



Palos Health & Fitness Center Group Exercise Schedule

June 8 – September 7, 2009



| TIME | STUDIO | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------|-----------------|--|--------------------------|------------------------------------|-------------------------------------|------------------------------------|------------------------------|--------------------|
| 5:30-6:30am | A/B | | | Body Works Mary Beth | | Yoga Joel | | |
| 5:45-6:30 | C | | *Cycle Rotation | | *Cycle Diana | | | |
| 7:00 -8:15 | Pool Patio | | | Sunrise Yoga (Ends 7/22) | | | | |
| 8:15-9:00 | A | Arms & Abs Mary Beth | | Arms & Abs Maria | | | | |
| 8:30-9:20 | A/C | | | | *Bosu Blast Ellen(8:30- 9:30) | | *Power Cycle Rotation | |
| 8:30-9:15 | B/C | | Dance Aerobics Jan | | | *Cycle Kristen | | |
| 8:30-9:30 | A | | | | | Dance Aerobics (8:30-9:10)Linda | Step & Sculpt Rotation | Hi/Low aerobics |
| 9:00-9:50 | B/C | | | | | | | *Cycle Rotation |
| 9:15-10:00 | A/B | | Get On the Ball Jan | | | Yoga "Lite" Barb | | |
| 9:15-10:00 | Con. Rm. C,D | Gentle Yoga Paula /Izzy | | Gentle Yoga Linda | | | | |
| 9:15-10:15 | A | Step Interval Patty | | Step Interval Patty | | Body Works Kristen | | |
| 9:15-10:00 | C | *Cycle Express Kelly (9:15-9:45) | *Cycle / Maria | | *Cycle / Diane | | | |
| 9:35-10:30 | B | | | | | | Pilates II Doreen/Maria | |
| 9:45-10:15 | FF | *Tredd Express Kelly | | | | | | |
| 9:45-10:45 | A | | | | | | Body Works Rotation | |
| 10:00-11:00 | B/A | Pilates Yoga Mix /Maria | Body Works Maria | | Body Works Diane | | | |
| 10:20 -11:15 | B | | | Pilates II Maria | | | | |
| 10:30-11:30 | A | MS Yoga Paula | | Zumba® Linda (10-30-11:15) | | Young at Heart/Linda | | |
| 10:30-11:45 | B | | Yoga / Izzy | | | Pilates Express (10:30-11:10) | | |
| 10:45-Noon | B | | | | | | Vinyasa Yoga Mary Ann | |
| 11:00 -12:00 | B | Tai Chi Bill | | | Tai Chi (Inter.) Bill | | Tai Chi / Bill (Studio A) | Yoga Rotation |
| 11:45-12:45 | A | | | | | *Parkinson's Tom | | |
| 4:30-5:30pm | B/C | Yoga Mary Ann | Cycle & Sculpt Nicole | | | | | |
| 5:30-6:15 | A | Zumba® Joanne | | Cardio Express Kristen (5:15-6) | | | | |
| 6:00-7:00 | A | | Step & Sculpt Sherry | | Step & Sculpt Rotation | | | |
| 6:00-6:45 | C | *Ride & Stride Janine | * Power Cycle Gerry | | *Cycle Nicole | | | |
| 6:00-6:55 | B | Pilates Doreen | | Pilates Doreen | | | | |
| 6:00-6:45 | A | | | Body Works Expr./Kristen | | | | |
| 7:00-8:00pm | A/B | Body Works Janine | Yoga Maria | | Yoga Izzy/Maria | | | |

Studio A = Large Studio

Studio B = Mind Body Studio

Studio C = Cycling Studio

FF = Fitness Floor

***Pre-registration required on or the day before scheduled class date at the front desk 708.226.0555**

- Instructors occasionally sub out classes please check Group Exercise bulletin board for weekly changes •

Classes with consistent low attendance (six or less for a four week time period) will be subject to cancellation

Group Exercise Schedule available online at www.palosfitness.com

Class Descriptions

Studio A

Arms & Abs (All): A great express class to condition the upper body and core muscles using variety of equipment including free weights, body bars, resist-a-balls and much more!

Body Works (Int., Adv.): Learn to train the entire body! A strength training workout using a variety of equipment including body bars, free weights, and tubing. Concludes with abs and a stretch.

Bosu Blast (All): Experience the many benefits of Bosu training, class will introduce you to cardio, strength, and core components of the Bosu. Space is limited, Pre register at front desk.

Cardio & Sculpt (All): Instructor will vary the workout each week to guarantee you never get bored with the same class. Class will conclude sculpting exercises.

Cardio Express (All): Mix up your cardio routine with this 45 min. workout that will use a variety of equipment each week to make your cardio workout fly!

Dance Aerobics (All): a fun- filled light cardio workout. Instructor works on some basic dance techniques each week in an easy to learn format.

Get on the Ball (All): Enjoy the many benefits of using the rest-a- Ball to tone and strengthen the entire body! A variety of equipment will be used to enhance this workout!

Hi/Low Aerobics (All): Easy to follow aerobic movements will keep participants moving in a fun and motivating class format, concludes with toning exercises and a cool down.

Step Interval (Int., Adv.): Alternates between high- intensity step patterns and resistance training. Get the best of both cardio & strength training in one workout!

Step & Sculpt (All): Includes 40 minutes of step aerobics followed by 20 minutes of strength training exercises.

Young at Hearts (All): This class is designed with the older adult population in mind. A variety of equipment will be used. Chairs are incorporated for standing and seated support.

Zumba (All): Zumba is the Latin inspired fitness phenomenon! It is a total body workout w/toning exercises and fat burning dance moves. Zumba is a spicy, upbeat mixture of salsa, meringue, hip- hop, belly dance, cumbia, African dance and much more... It is easy, aerobic and fun!

Studio B

Gentle Yoga (Beg.): A beginner Yoga class designed to meet the needs of seniors and other participants with special needs. Chairs will be used. 45 minutes, meets in conference room C, D.

Pilates I (All): Learn how to condition the core muscles or powerhouse of the body that includes the abdominals, back and gluteals. Participants will experience a heightened awareness of breath and a lengthening of the entire body.

Pilates II (Int. Adv.): For those students that have mastered the fundamentals and are looking for more intense exercises. This one will take you to the next level!

Tai Chi (All): A flowing combination of stretching, breathing and low-impact movements that is known to improve circulation, mobility, and a sense of well being.

Sunrise Yoga (All) – Great way to start your day! Class will meet on pool patio. In case of inclement weather class will meet in studio B. *Six weeks only.* No Class July 15th

Yoga "Lite": Great class for those new to yoga, and want more then the Gentle yoga class has to offer.

Yoga (All): participants learn how to relax, strengthen, and soothe their bodies and minds while increasing flexibility and strength through various postures and breathing techniques.

Vinyasa Yoga (Int. Adv.) Class will combine breath and a continuous flow of movement based on the concepts of power yoga.

Studio C

***Cycle (All):** A 45-minute group cycling class based on aerobic endurance training and intervals. Includes jumps, climbs, and sprints.

***Cycle & Sculpt (All):** Great combo class that includes 30 min. of spinning in studio C and then concludes in Studio A for a sculpting workout.

***Power Cycle (Int., Adv.):** This 50-minute class is taught with the advanced rider in mind. Take your ride to the next level!

***Ride & Stride (All):** This class consists of 30 minutes of cycling and 20 minutes of either running or walking on the suspended track. Participants are encouraged to work at their own pace. Excellent cardio class!

****Heart rate monitors recommended for cycling & treading classes. Pre-registration required at front desk.***

Fitness Floor

***Power Treading (All):** This treadmill class is a great way to turn a boring 45-minute workout into some real fun! Set to music you will walk, run, use inclines, and sprint as if you were on a real open road. Headphones required. Pre-register at members services desk

CLASS POLICIES:

- 1. Please be on time. Warm-up insures a safe and effective workout.**
- 2. Do not enter the studio before current class is finished.**
- 3. Please refrain from wearing perfumes, cologne or gum chewing.**
- 4. Always return equipment to its proper storage area.**
- 5. Please use locker room before class. No gym bags or personal belongings allowed.**
- 6. Please limit conversation to a minimum while class is in session.**
- 7. Cell phones are not allowed in studios.**

We welcome your questions and comments; please contact Maria Plotner, Group Exercise Coordinator at 226-0555 x146