



# Center Fitness Club

## Group Exercise Schedule

### November 2018

CFC Front Desk: (847) 920-3901

### Schedule Key

Spin Studio.....SS  
 Studio A.....A  
 Mind & Body.....MB  
**SeniorFit Class.....Boldface**  
*New/Changed Classes.....Italics*

TIME	CLASS	INSTRUCTOR / ROOM
<b>Monday</b>		
5:45 – 6:30	Spin Express.....	Stacy ..... SS
8:00 – 9:00	Strength.....	Stacy ..... A
9:15 – 10:00	Spin Express.....	Beth O.K. ..SS
9:15 – 10:10	Triple Threat.....	Cris ..... A
11:30 – 12:30	Yoga Basics.....	Ellen..... MB
<i>12:15 – 1:05</i>	<i>Joins in Motion.....</i>	<i>Pam ..... A</i>
<b>1:15 – 2:00</b>	<b>Zumba Gold: Low Impact...</b>	<b>Alison M. ... A</b>
6:00 – 7:00	Spin.....	Chris..... SS
<i>6:00 – 7:00</i>	<i>Zumba.....</i>	<i>Farrell..... A</i>
7:00 – 8:00	Yoga.....	Nicole..... MB

TIME	CLASS	INSTRUCTOR / ROOM
<b>Tuesday</b>		
5:45 – 6:30	HIIT/Strength Express.....	Frankie..... A
<b>7:30 – 8:00</b>	<b>Heart Plus Express.....</b>	<b>Karen ..... A</b>
8:00 – 9:00	Pilates / Strength.....	Dianne ..... A
9:15 – 10:15	Spin.....	Leah ..... SS
9:15 – 10:15	Interval Training.....	Marta ..... A
9:15 – 10:30	Hatha Yoga.....	Megan ..... MB
11:30 – 12:30	Tai Chi.....	Evelyn ..... MB
6:00 – 7:00	HIIT.....	Allison R..... A

TIME	CLASS	INSTRUCTOR / ROOM
<b>Wednesday</b>		
5:45 – 6:30	Strength Express.....	Julie..... A
5:45 – 6:30	Spin Express.....	Chris..... SS
8:00 – 9:00	Strength.....	Marta ..... A
9:15 – 10:15	Cardio/Sculpt.....	Cris..... MB
9:15 – 10:15	Spin.....	Caren..... SS
10:30 – 11:45	Kundalini Yoga.....	Michelle ..... MB
<b>10:30 – 11:30</b>	<b>Heart Plus.....</b>	<b>Karen ..... A</b>
11:30 – 12:30	Dance & Tone.....	Alison M..... A
6:00 – 6:45	Spin.....	Stacy..... SS
7:00 – 8:00	Yoga.....	Stacy..... MB
<i>7:00 – 8:00</i>	<i>Zumba.....</i>	<i>Farrell..... A</i>

<b>GroupFit Passes</b>			
GroupFit Pass	CFC Member	Resident	Non-Resident
Daily Class	\$10.....	\$14.....	\$16
5 Classes	\$47.....	\$69.....	\$79
10 Classes	\$84.....	\$128.....	\$148
20 Classes	\$148.....	\$234.....	\$276
Unlimited.....	\$503.....	\$513.....	\$644

TIME	CLASS	INSTRUCTOR / ROOM
<b>Thursday</b>		
5:45 – 6:30	Spin Express.....	Stacy ..... SS
7:30 – 8:00	Therapeutic Stretch.....	Dianne ..... A
8:00 – 9:00	Pilates.....	Dianne ..... A
<i>9:15 – 10:15</i>	<i>Sets &amp; Reps.....</i>	<i>Amy ..... A</i>
9:15 – 10:30	Hatha Yoga.....	Chelle ..... MB
9:15 – 10:15	Spin.....	Lora ..... SS
10:30 – 11:30	WERQ.....	Jenny..... A
<b>11:00 – 11:50</b>	<b>Joins in Motion.....</b>	<b>Pam ..... MB</b>
5:45 – 6:45	TrueFit.....	Tom ..... A

TIME	CLASS	INSTRUCTOR / ROOM
<b>Friday</b>		
5:45 – 6:45	Spin & Strength.....	Julie..... SS/A
8:00 – 9:00	Functional Flexibility & Myofascial Release.....	Lora ..... MB
8:00 – 9:00	Strength.....	Marta ..... A
9:15 – 10:15	Spin/Strength.....	Leah ..... SS/MB
9:15 – 10:15	Interval Training.....	Rachelle..... A
10:35 – 11:35	Zumba.....	Ruben..... A
11:00 – 12:15	Vinyasa Yoga Level 1.....	Jancy..... MB

TIME	CLASS	INSTRUCTOR / ROOM
<b>Saturday</b>		
7:00 – 8:00	TrueFit.....	Tom ..... A
7:00 – 8:00	Spin.....	Lori..... SS
8:15 – 9:15	Strength Training.....	Rachelle..... A
9:15 – 10:00	Spin Express.....	Julie..... SS
9:15 – 10:15	Yoga.....	Lori..... MB

TIME	CLASS	INSTRUCTOR / ROOM
<b>Sunday</b>		
8:00 – 9:00	HIIT.....	Marta ..... A
8:00 – 9:15	Yoga.....	Sarah..... MB
9:15 – 10:00	Strength Express.....	Rotation ..... A
10:05 – 10:50	Spin.....	Stacy/Chris..SS
10:15 – 11:15	WERQ.....	Amanda ..... A

**Group Fitness Classes** – Our “GroupFit” classes are designed to meet your schedule and class attendance needs. GroupFit Passes are non-transferable, non-refundable and cannot be shared. Senior discounts are not available on GroupFit purchases.

Passes expire 6 months from date of purchase. Unlimited & Platinum Access expire 1 year from date of purchase.

The Center Fitness Club will offer a minimum of 55 GroupFit classes per week:

- GroupFit classes are “Drop-In” classes for participants with varying abilities.
- GroupFit classes may change format, time and/or instructor; however, all efforts will be made to give as much notice to participants as possible.
- GroupFit classes may be cancelled due to low attendance; however, all efforts will be made to give as much notice to participants as possible.
- GroupFit Holiday Schedules will vary from the schedule above.

# Center Fitness Club Group Fitness Descriptions

## CARDIO, BALANCE, CORE AND STRENGTH FORMATS

**Cardio Core:** The cardio portion of the class draws from several formats including kick-boxing, plyometrics, and functional bodyweight movements. Core-centric exercises comprise the second portion of the class in which a variety of modalities are used to strengthen one's overall core strength and balance.

**HIIT:** High Intensity Interval Training workout consists of intense cardio, strength training, stretching and balancing.

**Interval Training:** Combines short, high intensity bursts of cardio and recovery phases, repeated during one exercise session to provide a complete workout.

**Sets & Reps:** This format utilizes free weights to shape, tone and strengthen the entire body.

**Strength and Strength Express:** An intense muscle conditioning class targeting every muscle group in just 45 minute or 60 minute classes!

**Triple Threat:** Boost your fitness in a high-intensity, full-body strength & conditioning workout that will challenge your inner fitness warrior!

**TrueFit:** Blending speed, power and agility - a low-impact, fat-torching, muscle-sculpting and core centric-interval workout.

## PILATES AND FOAM ROLLER FORMATS

**Functional Flexibility & Myofascial Release:** Work through a series of deep stretches for increased flexibility & muscle release.

**Pilates:** A core-centric workout, this class is a fusion of mat Pilates, arms, legs, gluts and abs routines for progressive core strengthening! Instructors use Pilates ring, ball and resistance bands to enhance your workout.

**Therapeutic Stretch:** A body-prep for the following Pilates class, Therapeutic Stretch will warm up the body for better performance.

## SPIN CLASS FORMATS

**Spin/Spin Challenge/Spin Express:** This class uses stationary cycles with motivating music to improve your cardiovascular system and burn calories, with no impact on joints and bones. Instructors guide participants through workout phases: Warm-up, sprints, climbs, up-tempo cadences and cool-down techniques.

## YOGA FORMATS

**Hatha:** This practice focuses on strengthening the connection of body and mind by reinforcing correct alignment for specific postures.

**Kundalini:** Compared to other types of yoga, it has a much broader emphasis: it not only entails postures but also emphasizes conscious breathing, meditation, hand positions, and visualization. Kundalini Yoga is the ideal form of yoga for those seeking more immediate feel-good effects and also the long term benefits inherent in a calmer, yet inspired, state of being.

**Vinyasa Level 1:** This first progression focuses on utilizing breath to develop strength and flexibility while transitioning through a variety of poses.

**Yoga Fundamentals:** This format is designed with both introductory and experienced participants in mind. This class is meant to both introduce the key concepts of yoga as well as develop a participant's current skills and abilities.

## CHOREOGRAPHED FORMATS

**Strength/Dance:** Dance your way to health and tone your body using simple, easy to follow moves in addition to using weights, bands, and the balance barre. All levels welcome!

**WERQ:** The wildly addictive cardio dance workout based on the hottest pop and hip hop music.

**Zumba:** Zumba uses a variety of styles in its routines, including cumbia, merengue, salsa, reggaeton, hip-hop, pop, mambo, rumba, flamenco and calypso. Music selections include both fast and slow rhythms to help tone and sculpt the body with easy to follow dance moves! No dance experience required.

**Zumba Gold:** What makes this class "Gold" is that it is designed for those in their "Golden Years," although it is open to all.

## SENIORFIT CLASSES

**Heart Plus & Heart Plus Express:** Focus on strength, balance, core stability and posture using a variety of fitness equipment.

**Joints in Motion:** Exercises strengthen and protect the body's joints by building the muscles around the joints for greater stability. These exercises aim to keep a joint's range of motion at its best.

**Tai Chi:** Tai Chi originated as a martial art. Its current popular form is Tai Chi Chuan, a 24-position exercise set that combines flowing movements with deep breathing.