








GROUP EXERCISE SCHEDULE

Monday, February 1 - Sunday, February 28, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 6:45 am Boot Camp Aaron S.	5:30 - 6:15 am Body Pump Amy P	6:00 - 6:45 am Power Yoga Amy P			6:15 - 7:45 am Tri-umph Training <i>Registration Required</i>
				9:15 - 10:00 am Cycle Lisa H.	8:00 - 8:45 am BodyCombat - Amy R
8:30 - 9:15 am Triple Threat Jennifer	8:00 - 8:45 am MyZone HIIT Lora	9:00 - 9:45 am Aqua Aerobics Loralee	8:30 - 9:15 am BodyCombat Amy R	9:30 - 10:15 am Just Dance Lesley C	9:00 - 9:45 am Body Pump Victor
9:00 - 9:45 am Aqua Aerobics Susie P	9:05 - 9:50 am Just Dance Lesley C	9:00 - 9:25 am Core Conditioning Lora	9:00 - 9:45 am Aqua Aerobics Carl	10:00 - 10:45 am Chair Yoga (AOA) Audrey	9:15 - 10:00 am Cycle Melissa
9:30 - 10:15 am Barre Fusion Janine	9:15 - 10:00 am Cycle Lora	9:15 - 10:00 am Cycle Lisa H.		10:30 - 11:00 am Arm, Core and Stretch Lesley C	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 C	9:30 - 10:15 am Adult Ballet (AOA) Werner	9:30 - 10:15 am Barre Fusion Janine	11:00 - 12:00 pm Parkinson's Wellness <i>Registration Required</i>	10:15 - 11:00 am (AOA) Aqua Yoga Canella
11:45 - 12:30 pm Yoga Basics Marjorie/Susan E	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	11:15 - 12:00 pm (AOA) Heart Plus Toning Werner	SUNDAY
11:30 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>	11:30 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>	11:30 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>	10:30 - 11:15 am Body Pump Amy C	12:30 - 1:15 pm (AOA) Therapeutic Yoga Marlene	9:00 - 9:45 am Vinyasa Flow Yoga Susan E
			11:45 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>		2:00 - 2:45 pm Total Body Yoga Amy P
5:30 - 6:15 pm Body Pump Victor	5:30 - 6:15 pm Barre Fusion Janine	5:30 - 6:15 pm MyZone HIIT Amy C	5:15 - 6:00 pm Pilates Yoga Fusion Werner	AOA = Active Older Adult CODES: Cycle Studio  Lap Pool  Main Studio  Mind/Body Studio  Fitkids  Warm Water Pool 	
5:30 - 6:15 pm Yoga Basics Marjorie	6:15 - 7:00 pm Cycle Bill P		5:30 - 6:15 pm Barre Fusion Janine		

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. We recommend arriving 15 minutes before class to allow time for the screening process and avoid losing your spot in class. A few things to know:

- 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**.
- We ask that you adhere to the 6-foot social distancing policy. Members are required to wipe equipment before & after use.
- Studios and pools are a cell free zone!
- Class times, formats and instructors are subject to change without notice.