

Belly Blaster	A 15 min. express core workout! Beg/Int/Adv
Boot Camp	An intense, fun, fast-paced class designed to condition your body like an athlete. Includes sports drills & plyometric moves to target the entire body! Intermediate/Advanced
BOSU Boot Camp	Another intense boot camp workout using the BOSU balance trainer to perform cardio & strength intervals. Int/Adv
Butts N' Guts	30 min. of exercises targeting your core & lower body! Various equipment will be used. Beg/Int/Adv
Cardio Flex	A low-impact workout that moves at a slightly slower pace. 30 Min. aerobic activity followed by flexibility training. Beg/Int
Chi Motion	This low-impact aerobic class will integrate mind/body fitness through Tai Chi, yoga, and dance inspired movements. Beginner/Intermediate/Advanced
Circuit Breaker	A fast-paced workout that will take you from station to station or exercise to exercise mixing cardio with toning while your heart rate stays up to burn more calories! Beg/Int/Adv
Cycling	A revolutionary cardio workout on a stationary bike! Cycling classes are designed around the style of music and/or riding technique. Athletic Cycling (60 min) Power (60 min) Beginner/Intermediate/Advanced
Flexibility	A stretching class designed to de-stress you & increase your range of motion through a variety of stretches. Beg/Int/Adv
Flexible Strength	This class is designed to increase your strength & flexibility. Light resistance may be used. Beg/Int/Adv
Flow Yoga	Combines movement, breath, & strength as you flow from asana (pose) to asana. You will generate heat, build strong muscles & improve flexibility. Beg/Int/Adv
Functional Strength	This class introduces the concept of functional training by teaching exercises that will increase muscular strength & endurance as well as improve balance, agility & stamina with integration of your core! Beg/Int/Adv
Heart Healthy	This class is the next progression from Sit & Get Fit. It has 30 min. of low impact aerobics followed by 15 min. of balance & stretching. Beginner/Intermediate
Let it Go Hi-Lo	Let it go with high or low impact aerobics! May include abdominal exercises towards the end of class. Beg/Int/Adv
Med Ball Mania!	Improve your strength & endurance in this challenging, fun class! A medicine ball will be used for your total body workout as you perform cardio drills and/or choreography. Int/Adv
Muscle Madness	This head to toe workout is all strength training. You will use various forms of resistance & reps to increase muscle mass, tone & increase core strength. Beg/Int/Adv
Pilates Mat	Lengthen & strengthen your limbs & spine. Focus on core strengthening exercises while increasing flexibility in these Pilates mat-based classes. Schedule indicates specifically Beginner/ & or/Intermediate/Advanced levels

Pilates 101	New to Pilates or need to review the basics? This class is designed to teach you the basics of Pilates mat work. Special attention will be given to form & breath patterns with exercises that will properly prepare you for the more advanced levels. Beginner
PiYo	This flowing class integrates Pilates exercises with various Yoga poses. Strengthen core, lengthen limbs, & increase flexibility! Beginner/Intermediate/Advanced
Power Abs	25 minutes of ab/core exercises that combine traditional & Pilates style exercises that will give your core the strength & power it needs! Beg/Int/Adv
S.O.S. (Seniors On Strength)	This class focuses on strengthening/toning using tubing & dumbbells for resistance while alternating between sitting, standing, & walking to improve movement/balance. Beg/Int
Sit & Get Fit!	A Cardiovascular conditioning class designed for participants with limitations. Use of seated & standing exercises to improve muscle tone & movement. Beginner
Step Classes	These step classes challenge both the aerobic and anaerobic energy systems with the use of creative step choreography. Straight Up Step- Double step may be used. Int./Adv. Step & Strength- Uses step choreography mixed with strength Beginner/Intermediate/Advanced Pure Step- More basic step choreography. Beginner
Total Conditioning	This class will challenge the 4 main components of fitness: strength, cardio (speed), balance (core), & flexibility. A variety of resistance & stability tools will be used to challenge your TOTAL Body! Intermediate/Advanced
Turbo Kick!	Turbo Kick is an addictive workout that combines shadow boxing, kickboxing, sports drills, & simple dance moves in one fun workout! PLUS includes the use of other equipment. Beginner/Intermediate/Advanced
Xtreme Pump	This class will challenge all of your major muscle groups using popular weight-room type exercises with repetitions to your favorite music. Beginner/Intermediate/Advanced
Yoga	These classes integrate the postures, breathing exercises, & relaxation to harmonize you on every level; mind, body, spirit. This is a mindful & moving class, all levels are welcome. Beginner/Intermediate/Advanced
Yoga 101	This class is being offered to those who are completely new to Yoga. Learn the basics of Hatha Yoga with practice in breath for relaxation, slow movements, & gentle stretching into basic poses including the sun salutation. Beginner
ZUMBA!	Burn calories & tone your core while moving to the beat as you dance Merengue, Salsa, Cumbia and more! Beginner/Intermediate/Advanced
ZUMBA GOLD!	Designed for the older adult or beginner. Feel the Latin rhythms as you dance for exercise in this fun easy-to-follow class! This class is held every other week, see weekly Schedule posted on bulletin board. Beginner

Group Exercise Schedule

August 1 - October 16

2010



The Right Class.

The Right Time.

The Right Place.



The Wellness Center

900 West Central Rd Arlington Heights, IL 60005
847.618.3500

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00 am Boot Camp Robin - BIA (45 Min) 6:45 am Belly Blaster Robin - BIA (15 Min) 7:00 am Functional Strength Amy - BIA (30 Min) 8:00 am Flow Yoga Lori - Room 2 BIA (60 Min) 8:15 am CardioFlex Liz - BI (60 Min) 9:30 am Med Ball Mania Amy/Julie - IA (55 Min) 10:25 am Sit & Get Fit Vicki/Siobhan - Room 3 BI (50 Min) 11:15 am Sit & Get Fit Siobhan - Room 3 BI (45 Min) 11:30 am Flexibility Cathy T - BIA (40 Min) 12:15 pm Muscle Madness Susan - BIA (60 Min) 4:30 pm Circuit Breaker Erin - BIA (45 Min) 5:15 pm Six Pack Attack Erin - BIA (30 Min) 5:45 pm Step & Strength Diane - BIA (45 Min) 6:00 pm Yoga Joanne - Room 2 BIA (60 Min) 6:30 pm Xtreme Pump Diane - BIA (55 Min) 7:15 pm Yoga Joanne - Room 2 BIA (60 Min)	6:05 am Power Cycling Michael - BIA (45 Min) 7:30 am Six Pack Attack Amy - BIA (30 Min) 9:30 am Power Cycling Nathalie/Amy - BIA (45 Min) 10:30 am Chi Motion/ Zumba Gold Vicki/Siobhan - BI (45 Min)	5:15 am Power Cycling Julie - BIA (45 Min) 6:05 am Xtreme Pump Julie - BIA (55 Min) 6:00 am Pilates Mat Lori - Room 3 BIA (60 Min) 7:00 am Yoga Toni - Room 2 BIA (60 Min) 7:00 am Muscle Madness Lori - BIA (60 Min) 8:15 am Pure Step Vicki - BI (60 Min) 8:15 am Cycling 101 Amy - B (45 Min) 9:30 am Xtreme Pump Amy - BIA (55 Min) 9:30 am Power Cycling Heidi - BIA (45 Min) 10:15 am Seniors on Strength Liz - Room 3 BI (45 Min) 11:15 am Heart Healthy Liz - B (45 Min) 4:30 pm Functional Strength Ann - BIA (60 Min) 5:45 pm Power Cycling Brian - BIA (45 Min) 5:45 pm Turbo Kick Lori - BIA (45 Min) 6:00 pm Pilates Mat Cathy T - Room 3 BIA (60 Min) 6:30 pm Six Pack Attack Lori - BIA (30 Min)	6:00 am Power Cycling Amy - BIA (45 Min) 6:00 am BOSU Boot Camp Erin - BIA (45 Min) 6:45 am Belly Blaster Erin- BIA (15 Min) 7:00 am Spin 101 Express Amy - BI (30 Min) 7:30 am Six Pack Attack Amy - BIA (30 Min) 8:15 am Let it Go Hi - Lo Vicki - BI (60 Min) 9:30 am Pilates Mat Cathy T - Room 2 BIA (60 Min) 9:30 am Straight Up Step Julie - IA (55 Min) 9:30 am Athletic Cycling Cathy M - BIA (60 Min) 10:25 am Sit & Get Fit Donna - Room 3 BI (50 Min) 10:30 am PiYo Julie - IA (55 Min) 11:15 am Sit & Get Fit Donna - Room 3 BI (45 Min) 11:30 am Flexible Strength Cathy T/Marilyn - BIA (40 Min) 12:15 pm Muscle Madness Marilyn - BIA (60 min) 4:45 pm Total Conditioning Diane - IA (45 Min) 5:30 pm Yoga Shane - Room 2 BIA (60 min) 5:30 pm Xtreme Pump Diane - BIA (55 Min) 6:30 pm Power Cycling Lori - BIA (45 Min) 6:35 pm ZUMBA Jill/Rebecca - BIA (55 Min)	5:15 am Power Cycling Lori - BIA (45 Min) 6:00 am Muscle Madness Ann - BIA (55 Min) 6:05 am Power Abs Lori - Room 3 BIA (25 Min) 6:30 am Flow Yoga Lori - Room 3 BIA (30 Min) 7:00 am Yoga Toni - Room 2 BIA (60 Min) 7:00 am Xtreme Pump Amy - BIA (60 Min) 8:15 am Med Ball Mania Amy - IA (60 Min) 9:30 am Yoga Jennifer - Room 2 BIA (60 Min) 9:30 am Total Conditioning Heidi - IA (55 Min) 9:30 am Power Cycling Julie - BIA (45 Min) 11:15 am Heart Healthy Donna/Liz - B (45 Min) 4:30 pm Functional Strength Rebecca - BIA (55 Min) 5:30 pm BOSU Boot Camp Rebecca - BIA (60 Min) 5:45 pm Power Cycling Mark—BIA (45 Min) 6:00 pm Yoga 101 Joanne—Room 3 B (60 min) 6:30 pm—Butts n' Guts Erin—BIA (30 Min) 7:00 pm—Med Ball Mania Express Erin—IA (30 Min)	6:00 am Med Ball Mania Rebecca - IA (45 Min) 6:45 am Belly Blaster Rebecca - BIA (15 Min) 6:00 am Power Cycling Ann - BIA (45 Min) 7:00 am Circuit Breaker Express Rebecca - BIA (30 Min) 7:30 am Six Pack Attack Rebecca - BIA (30 Min) 8:15 am Chi Motion Julie - BI (45 Min) 9:30 am Turbo Kick PLUS Lori - BIA (55 Min) 9:30 am Athletic Cycling Nathalie - IA (60 Min) 10:25 am Seniors on Strength Liz/Donna - Room 3 BI (45 Min) 10:30 am Xtreme Pump Lori - BIA (55 Min) 11:15 am Sit & Get Fit Donna - Room 3 BI (45 Min) 11:30 am Flexibility Vicki - BIA (40 Min) 4:45 pm Power Cycling Julie/Ann - BIA (45 Min) 5:30 pm Zumba Rotation - BIA (60 Min)	7:00 am Xtreme Pump Rotation - BIA (55 Min) 8:00 am Straight Up Step Rotation - BIA (60 Min) 8:15 am Athletic Cycling Rotation - IA (60 Min) 8:30 am Pilates Mat 101 Shane/Kristin—Room #3 BI (45 min) 9:15 am MedBall Mania Rotation - IA (60 Min) 10:30 am - PiYo Rotation - BIA (60 Min)
					SUNDAY	
					8:15 am Muscle Madness Rotation - BIA (60 Min) 8:15 am Yoga Carol -Rm 1&2 BIA (60 Min) 9:15 am Zumba Rotation - BIA (60 Min) 9:15 am Athletic Cycling Rotation - IA (60 Min) 9:30 am Pilates Mat Ann -Rm 1&2 IA (60 Min) 9:30 am Yoga Carol -Rm 3 BIA (60 Min)	
					<p style="text-align: center;">Blue indicates Morning Classes Red indicates Midday Classes Green indicates Evening Classes</p> <p>Class Levels: B - Beginners I - Intermediate A - Advanced All classes are complimentary to <i>Wellness Center</i> Members All classes are held in the Aerobic Studio unless otherwise noted. Cycling classes are held in the Cycling Room. Classes held upstairs are indicated by Room 2 or Room 3 <i>All classes and instructors are subject to change</i></p>	
			Yellow indicates new Class or time			