. This low-impact workout will provide challenging functional exercises combined with circuit training for beginners in a 30 minute condensed time.
- **Cardio Crunch**: Get your sweat on with high intensity cardio and strength with step routines, plyometric, high/low drills.
- **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.
- **H.I.I.T the Weights**: A high intensity interval training workout that incorporates free weights to perform multi-joint, compound traditional weight room exercises designed to boost your metabolism and improve your musculature.
- **Lunch Crunch**: This class is designed for those who have limited time on their break. It will be a high intensity (relative to the individual) with a mix of cardio and resistance exercises.
- **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.
- **Power Sculpt**: You guessed it, nothing but power and weights in this class. High intensity, heavier weights, less repetition. An intense sculpting circuit total body training, using body weights, dumbbells and bands. All levels welcome.
- **Pre Natal Yoga**: Stretching, strengthening, and breathing exercises that address the specific needs of your changing body. Increase energy and stamina, and develop concentration to assist you during pregnancy, labor, and delivery.
- **Senior Strength & Balance**: This is a great land class for people who want to increase bone density and strength.
- **The Ride**: This class offers high and low intensity of activities on a stationary bike.
- **Rise N Grind**: Jumpstart your day by jumpstarting your metabolism with this interval workout that will boost your energy levels to conquer your day.
- **Yoga**: Vigorous and calming poses that work alternatively to energize strengthen and stretch the body while reducing stress and tension.
- **Zumba**: This class is cardio based with easy and fun dance moves that everyone can do for beginner to the advanced.
- **Cardio Crunch**: Get your sweat on with high intensity cardio and strength with step routines, plyometric, high/low activities.