

**GROUP EXERCISE SCHEDULE**

Wednesday, September 6th - Sunday, October 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			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 Tabata Sculpt & Core Susan E	9:00 - 10:00 am Body Pump Victor
9:00 - 11:15 am Wellness <i>Registration Required</i>	9:10 - 10:00 am Just Dance Lesley C	9:00 - 9:25 am Core Conditioning Lora	9:00 - 10:00 am Pilates Mat-Based Werner	<b>New Time:</b> 9:00 - 10:15am Total Body Yoga Tatiana	9:00 - 10:00 am Cycle Melissa
9:15 - 10:15 am Cycle Melissa	9:15 - 10:30 am Cycle & Strength Lora	9:15 - 10:15 am Cycle Lisa H.	9:15 - 10:00 am Heart Plus Toning Kris (AOA)	9:30 - 10:30 am Cycle Lisa H.	9:15 - 10:05 am Pilates Fusion Susan E
9:30 - 10:20 am Barre Fusion Janine	9:15 - 10:15 am Sit & Fit (AOA) Kris	9:15 - 10:05 am Chair Yoga Elaine(AOA)	9:30 - 10:20 am Barre Fusion Janine	9:30 - 10:25 am Just Dance Lesley C	10:15 - 11:15 am Power Yoga Susan E
10:30 - 11:30am Wellness <i>Registration Required</i>	10:15 - 11:05 am Just Barre Lesley C	9:30 - 10:30 am Adult Ballet (AOA) Werner	9:30 - 10:30 am Wellness <i>Registration Required</i>	10:00 - 10:55 am Chair Yoga (AOA) Audrey	10:15 - 11:15 am Body Pump Loralee
10:30 - 11:20 am (AOA) Heart Plus Toning Audrey	10:15 - 11:15 am Body Pump Amy R	9:30 - 10:30 am Simply Strength Lora	10:15 - 11:15 pm Wellness <i>Registration Required</i>	10:20 - 11:10 am Adult Ballet (AOA) Werner	11:30 - 12:30 pm <b>New!</b> Restorative Yoga with Marlene
10:30 - 11:30 am Vinyasa Flow Yoga with Susan E	11:30 - 3:15 pm Wellness <i>Registration Required</i>	10:15 - 11:15 am Wellness <i>Registration Required</i>	10:30 - 11:30 am Body Pump Michelle	10:30 - 11:00 am Arm, Core and Stretch Lesley C	<b>SUNDAY</b>
11:45 am - 12:45 pm Gentle Yoga Mary Clare	11:30 - 12:30 pm Restorative Yoga Steve	10:30 - 11:30am Wellness <i>Registration Required</i>	11:20 - 12:05 pm Sit & Fit (AOA) with Kris	11:15 - 12:15 pm Wellness <i>Registration Required</i>	8:30 - 9:20 am Cycle Susan E
11:45 - 12:45 pm WELLNESS <i>Registration required</i>	12:30 - 1:30 pm WELLNESS <i>Registration required</i>	10:35 - 11:25 am Pilates Fusion Susan E	11:30 - 12:30 pm Restorative Yoga Steve	<b>New!</b> 11:30 am - 12:30 pm Balance & Stability begins 9/29 with Fabian (AOA)	9:00 - 10:15 am Vinyasa Flow Yoga Tatiana
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)	11:45 - 3:15 pm Wellness <i>Registration Required</i>	12:30 - 1:30 pm (AOA) Therapeutic Yoga Marlene	9:30 - 10:20 am Strength & Core Susan E
1:00 - 3:15 pm Wellness <i>Registration Required</i>	<b>New Time:</b> 4:45 - 5:35 pm Barre Fusion Amy R	11:30 - 12:30pm <b>New!</b> Yoga Flow with Weights Mary Clare	<b>New!</b> 4:30 - 5:20 pm Strength & Core Susan E	12:45 - 1:45 pm Wellness <i>Registration Required</i>	2:00 - 3:00 pm Total Body Yoga Tatiana
5:30 - 6:30 pm Body Pump Victor	<b>New Time:</b> 5:45 - 6:45 pm Cycle Bill P	11:30 am - 12:30 pm Balance & Stability Fabian (AOA)	4:45 - 5:45 pm Yoga Tuneup Werner	1:45 - 2:45 pm Wellness <i>Registration Required</i>	(AOA) Active Older Adult
5:30 - 6:30 pm <b>New!</b> All Levels Yoga with 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>	5:30 - 6:30 pm Pilates Mat-Based with Loralee		<b>CODES:</b> Cycle Studio  Main Studio  Mind/Body Studio  Banquet Room 
7:00 - 8:00 pm <b>New!</b> Gentle Yoga Steve		1:00 - 3:15 pm Wellness <i>Registration Required</i>	5:30 - 6:30 pm Cycle Carol		
<b>September Pop-Up Class:</b> Joy of Yoga with Liza on Friday, 9/22 at 9am in the Mind/Body Studio. Registration not required.		5:30 - 6:30 pm Vinyasa Flow Yoga Tatiana	<b>September Pop-Up Class:</b> Wall Yoga with Steve Franks on Saturday, 9/30 at 11:30 am in the Wellness Studio. Register at the Front Desk.		