




ACTIVE ON LAND

Pool alternative land classes

Effective: October 26th – January 4th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Sit & Fit Kate 8:45 – 9:30am		
Sit & Fit Marylee 9:15 – 10 am		Sit & Fit Loralee 9:15 – 10 am		Chair Yoga Audrey 10:00 – 10:45 am	Sit & Fit Pam 9:15-10:00 am	
Heart Plus Toning Kris 10:30–11:15 am	Sit & Fit Kate 10:15 -11 am	Adult Ballet Werner 9:30 – 10:15 am	Sit & Fit Kris 10:15 – 11 am	Heart Plus Toning 11:15 – 12:00 pm Werner		
						Main Studio
		Sit & Fit Kris 11:15-12 pm		Therapeutic Yoga Marlene 12:30 – 1:15 pm		Mind Body Studio
						Fitkids
		Sit & Fit Pam 5:45- 6:30 pm				

Adult Ballet: Enjoy the beauty and grace of ballet. This class covers basic ballet positions and focuses on the student's awareness of proper posture and body alignment.

Chair Yoga: A gentle form of yoga practiced sitting in a chair or standing using a chair for assistance.

Heart Plus Toning: Light cardio and strength segments along with exercise that promote balance and core stability.

Sit & Fit: A chair based class utilizing bands and weights to improve strength, balance and range of motion exercises to reduce pain and stiffness.

Therapeutic Yoga: A mat-based class using the principles of yoga to relieve stress and promote recovery of injury and illness.

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.