







GROUP EXERCISE SCHEDULE

Monday, January 25 --- Sunday, January 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 - 6:15 am Body Pump Loralee				
					8:00 - 8:45 am BodyCombat - Amy R
8:30 - 9:15 am Triple Threat Jennifer	8:00 - 8:45 am HIIT & Core Lora	9 - 9:45 am Aqua Aerobics Loralee	8:30 - 9:15 am BodyCombat Amy C		9:00 - 9:45 am Body Pump Victor
9 - 9:45 am Aqua Aerobics Susie P		9:00 - 9:25 am Core Conditioning Lora	9 - 9:45 am Aqua Aerobics Carl	9:15 - 10:00 am Cycle Lisa H.	9:15 - 10:00 am Cycle Melissa
9:30 - 10:15 am The Barre Class Janine	9:15 - 10:00 am Cycle Lora	9:15 - 10:00 am Cycle Lisa H.			10:15 - 11:00 am Yoga Sculpt Susan E
10:30 - 11:15 pm (AOA) Heart Plus Toning Kris			9:30 - 10:15 am The Barre Class Janine	10:00 - 10:45 am Chair Yoga (AOA) Kris	10:15 - 11:00 am (AOA) Aqua Yoga Canella
11:45 - 12:30 pm Yoga Basics Susan E	10:15 - 11:00 am Body Pump Jennifer	9:40 - 10:25 am Simply Strength Lora	9:30 - 10:15 am Pilates & Equipment Loralee		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		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 Susan E
5:30 - 6:15 pm Body Pump Victor	5:30 - 6:15 pm The Barre Class Janine			AOA = Active Older Adult CODES: Cycle Studio  Lap Pool  Main Studio  Mind/Body Studio  Fitkids 	
5:30 - 6:15 pm Yoga Basics Marjorie					

We have limited 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. 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.

- Masks are required in the facility at all times including when you are exercising.
- 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**.
- 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.