



GROUP EXERCISE SCHEDULE

Monday, July 8 - Tuesday, 8/27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 6:50 am Bootcamp Aaron	5:30 - 6:30 am Body Pump Loralee	6:00 - 6:50 am Bootcamp Aaron	5:30 - 6:30 am Body Pump 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 Tabata Sculpt & Core Susan E	9:00 - 10:00 am Body Pump Jennifer
9:00 - 11:15 am Wellness <i>Registration Required</i>	9:00 - 10:00 am Power Yoga Brook	9:00 - 9:25 am Core Conditioning Lora	9:00 - 10:00 am Pilates Mat-Based Werner	9:00 - 10:15am Total Body Yoga Tatiana	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)	9:30 - 10:30 am Cycle Lisa H.	9:00 - 10:00 am Just Dance <i>begins 8/10</i> Kristin
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	9:30 - 10:25 am Just Dance Lesley C	9:15 - 10:05 am Pilates Fusion Susan E
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	9:30 - 10:30 am Wellness <i>Registration Required</i>	10:00 - 10:55 am Chair Yoga (AOA) Elaine	10:15 - 11:15 am Power Yoga Susan E
10:30 - 11:20 am (AOA) Heart Plus Toning Werner	10:15 - 11:05 am Just Barre Lesley C	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	10:15 - 11:15 am Body Pump Loralee
10:30 - 11:30 am Vinyasa Flow Yoga with Marjorie	10:15 - 11:15 am Body Pump Amy R	10:15 - 11:15 am Wellness <i>Registration Required</i>	10:15 - 11:15 pm Restorative Yoga Steve	10:30 - 11:00 am Arm, Core and Stretch Lesley C	11:30 - 12:45 pm Restorative Yoga with Marlene
11:45 am - 12:45 pm Gentle Yoga Mary Clare	11:30 - 3:15 pm Wellness <i>Registration Required</i>	10:30 - 11:30am Wellness <i>Registration Required</i>	10:30 - 11:30 am Body Pump Michelle	11:15 - 12:15 pm Wellness <i>Registration Required</i>	SUNDAY
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	11:20 - 12:05 pm Sit & Fit (AOA) with Kris	11:30 am - 12:30 pm Balance & Stability Fabian (AOA)	8:30 - 9:20 am Cycle Susan E
12:00 - 12:50 pm Just Dance 101 Lesley	12:30 - 1:30 pm WELLNESS <i>Registration required</i>	10:30 - 11:25 am BeMoved Dance Joanie (AOA)	11:30 - 12:30 pm Restorative Yoga Steve	12:30 - 1:30 pm (AOA) Therapeutic Yoga Marlene	9:00 - 10:15 am Vinyasa Flow Yoga Tatiana
1:00 - 3:15 pm Wellness <i>Registration Required</i>	4:45 - 5:45 pm Yoga Tuneup Werner	11:30 - 12:30pm Yoga Flow with Weights Mary Clare	11:45 - 3:15 pm Wellness <i>Registration Required</i>	12:45 - 1:45 pm Wellness <i>Registration Required</i>	9:30 - 10:20 am Strength & Core Susan E
5:30 - 6:30 pm Body Pump Carol	5:15 - 6:05 pm Barre Fusion Amy R	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>	10:25am - 10:55 am Foam Roller Susan E
5:30 - 6:30 pm All Levels Yoga with Steve	For more information about the Group Exercise Schedule, contact Amy Rosales @ 847-535-7632 or arosales@nmhfc.com	1:00 - 3:15 pm Wellness <i>Registration Required</i>	5:30 - 6:30 pm Cycle Carol	Labor Day Holiday Schedule <i>A special 7-day Holiday Schedule will take place 8/28 - 9/3.</i>	2:00 - 3:00 pm Total Body Yoga Tatiana
6:40 - 7:40 pm Gentle Yoga with Steve		5:30 - 6:30 pm Vinyasa Flow Yoga Tatiana			(AOA) Active Older Adult
		5:30 - 6:30 pm Body Pump Carol			

CODES:

- Cycle Studio 
- Main Studio 
- Mind/Body Studio 