




GROUP EXERCISE SCHEDULE

Tuesday, September 8 --- Sunday, October 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 6:45 am Boot Camp - Aaron	5:30 - 6:15 am Body Pump - Lorelee V		5:30 - 6:15 am Body Pump - Amy P.		
<i>Classes will not be held on Labor Day, September 7th</i>			8:30 - 9:15 am Bodycombat - Amy R.		9-9:45 am Aqua Aerobics - Lorelee
8:30 - 9:15 am Triple Threat - Gemma	8:00 - 8:45 am HIIT & Core Training - Lora	9-9:45am Aqua Aerobics - Lorelee	9-9:45am Aqua Aerobics - Lorelee	9-9:45 am Aqua Aerobics - Lorelee	9:00 - 9:45 am Body Pump - Victor
9-9:45 am Aqua Aerobics- Susie P	9:05 - 9:50 am Just Dance - Lesley	9:00 - 9:25 am Core Conditioning - Lora	9:15 - 10:00 am Cycle - Melissa B.	9:15 - 10:00 am Cycle - Lisa H	9:15 - 10:00 am Cycle - Marti
9:30 - 10:15 am The Barre Class - Janine	9:15 - 10:00 am Cycle - Lora	9:15 - 10:00 am Cycle - Lisa H	9:30 - 10:15 am The Barre Class- Janine	9:30 - 10:15 am Just Dance - Lesley	10:15 - 11:00 am Yoga Sculpt - Susan E
10:30 - 11:15 pm (AOA) Heart Plus Toning - Kris	10:15 - 11:00 am Just Barre - Lesley	9:40 - 10:25 am Simply Strength - Lora	9:30 - 10:15 am (AOA) Adult Ballet - Werner	10:00 - 10:45am Chair Yoga - Audrey	10:15 - 11:00 am (AOA) Aqua Yoga - Canella
11:45 - 12:30 am Yoga Basics - Liza	10:15 - 11:00 am Body Pump -Amy R.	WASH YOUR HANDS  Thank you!	10:30 - 11:15 am Body Pump - Lorelee	10:30 - 11:00 am Arm, Core and Stretch - Lesley	SUNDAY
5:30 - 6:15 pm Aqua Aerobics - Susie			11:45 - 12:30 pm Total Body Yoga - Liza	11:15 am - 12:00 pm (AOA) Heart Plus Toning - Werner	9:00 - 9:45 am Vinyasa Flow Yoga - Susan E
5:30 - 6:15PM Body Pump - Victor	5:30 - 6:15 pm The Barre Class - Janine	5:30 - 6:15 pm HIIT Ropes & Rowers - Amy C	12:15 - 1:00 pm (AOA) Ai Chi - Kris		
5:30 - 6:15 pm Yoga Basics - Marjorie			4:30 - 5:15pm Piloxing - Jennifer <i>Class begins September 17th</i>		
			5:15 - 6:00 pm PilatesYoga Fusion - Werner		

- CODES:**
- Cycle Studio
 - Main Studio
 - Track
 - Mind/Body Studio
 - Banquet Room
 - Lap Pool
 - Warm Water Therapy Pool

AOA - Active Older Adult

In order to ensure social distancing, we have a limited number of spots available for each class. Participants are required to register by calling the front desk at 847.535.7060 no sooner than the day before for their favorite class. A few things to know:

- We recommend arriving 15 minutes before class to allow time for the screening process and avoid losing your spot in class.
- You will need a mask to enter the building but it is not required while working out.
- To ensure everyone can enjoy his or her favorite class, we are asking that you cancel at least 6 hours before the scheduled time, by emailing gbenson@nmhfc.com or calling the front desk at 847.535.7060.
- Two Strike System:
 - No show for first class, a verbal warning will be given
 - No show for second class, you will be ineligible to register for future classes
- Classes will be 45 minutes in length to allow for cleaning between classes.
- We ask that you adhere to the 6-foot social distancing policy and avoid congregating outside the studios.
- Fitkids is not open at this time.
- Whirlpools, saunas, and steam rooms are not open at this time.