

*Note: a special schedule will take place July 1-7. The center is closed July 4.*

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|--|--|---|--|---|--|
| 6:00 am - 7:00 am<br>Cycle - Bill                      | 5:30 am - 6:30 am<br>BodyPump™ - Loralee V.              | 6:00 am - 7:00 am<br>Cycle - Amy P.                   | 5:30 am - 6:30 am<br>BodyPump™ - Amy P.                  | 5:30 am - 5:55 am<br>Tabata Cardio Core - Amy K.        | 8:00 am - 9:00 am<br>Cycle - Dale                      |
| 6:00 am - 7:00 am<br>Boot Camp - Aaron                 | 8:00 am - 8:25 am<br>Core Conditioning - Lora D.         | 6:00 am - 7:00 am<br>Boot Camp - Aaron                | 6:00 am - 7:00 am<br>Cycle - Michele O.                  | 6:00 am - 7:00 am<br>Vinyasa Flow Yoga - Maryanna       | 8:00 am - 8:50 am<br>BodyCombat™ - Amy R./ Amy C.      |
| 8:00 am - 9:00 am<br>Gentle Yoga - Sheila              | 8:30 am - 9:00 am<br>HIIT Training - Lora D.             | 6:00 am - 7:00 am<br>Vinyasa Flow Yoga - Sheila       | 8:00 am - 9:00 am<br>Gentle Yoga - Marlene               | 8 am - 8:55 am<br>Pilates Mat - Lorie B                 | 8:30 am - 9:45 am<br>Vinyasa Flow Yoga - Sarah         |
| 8:00 am - 8:25 am<br>Core Conditioning - Lisa H.       | 9:00 am - 9:55 am<br>Pilates Fusion - Susan E.           | 8:00 am - 8:50 am<br>BodyCombat™ - Amy R.             | 8 am - 8:25 am<br>Core Conditioning - Amy W.             | 8:30 am - 9:25 am<br>Triple Threat - Rotation           | 9:00 am - 10:00 am<br>BodyPump™ - Amy R./ Denise       |
| 8:30 am - 9:30 am<br>Body Conditioning - Lisa H.       | 9:00 am - 9:45 am<br>Circuits - Gemma/Amy W.             | 8:00 am - 8:55 am<br>Pilates Mat - Lorie B.           | 8:30 am - 9:15 am<br>Shockwave - Amy W.                  | 9:15 am - 10:30 am<br>Mindful Flow Yoga - Marjorie      | 9:15 am - 10:15 am<br>Cycle - Melissa                  |
| 9:15 am - 10:15 am<br>Cycle - Melissa                  | 9:05 am - 10:05 am<br>Just Dance - Lesley                | 9:00 am - 9:25 am<br>Core Conditioning - Lora D.      | 9:15 am - 10 am<br>Cycle Express - Susan E./ Kristina    | 9:15 am - 10:15 am<br>Cycle - Lisa                      | 9:30 am - 10:30 am<br>Stride, Strength, Stretch - Dale |
| 9:15 am - 10:30 am<br>Power Yoga - Sheila              | 9:15 am - 10:30 am<br>Cycle and Strength - Lora D.       | 9:15 am - 10:30 am<br>Vinyasa Flow Yoga - Canella     | 9:30 am - 10:25 am<br>Barre Boot Camp - Janine           | 9:30 am - 10:25 am<br>Just Dance - Lesley               | 10:30 am - 11:30 am<br>Pilates Mat - Lory P.           |
| 9:35 am - 10:35 am<br>The Barre Class - Werner         | 10:15 am - 11:05 am<br>Just Barre - Lesley               | 9:15 am - 10:15 am<br>Cycle - Lisa                    | 9:30 am - 10:25 am<br>Pilates+Equipment - Loralee V.     | 10:30 am - 11:00 am<br>Arm, Core and Stretch - Lesley   | 10 am - 11:15 am<br>Hatha Yoga - Steve P.              |
| 11:00 am - 11:55 am<br>Nia - Myrna                     | 10:15 am - 11:15 am<br>BodyPump™ - Gemma/ Amy R.         | 9:30 am - 10:25 am<br>Simply Strength - Lora D.       | 10:30 am - 11:30 am<br>BodyPump™ - Loralee V.            | 10:30 am - 11:20 am<br>Chair Yoga - Audrey              | 11:30 am - 12:45 pm<br>Restorative Yoga - Marlene      |
| 11:00 am - 12:00 pm<br>Yoga Basics - Liza              | 10:30 am - 11:15 am (B)<br>Soft Tai Chi/Qi Gong - Tom    | 10:30 am - 11:25 am<br>Foam Roller - Lora D.          | 11:30 am - 12:45 pm<br>Restorative Yoga - Marlene        | 10:40 am - 11:35 am<br>Therapeutic Ballet - Werner      |  |
| 11:15 am - 12:00 pm (B)<br>Chair Yoga - Audrey         | 11:30 am - 12:45 pm<br>Total Body Yoga - Liza            | 11:00 am - 12:00 pm<br>The Barre Class - Janine       | 11:35 am - 12:30 pm (AOA)<br>Strength and Balance - Dale | 11:30 am - 12:20 pm (AOA)<br>Heart Plus Toning - Werner | <b>SUNDAY</b>  |
| 12:10 pm - 1:00 pm (AOA)<br>Heart Plus Toning - Audrey | 11:30 am - 12:30 pm (AOA)<br>Strength and Balance - Dale | 11:30 am - 12:20 pm (AOA)<br>Heart Plus Toning - Kris |  | 11:45 am - 12:45 pm (RF)<br>Therapeutic Yoga - Marlene  | 8:00 am - 8:45 am<br>Cycle Express - Susan E.          |
| 12:15 pm - 1:15 pm<br>Dance 101 - Lesley               | 1:00 pm - 2:15 pm<br>Restorative Yoga - Marjorie         | 1:00 pm - 2:00 pm<br>Chair Yoga - Susan S.            | 1:00 pm - 2:00 pm<br>Yoga Basics - Marjorie              |   | 9:00 am - 10:15 am<br>Vinyasa Flow Yoga - Susan E.     |
| 5:30 pm - 6:30 pm<br>Yoga Basics - Marjorie            | 4:30 pm - 5:15 pm<br>Sculpt & Core - Milana              | 5:15 pm - 6:15 pm<br>Adult Ballet - Werner            | 4:30 pm - 5:15 pm<br>Sculpt+Core - Taylor                |   | 9:15 am - 10:15 am<br>Cycle - Marti/Suzy               |
| 5:30 pm - 6:30 pm<br>Cycle - Bill                      | 5:15 pm - 6:15 pm<br>Yoga Sculpt - Susan                 | 5:30 pm - 6:00 pm<br>Strong 30 - Nicole               | 5:25 pm - 6:25 pm<br>Pilates Mat - Michelle F.           |   | 9:10 am - 10:10 am<br>BodyPump™ - Rotation             |
| 5:30 pm - 6:30 pm<br>Zumba®/WERQ™ Party - Lisa P.      | 5:20 pm - 6:05 pm<br>The Barre Class - Janine            | 5:30 pm - 6:30 pm<br>Cycle - Melissa                  | 5:30 pm - 6 pm<br>Tabata Conditioning - Taylor           |   | 10:30 am - 11:30 am<br>Dance Fusion - Milana           |
|  | 6:30 pm - 7:45 pm<br>Beginner Yoga - Steve P.            | 6:05 pm - 6:45 pm<br>Zumba® Dance Party - Nicole      | 6:35 pm - 7:50 pm<br>Hatha Yoga - Steve P.               |   | 11:30 am - 12:30 pm<br>Yoga Sculpt - Liza              |
|  |  | 6:30 pm - 7:30 pm<br>Yoga Tune Up® - Werner           |  |   | 1:00 pm - 2:15 pm<br>Total Body Yoga - Liza            |

- Cycle Studio    ○ Mind/Body Studio    ● Banquet Room    (RF) Registration Fee
- Main Studio    ● Track    (AOA) Active Older Adult    ● New

### General class information

Classes are multi-level unless otherwise noted. Cell phones may be used in the café, library and lobby areas only. Class times, formats, and instructors are subject to change without notice. Low attendance classes are subject to cancellation at any time.

### Cycle class notice

Sign-up is mandatory. Registration/sign-up begins 1 hour before class time at the front desk. You will be given a numbered tag that you are to hang from the bike of your choice. All tagged, yet unoccupied bikes at the start of class will be made available to waiting participants.

**For more information, contact Amy Rosales at 847.535.7632.**

**Northwestern Medicine**  
**Lake Forest Health and Fitness Center**  
1200 North Westmoreland Road  
Lake Forest, Illinois 60045  
847.535.7000

[lakeforesthfc.com](http://lakeforesthfc.com)

# Class Descriptions

## Adult Ballet

Develop muscle tone, core strength, balance and grace. Ideal for those who are ex-dancers and those with no dance experience.

## Arm, Core and Stretch

Focus on toning your upper body and core. This class will end with stretches for your back, hips and legs for the ultimate dancer's body!

## Barre Boot Camp

Classic barre combined with multiple small equipment pieces and non-punishing cardio intervals.

## The Barre Class

This class combines isometrics, dance conditioning and interval training to quickly firm and elongate participants' musculature. This is a targeted workout designed to flatten the abdominal area, lift the buttocks and increase muscle definition in the upper body.

## BodyCombat™ Cardio Kickbox

You will go through a series of music tracks striking, punching and kicking using movements from boxing, Taekwondo, Muay Thai and Kung Fu. Boxing/grappling gloves recommended but not required.

## BodyPump™

Format combines high-repetition weight training and high energy into one exercise program. Participants use a combination of free weights and a barbell to strengthen major muscle groups.

## Bodyshred

This is a high intensity and endurance-based metabolic circuit training workout that uses a 3-2-1 interval format of 3 minutes of resistance, 2 minutes of cardio and 1 minute of active core exercises. Modifications and levels for every move will be offered so you can work at your own fitness level.

## Body Conditioning

This class integrates segments of aerobic conditioning, strength training and core development for a triple whammy! It's easy to follow and guaranteed to challenge every fitness level.

## Boot Camp

Get ready to sweat as you reap the benefits of this ultimate calorie-burning hour—with cardiovascular drills, plyometric exercises and more!

## Cardio Core and Tabata Training

Using the scientifically proven Tabata method of alternating high-intensity exercise with short recovery periods in four-minute cycles, you will burn calories while becoming stronger.

## Chair Yoga

This is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.

## Circuits!

Complete total body exercises for a designated time frame to build muscular strength and endurance.

## Core Conditioning

This 25-minute class strengthens and stabilizes the entire core: rectus abdominis, obliques, hip flexors, glutes, hamstrings and lower back extensor muscles. Cutting-edge floor work and stability ball exercises are used to enhance abdominal definition and increase core strength.

## Cycle

A cardio workout on a stationary bike, Cycle classes are technique based and/or real terrain-based. We focus on cadence, heart rate zones, climbs and sprints.

## Cycle Express

This is a 45-minute cycle class with 15-minutes of core work at the end. Core work includes abdominals, obliques, hip flexors, glutes and lower back exercises.

## Cycle and Strength

Work your heart and your upper body! Challenge yourself with 60- minutes of cycling, plus 15-minutes of targeted exercises to shape your arms and shoulders.

## Dance 101

This class is for beginning dancers and those who want to review choreography from Just Dance (T/F). Come learn salsa, merengue, cumbia, and hip hop moves in addition to basic dance patterns. This is a low impact format for all levels. Class meets on the 2nd and 4th Monday of every month.

## Dance Fusion

This fun and easy to follow cardio workout combines a variety of dance styles including latin dance, swing, pop, jazz, hip hop & more. If you love dancing and music, mixed with fun this class is for you. This class is appropriate for all fitness levels.

## Foam Roller

Incorporate a foam roller and small exercise balls to release hard to reach areas into your exercise routine. Benefits of this class are correction of muscle imbalances, muscle relaxation, improved joint range of motion, reduced soreness and improved tissue recovery, suppression/reduction of trigger point sensitivity and pain.

## Heart Plus Toning

Light cardio and strength segments, along with exercises that promote balance and core stability.

## HIIT (High Intensity Interval Training)

Improve your cardiovascular capacity and core strength with repeated short bursts of intense effort followed by less intense recovery efforts.

## Just Barre

This class combines isometrics, dance conditioning and interval training to quickly firm and elongate participants' musculature. This is a targeted workout designed to flatten the abdominal area, lift the buttocks and increase muscle definition in the upper body.

## Just Dance

Easy-to-follow dance choreography to current and retro hit music. Come burn fat, learn Latin moves, and have fun in this well-paced workout.

## Nia

Enjoy an approach to fitness that addresses the whole person: mind, body, emotions and spirit. An expressive blend of martial arts, dance and yoga, Nia delivers a deceptively powerful cardiovascular workout that will enhance your coordination and leave you toned, strong and energized. Enjoy musical grooves from around the world and expect to move!

## Pilates Fusion

Using a variety of Pilates tools, you will experience a full body workout to enhance balance,

stability and core strength.

## Pilates Mat

A series of mind-body exercises evolving from the principles of Joseph Pilates. Class increases core strength, balance and flexibility.

## Sculpt + Core

This class focuses on defining your body using heavier weights and a lower rep count. We will incorporate balance and core moves for a sleek physique.

## Shockwave

A cross-training class utilizing a specially designed WaterRower to provide short-burst, high-intensity, calorie-torching intervals along with functional strength stations.

## Simply Strength

Challenge your muscles using a variety of equipment including free weights, exercise bands, resist-a-balls and BOSU balls. All fitness levels are accommodated.

## Soft Tai Chi/Qi Gong

This class emphasizes energy awareness and movement through traditional Qi Gong exercises. Class participants will also work through gentle warm ups and balancing exercises while learning a short and long "set" or form, eventually working towards a portable self practice.

## Strength and Balance

Improve your posture, balance and flexibility. Class consists of light strengthening with exercise bands, free weights, stretching and relaxation exercises.

## Stride, Strength and Stretch

This class will meet up on the track, we will combine walking for cardiovascular conditioning with intervals of upper and lower body strength exercises using weights, bands, etc. Finishing with stretching exercises for a total body workout.

## Strong 30

Using only your body weight, Strong by Zumba® will test your strength and stamina in a powerful cardio and muscle-conditioning session-in-one. Strong 30 packs a challenging total-body workout into 30 minutes.

## Tabata Cardio Conditioning Express

High-intensity interval training consisting of 20 seconds of max out cardio effort and 10 seconds of active recovery. Modifications and levels for every move will be offered so you can work at your own fitness level.

## Tai Chi

Tai Chi is a Chinese exercise system that uses slow, smooth body movements to achieve a state of mind/body relaxation.

## Therapeutic Ballet

Grace, posture and movement come together. This class consists of classical barre work and floor routines to classical music with soft energy.

## Triple Threat

Burn, sweat, tighten and melt your body with three workouts in one session: strength training, core conditioning and cardio drills! Get ready to work every muscle from head to toe, and burn hundreds of calories in a motivated group setting.

## WERO™ Dance Party

A wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat.

## Zumba®

An aerobic dance class featuring movements inspired by various styles of Latin American as well as modern American dance.

## YOGA

### Gentle Yoga

Yoga for active older adults, beginners or those looking for a gentler, more fundamental approach. This class will educate your body on the basics of yoga flows and asanas (poses) while improving alignment and flexibility.

### Hatha Yoga

A physical approach to the yoga practice connecting postures, movement and breathing.

### Mindful Flow Yoga

This format is slower than Vinyasa Flow. However, it is not any less challenging. Mindful Flow combines flow with longer holds in standing poses to build heat and draw awareness to breath and alignment.

### Power Yoga

Nourish your mind, body and spirit in this invigorating workout. Poses (asanas) are sequenced together and linked with the breath to create a flow (vinyasa) of exercise. Increase strength, improve flexibility, reduce stress and bring balance into your life with this challenging class. Prior yoga experience is strongly encouraged.

### Restorative Yoga

This class is slow and meditative, linking slower movements, alignment and breath work. Each pose (asana) is held comfortably and longer than other yoga classes. This deep relaxation releases hormones that rebuild and regenerate the body. Class is ideal for beginners, those returning to exercise or for participants with minor injuries.

### Total Body Yoga

A multi-level class incorporating breathing, balance and limited strength work. Expect a slow and easy flow, moderate standing poses and leisurely floor stretching. This class is appropriate for both new and experienced yoga practitioners, and is perfect for runners and cyclists! We make modifications for pre/postnatal students and those with injuries.

### Vinyasa Flow Yoga

A vigorous, more athletic approach to yoga with flowing poses and sequences linked to the breath.

### Yoga Basics

Beginner class working on basic poses (asanas) and flows with attention to alignment and breath awareness.

### Yoga Sculpt

A safe, upbeat fusion of flow yoga and body weight moves that target all areas while still maintaining a strong focus on breathing and final relaxation. While challenging, this class will include modifications, both up leveling and easier options, to a breezy, uplifting soundtrack.

### Yoga Tune Up®

A therapeutic class using therapy balls and other props to relieve aches and pains while improving posture and performance.