

**GROUP EXERCISE SCHEDULE**

Monday, January 2nd - Sunday, January 29th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 6:50 am Bootcamp Aaron	5:30 - 6:30 am Body Pump Amy P	6:00 - 6:50 am Bootcamp Aaron		6:00 - 7:00 am Vinyasa Flow Yoga Loralee	8:00 - 8:50 am BodyCombat Amy R
8:30 - 9:20 am Total Body Burn Jennifer	8:00 - 8:55 am MyZone HIIT Lora	6:00 - 7:00 am Sunrise Yoga Steve	8:30 - 9:20 am BodyCombat Amy R	8:30 - 9:25 am Triple Threat Gemma	9:00 - 10:00 am Body Pump Victor
9:00 - 11:15 am Wellness <i>Registration Required</i>	9:00 - 10:00am Pilates Power Walking - Class begins on the track-- Loralee	9:00 - 9:25 am Core Conditioning Lora	9:00 - 10:00 am Pilates Mat-Based Loralee	8:45 - 9:45 am Wellness <i>Registration Required</i>	9:00 - 10:00 am Cycle Melissa
9:15 - 10:15 am Cycle Melissa	9:10 - 10:00 am Just Dance Lesley C	9:15 - 10:15 am Cycle Lisa H.	9:15 - 10:00 am Heart Plus Toning Kris (AOA)	9:15 - 10:15 am Cycle Lisa H.	10:15 - 11:15 am Power Yoga Liza
9:30 - 10:20 am Barre Fusion Janine	9:15 - 10:30 am Cycle & Strength Lora	9:15 - 10:05 am Chair Yoga Elaine(AOA)	9:30 - 10:20 am Barre Fusion Janine		10:15 - 11:15 am Body Pump Susie N
10:30 - 11:30am Wellness <i>Registration Required</i>	9:15 - 10:15 am Sit & Fit (AOA) Kris	9:30 - 10:30 am Adult Ballet (AOA) Werner	10:15 - 11:15 pm Wellness <i>Registration Required</i>	9:30 - 10:25 am Just Dance Lesley C	
10:30 - 11:20 am (AOA) Heart Plus Toning Kris	10:15 - 11:05 am Just Barre Lesley C	9:30 - 10:30 am Simply Strength Lora	10:30 - 11:30 am Body Pump Instructor Rotation	10:00 - 10:55 am Chair Yoga (AOA) Audrey	<b>SUNDAY</b>
10:30 - 11:30 am Vinyasa Flow Yoga with Jen R	10:15 - 11:15 am Body Pump Amy R	10:15 - 11:15 am Wellness <i>Registration Required</i>	11:20 - 12:05 pm Sit & Fit (AOA) with Kris	10:20 - 11:10 am Adult Ballet (AOA) Werner	8:30 - 9:20 am Cycle Susan E
11:45 am - 12:45 pm Gentle Yoga Selima	11:30 - 3:15 pm Wellness <i>Registration Required</i>	10:30 - 11:30am Wellness <i>Registration Required</i>	11:30 - 12:30 pm Restorative Yoga Steve	10:30 - 11:00 am Arm, Core and Stretch Lesley C	9:00 - 10:15 am Vinyasa Flow Yoga Tatiana
11:45 - 12:45 pm WELLNESS <i>Registration required</i>	11:30 - 12:30 pm Restorative Yoga Steve	10:35 - 11:25 am Pilates Fusion Susan E	11:45 - 3:15 pm Wellness <i>Registration Required</i>	11:15 - 12:15 pm Wellness <i>Registration Required</i>	9:30 - 10:20 am Strength & Core Susan E
12:00 - 12:50 pm Just Dance 101 Lesley	4:45 - 5:45 pm Yoga Tuneup Werner	10:30 - 11:25 am BeMoved Dance Joanie (AOA)	4:45 - 5:45 pm Yoga Tuneup Werner	11:15 am - 12:05 pm (AOA) Heart Plus Toning Werner	2:00 - 3:00 pm Total Body Yoga Tatiana
1:00 - 3:15 pm Wellness <i>Registration Required</i>	5:15 - 6:05 pm Barre Fusion Amy R	11:30 am - 12:30 pm Balance & Stability Fabian (AOA)	5:30 - 6:20 pm Barre Fusion Rotation	11:15 - 12:15 pm Total Body Yoga Tatiana	(AOA) Active Older Adult
5:30 - 6:30 pm Body Pump Victor	5:30 - 6:30 pm Cycle Bill P	11:45 - 12:45 pm Wellness <i>Registration Required</i>	5:30 - 6:30 pm Cycle Carol	12:30 - 1:30 pm (AOA) Therapeutic Yoga Marlene	<b>CODES:</b> Cycle Studio 
5:30 - 6:30 pm Yoga Basics Steve	<b>For more information about the Group Exercise Schedule, contact Amy Rosales @ 847-535-7632 or arosales@nmhfc.com</b>	1:00 - 3:15 pm Wellness <i>Registration Required</i>		1:45 - 2:45 pm Wellness <i>Registration Required</i>	Main Studio 
		5:30 - 6:30 pm Vinyasa Flow Yoga Tatiana			Mind/Body Studio 
		5:30 - 6:30 pm Body Pump Carol			Banquet Room 
					Fitkids 
					Track & Mind/Body 

### Adult Ballet

Come enjoy the beauty and grace of classical ballet! This class will cover basic ballet positions, steps and vocabulary with a focus on the student's awareness of proper posture and body alignment. Standing barre work and center floor exercises will be given to enhance coordination, strength, balance and flexibility.

### Arm, Core and Stretch

Focus on toning your upper body and core. This class will end with stretches for your back, hips and legs for the ultimate dancers body!

### Balance & Stability

Let us help you prevent falls and make daily activities effortless. Combining both dynamic movements and balance exercises, along with strength and core, this class will help you be more independent and safer when doing the activities you love most.

### Barre Fusion

This class combines isometrics, dance conditioning and interval training to quickly sculpt and tone your abdominal muscles, lift the buttocks and increase muscle definition in the upper body.

### BeMoved Dance

A dance experience that inspires all levels to fully express themselves through the beauty of dance. Classes are designed so that every participant is empowered to move naturally within their own abilities while following the class choreography.

### Les Mills BodyCombat®

You will go through a series of music tracks striking, punching and kicking for the ultimate fat burning, high intensity cardiovascular workout.

### Les Mills BODYPUMP™

This class combines moderate weights with high repetition for a total-body workout. Participants will use a combination of free weights and a barbell to strengthen their major muscle groups.

### Boot Camp

Get ready to sweat as you reap the benefits of this ultimate calorie-burning hour with cardiovascular drills, strength exercises and more!

### Chair Yoga

This is a gentle form of yoga that is practiced sitting in a chair or standing using a chair for assistance.

### Core Conditioning

This 25-minute class strengthens and stabilizes the entire core: rectus abdominis, obliques and lower back extensors to enhance abdominal definition and core strength.

### Cycle

A cardio workout on a stationary bike. Cycle classes are technique based and/or terrain based. Focus on cadence, heart rate zones, climbs and sprints.

### Cycle and Strength

Work your heart and your upper body! Challenge yourself with 60-minutes of cycling, plus 15-minutes of targeted exercises to shape your upper body.

### Gentle Yoga

Yoga for active older adults, beginners or those looking for a gentler, more fundamental approach. This class will educate your body on the basics of yoga flows and asanas (poses) while improving alignment and flexibility

### Heart Plus Toning

Light cardio and strength segments along with exercise that promote balance and core stability.

### My Zone: H.I.I.T. Training

Short bursts of work followed by active recovery periods. Wear your Myzone Belt to push you into the multiple color zones, keep track of calories burned and effort expenditure all on the big screen.

### Just Barre

This class combines isometrics, dance conditioning and interval training to quickly sculpt and tone your muscles. This is a targeted workout designed to flatten the abdominal area, lift the buttocks and increase muscle definition in the upper body

### Just Dance

Easy to follow dance choreography to current and retro hits. Burn fat and learn latin moves and have fun in this well paced workout.

### Just Dance 101

A low impact class where we break down the dances from the Tues/Friday Just Dance Classes. You will learn the newest dances at a slower pace and master the steps!

### Pilates Fusion

A non-traditional Pilates class combining classical and contemporary sequences. Strengthen your core, sculpt lean muscle and increase flexibility.

### Pilates Mat-Based

A series of mind-body exercises evolving from the principles of Joseph Pilates. Class increases core strength, balance and flexibility.

### Pilates Power Walking--Class meets on the track.

The first half will be Pilates "PowerWalking" on the upstairs track. Learning a slow, balanced gate while concentrating on core activation will be our highlight. For the 2nd part, we will move down to the Mind/Body studio. We will stretch using a foam roller and mat. Please have good walking shoes (not aged sneakers!). ALL levels welcome!

### Power Yoga

Challenging yoga class that links movement to breath and exhilarates your body. You will build strength, increase flexibility and feel rejuvenated.

### Restorative Yoga

This class is slow and meditative, linking slower movements, alignment and breath work. Each pose (asana) is held comfortably and longer than other yoga classes. Class is ideal for beginners or those returning to exercise.

### Sit & Fit

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

### Simply Strength

Challenge and tone your muscles using a variety of equipment including free weights, exercise bands, Resist-a-ball and more!

### Strength & Core

Define and sculpt your body using heavier weights and a lower rep count. We will incorporate balance and core moves for a sleek physique.

### Sunrise Yoga

Welcome the day with yoga poses and soothing music to help guide you as we link movement and breath together to increase flexibility and mental awareness.

### Therapeutic Yoga

This class uses the principles of yoga to relieve stress and promote recovery of injury and illness.

### Total Body Yoga

A multi-level class incorporating breathing, balance and limited strength work. Expect a slow and easy flow of moderate poses and leisurely floor stretches

### Total Body Burn

Integrating segments of aerobic conditioning, kickboxing, strength training and core development for knockout Strength— Get Strong!

### Triple Threat

Three workouts in one session: Intervals of strength training, core conditioning and cardio drills!

### Vinaya Flow Yoga

A vigorous, more athletic approach to yoga with flowing poses and sequences linked to the breath.

### Yoga Basics

Beginner class working on basic poses (asanas) and flows with attention to alignment and breath awareness.

Yoga Tune Up® A therapeutic class using therapy balls and other props to relieve aches and pains while improving posture and performance.