










GROUP EXERCISE SCHEDULE

Monday, October 26 --- Sunday, December 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 6:45 am Boot Camp Aaron	5:30 - 6:15 am Body Pump Loralee	6:00 - 6:45 am Power Yoga Amy P	5:30 - 6:15 am Body Pump Amy P		
				8:45 - 9:30 am Vinyasa Flow Yoga Canella	8:00 - 8:45 am BodyCombat - Amy R
8:30 - 9:15 am Triple Threat Gemma	8:00 - 8:45 am HIIT & Core Training Lora		8:30 - 9:15 am Bodycombat Amy R		9:00 - 9:45 am Body Pump Victor
	9:05 - 9:50 am Just Dance Lesley	9:00 - 9:25 am Core Conditioning Lora		9:15 - 10:00 am Cycle Lisa H	9:15 - 10:00 am Cycle Martti
9:30 - 10:15 am The Barre Class Janine	9:15 - 10:00 am Cycle Lora	9:15 - 10:00 am Cycle Lisa H	9:15 - 10:00 am Cycle Melissa	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	9:30 - 10:15 am Adult Ballet (AOA) Werner	9:30 - 10:15 am The Barre Class Janine	10:00 - 10:45 am Chair Yoga (AOA) Audrey	
11:45 - 12:30 pm Yoga Basics Liza	10:15 - 11:00 am Body Pump Amy R	9:40 - 10:25 am Simply Strength Lora	9:30 - 10:15 am Pilates + Equipment Loralee	10:30 - 11:00 am Arm, Core and Stretch Lesley	SUNDAY
11:30 - 3:00 pm Parkinson's Wellness <i>Registration Required</i>	11:30 - 3:00 pm Parkinson's Wellness <i>Registration Required</i>	11:30 - 3:00 pm Parkinson's Wellness <i>Registration Required</i>	10:30 - 11:15 am Body Pump Loralee	11:15 am - 12:00 pm (AOA) Heart Plus Toning Werner	9:00 - 9:45 am Vinyasa Flow Yoga Susan E
			11:30 - 3:00 pm Parkinson's Wellness <i>Registration Required</i>	12:30 - 1:15 pm (AOA) Therapeutic Yoga Marlene	2:00 - 2:45 pm Total Body Yoga Liza
	5:30 - 6:15 pm The Barre Class Janine	5:30 - 6:15 pm HIIT Ropes & Rowers Amy C	11:45 - 12:30 pm Total Body Yoga Liza	AOA - Active Older Adult	CODES:
5:30 - 6:15 pm Body Pump Victor	6:15 - 7 pm Cycle Bill				Cycle Studio
					Main Studio
					Fitkids
					Mind/Body Studio
					Banquet Room
					Lap Pool
					Warm Water Therapy Pool
5:30 - 6:15 pm Yoga Basics Marjorie			5:15 - 6:00 pm PilatesYoga Fusion Werner		
			5:30 - 6:15pm Bodycombat Jennifer		

We have limited spots available for each class. Participants are required to register via the phone app or by calling the front desk at 847.535.7060 no sooner than the day before. 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 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.
- Members are required to wipe equipment before & after use.