







## GROUP EXERCISE SCHEDULE

Monday, April 5 - Sunday, May 26, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 6:55am Boot Camp Aaron S.	5:30 - 6:25 am Body Pump Amy P			8:30 - 9:20 am Triple Threat Gemma	8:00 - 8:50 am BodyCombat Amy R/Amy C
	8:00 - 8:55 am MyZone HIIT Lora			Class will not be held on 4/23 & 4/30	9:00 - 9:55 am Body Pump Victor
8:30 - 9:20 am Triple Threat Jennifer	9:05 - 10:00 am Just Dance Lesley C	9:00 - 9:55 am Aqua Aerobics Loralee	8:30 - 9:20 am BodyCombat Amy R	9:00 - 9:55 am Aqua Aerobics Instructor Rotation	9:15 - 10:10 am Cycle Melissa
9:00 - 9:55 am Aqua Aerobics Susie P	9:15 - 10:10 am Cycle Lora	9:00 - 9:25 am Core Conditioning Lora	9:00 - 9:55 am Aqua Aerobics Carl	9:15 - 10:10 am Cycle Lisa H.	10:15 - 11:10 am Core Yoga Susan E
9:30 - 10:20 am Barre Fusion Janine	9:15 - 10:10 am Sit & Fit (AOA) Kris	9:15 - 10:10 am Cycle Lisa H.	9:00 - 9:55am Pilates Yoga Fusion Loralee	9:30 - 10:25 am Just Dance Lesley C	
10:30 - 11:20 pm (AOA) Heart Plus Toning Kris	10:15 - 11:05 am Just Barre Lesley C	9:15 - 10:05 am Chair Yoga (AOA) Elaine	9:15 - 10:00am (AOA) Heart Plus Toning Kris	10:00 - 10:55 am Chair Yoga (AOA) Audrey	
					<b>SUNDAY</b>
11:45 - 12:40 pm Yoga Basics Liza	10:15 - 11:10 am Body Pump Amy R	9:30 - 10:25 am Adult Ballet (AOA) Werner	9:30 - 10:20 am Barre Fusion Janine	10:30 - 11:00 am Arm, Core and Stretch Lesley C	9:00 - 9:55 am Vinyasa Flow Yoga Liza
11:30 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>		9:30 - 10:25 am Simply Strength Lora	10:30 - 11:25 am Body Pump Amy C	11:00 - 12:00 pm Parkinson's Wellness <i>Registration Required</i>	9:00 - 9:55 am Aqua Aerobics Instructor Rotation
5:30 - 6:25 pm Aqua Aerobics Susie	11:30 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>	11:30 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>	11:45 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>	11:15 - 12:10 pm (AOA) Heart Plus Toning Werner	2:00 - 2:55 pm Total Body Yoga Liza
5:30 - 6:25 pm Body Pump Victor	5:30 - 6:15 pm Barre Fusion Janine	5:30 - 6:25pm Triple Threat Amy C	4:45 - 5:30 pm Yoga Tuneup Werner	12:30 - 1:25 pm (AOA) Therapeutic Yoga Marlene	AOA = Active Older Adult <b>CODES:</b> Cycle Studio  Lap Pool  Main Studio  Mind/Body Studio  Banquet Room 
5:30 - 6:25 pm Yoga Basics Marjorie	6:15 - 7:10 pm Cycle Bill P		5:30 - 6:15 pm Barre Fusion Amy C		

We have limited spots available for each class. Participants are required to register by calling the front desk at **847.535.7060** or on the club **phone APP** 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:

- All members and guests are required to wear face coverings over their nose and mouth before and after exercising and when entering and exiting exercise studios..
- 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** or **unenroll on the phone APP**.
- 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.