

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

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

General class information

Classes are multilevel 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 one hour before class time at the Member Services 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
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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™

This class combines moderate weights with high repetition for a total-body workout. Participants will use a combination of free weights and a barbell to strengthen their major muscle groups.

BODYSHRED™

This is a high-intensity and endurance-based, metabolic circuit training workout. This workout 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 progressions for every move will be offered, so you can work at your own pace.

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 in a chair or standing using a chair for support.

Circuits!

Total-body exercises that build muscular strength and endurance. 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 terrain-based. We focus on cadence, heart rate zones, climbs and sprints.

Cycle Express

A 45-minute cardio workout on a stationary bike. Cycle classes are technique-based and/or terrain-based. We focus on cadence, heart rate zones, climbs and sprints.

Cycle and Strength

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

Dance Fusion

This fun and easy-to-follow cardio workout combines a variety of dance styles including latin dance, swing, pop, jazz, hip hop and 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 foam rollers and small exercise balls, to release hard-to-reach areas, into your exercise routine. Benefits of this class include the correction of muscle imbalances, muscle relaxation, improved range of motion, reduced soreness and improved tissue recovery. Plus, reduce 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 bursts of intense effort followed by periods of active recovery.

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 hits. Burn fat and learn Latin moves; have fun in this well-paced workout.

Just Dance 101

This class is for the beginner or new dancer who wants to learn at a slower pace. The first 30 minutes you will be learning choreography and basic steps. The last 30 minutes will be low-impact dancing. This class will help build your confidence on the dance floor!

Meditation

Quiet the mind and relax the body with gentle stretching as well as a mixture of meditation and guided imagery – bringing greater awareness to the breath, mind and body.

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 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-Ball® and BOSU® balls. All fitness levels are welcome.

Soft Tai Chi / Qigong

This class emphasizes energy awareness and movement through traditional qigong 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 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 on the track. We will combine walking for cardiovascular conditioning with intervals of prop-based, strength training exercises. After our total-body workout, we will stretch it out.

STRONG 30™

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

Tabata Cardio Conditioning Express

High-intensity interval training consisting of 20 seconds of maximum cardio effort and 10 seconds of active recovery. Modifications and progressions for every move will be offered, so you can work at your own pace.

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.

WERQ™ 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 you 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. This class is ideal for beginners, those returning to exercise or for participants with minor injuries.

Total-Body Yoga

A multilevel 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! Modifications will be available for prenatal, postnatal students and those with injuries.

Therapeutic Yoga

This class uses the principles of yoga to relieve stress and promote recovery of injury and illness.

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. This class will include modifications and progressions while listening 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.