Group Fitness Class Schedule 2022

nch Northwest Community Healthcare
Part of NorthShore

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 - 7 am **Sunrise Yoga** Jim	5:45 – 6:25 am **Threshold Ride** Julie	6 - 6:45 am **Total Body** Robin	5:45 - 6:30 am **Warrior Sculpt** Robin	6 - 7 am **Sunrise Yoga** Jim	7 - 7:45 am **Muscle Max** Staff Rotation
7 - 7:45 am **Spinning** John	6:30 - 7 am **Express Tone** Julie	7 - 7:45 am **Spinning** Julie	7 - 7:45 am **Power Pilates** Ann	6 – 6:45 am **T . B . C** Robin	8 - 8:45 am **Boot Camp $** Will
8:15 - 9 am **Body Blast** Staff Rotation	7 - 8 am **Yoga Flow** Ann	8:15 - 9 am **Let it Go Hi/Lo** Vicki	8:15 - 9 am **Dynamic Duo** Julie	7 - 7:45 am **Tabata & Abs** Gilda / Lauren	8 - 9 am **Sunrise Yoga** Jim / Andrea
8:15 – 9 am **Aqua Intervals** Lynn	8:15 - 9 am **Final Cut** Vicki	8:15 – 9 am **Aqua Intervals** Staff Rotation	8:15 – 9 am **Aqua Intervals** Thea	8:15 - 9 am **Low Impact Motion** Julie	8 - 9 am **Hiit the Road** Staff Rotation
8:15 - 9 am **B . B . S** Thea	8:15 – 9 am **Aqua Tone** Sheri	9:15 - 10 am **Aqua Mix** Bonnie	9:15 - 10 am **Aqua Cardio Blast** Bonnie	8:15 – 9 am **Sea Surprise** Sheri	8 - 8:45 am **Med Ball Blast** Staff Rotation
9:15 - 10 am **Aqua Cardio Blast** Lynn	8:15 - 9 am **Walking&Stretch** Thea	9:30 – 10:15 am **Barre Sculpt** Gilda	9:30 - 10:15 am **Cycle 45** Julie	9:15 - 10 am **Aqua Intervals** Sheri	9:15 - 10 am **Sea Surprise** Bonnie/ Sheri
9:30 – 10:20 am **Triple Threat** Julie	9:15 - 10 am **Aqua Intervals** Sheri	9:30 - 10:15 am **Threshold Ride** Vicki	9:30 - 10:15 am **Strength Condit** Lauren	9:30 – 10:15 am **Barre Sculpt** Gilda	9:15 - 10 am **Pilates Mat 101** Amanda
10:30 - 11:30 am **Yogalates** Julie	9:15 - 10:15 am **All Level Yoga** Jim	9:30 - 10:15 am **3--2--1--** Lexi	10:30 - 11:15 am **ZUMBA Gold** Nori	9:30 - 10:15 am **Threshold Ride** Lexi	9:15 - 10:15 **3--2--1--** Staff Rotation
10:30 – 11:15 am **Low Impact Motion** Vicki	9:30 - 10:15 am **Hiit the Road** Vicki	10:30 - 11:30 am **Yogalates** Julie	11:30 - 12:15 pm **Chair Yoga** Jim	9:30 - 10:30 am **Kickboxing Intervals** Julie	10:15 - 11 am **Beg. Friendly Yoga** Amanda
11:30 - 12:15 pm **Stretch & Align** Vicki	9:30 - 10:15 am **Muscle Endurance** Lexi	10:30 - 11:15 am **Sit & Get Fit** Liz B.	4:30 – 5:15 pm **Total Body** Gilda	10:30 – 11:15 am **S . O . S** Liz B.	
12:15 - 1 pm **Aqua Intervals** Bonnie	10:30 - 11:15 am **ZUMBA Gold** Nori	11:30 - 12:15 pm **Fit,Function,Balance** Cathy	5:15 - 6 pm **Aqua Mix** Bonnie	11:30 - 12:15 pm **Stretch & Align** Vicki	
12:30 - 1:15 am **Chair Yoga** Jim	10:30 – 11:15 am **S . O . S** Liz B.	12:15 - 1 pm **Aqua Tone** Bonnie	5:45 - 6:30 pm **Power Cycle** Stephanie	12:15 - 1 pm **Aqua Flow** Sheri	
4:30 – 5:15 pm **Tabata** Sandy	11:30 - 12:25 pm **Fit,Function,Balance** Cathy	4:30 – 5:15 pm **Muscle Endurance** Will	6 - 7 pm **All Level Yoga** Jeanne	5:45 - 6:45 pm **Yoga Flow & Nidra** Jim	
4:45 - 5:30 pm **BARRE** Lexi	4:30 – 5:30 pm **Warrior Sculpt** Ann	5:30 - 6:15 pm **Boot Camp $** Michael D.	6:15 - 7 pm **Aqua Mix Plus+** Bonnie		
5:30 - 6:15 pm **Boot Camp $** Will	5:15 - 6 pm **Aqua Cardio Blast** Lynn	5:45 -6:30 pm **F . I . T** Michelle			
5:30 – 6:15 pm **Strength Condit** Vicki	5:45 - 6:30 pm **Power Cycle** Vicki	6 – 7 pm **Vinyasa Yoga** Amanda			
6 – 7 pm **Purifying Yoga Flow** Amanda	5:30 - 6:30 pm **Hatha Yoga** Craig	6:30 - 7:30 pm **Aqua FIT n' FLOW** Bonnie			
7:15 - 8 pm **Restorative Yoga** Amanda					

Sunday
8 - 9 am **Vinyasa Yoga** Jeanne
8:15 - 9 am **Total Body** Kim/ Michelle
9:30 – 10:30 am **ZUMBA** Leah
9:15 -10:15 am **Aqua Cardio Blast** Lynn
9:15 - 10:15 am **Pilates Mat II** Ann
10:30 - 11:30 am **Beg. Friendly Yoga** Jim/Jeanne

- Conference Room 2&3
- Aerobic Studio
- Spin Room
- Swim Pool
- Yard /TURF
- Yoga Classes in Conference Rooms 2 & 3

First Friday of the month only

NEW Class/Format/Instructor

For more info please visit our classes at https://nchwc.thememberspot.com/classes . Call us at 847.618.3501 if you require any further information. Class instructor and formats are subject to change without notice.