



# GROUP FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15-6:15am <b>BodyPump</b> Zone A/B: Lori	5:15-6:15am <b>Cycling Strong</b> Cycling Studio: Brook	5:00-6:00am <b>BodyPump</b> Zone A/B: Roberta	5:15-5:45am <b>BodyStep</b> Zone A/B: Lori	5:00-6:00am <b>BodyPump/Core</b> Zone A/B: Connie
5:30-6:30am <b>Interval Cycling</b> Cycling Studio: Christine	8:00-9:15am <b>Strength 4 Life</b> Zone A/B: Aly	5:30-6:30am <b>Interval Cycling</b> Cycling Studio: Christine	5:45-6:15am <b>CXWORX</b> Zone A/B: Lori	5:30-6:30am <b>Interval Cycling</b> Cycling Studio: Christine
8:30 - 9:25am <b>RPM</b> Cycling Studio: Deb	9:00-9:45am <b>POUND</b> Core Studio: Nicci	8:30-9:25am <b>RPM</b> Cycling Studio: Deb	5:15-6:15am <b>Cycling &amp; Strong</b> Cycling Studio: Brook	8:00-8:45am <b>Max Toning</b> Zone A/B: Cheryl
9:00-9:30am <b>Phat Attack</b> Core Studio: Brook	9:30-10:30am <b>BodyPump</b> Zone A/B: Sara	8:45-10:00am <b>BodyStep Plus</b> Zone A/B: Cheryl	8:00-9:00am <b>Strength 4 Life</b> Zone A/B: Aly	9:00-10:00am <b>Strength 4 Life</b> Core Studio: Doug
9:30-10:00am <b>CXWORX</b> Core Studio: Brook	12:15-1:00pm <b>BodyPump</b> Zone A/B: Elena	9:00-10:00am <b>BodyCombat</b> Core Studio: Nicci	9:00-10:00am <b>Cycle &amp; Core</b> Cycling Studio: Brook	9:00-10:00am <b>BodyCombat</b> Zone A/B: Nicci
9:00-10:15am <b>Strength 4 Life</b> Zone A/B: Dan	4:40-5:25pm <b>Strong by Zumba</b> Zone A/B: Bryan	10:15-11:00am <b>Silver &amp; Fit</b> Core Studio: Judy O	9:30-10:30am <b>BodyPump</b> Zone A/B: Sara	9:00-10:15am <b>Cycling/Strength</b> Cycling Studio: Kim C
10:15-11:00am <b>Silver &amp; Fit</b> Core Studio: Judy O	5:30-6:30pm <b>Phat Attack</b> Core Studio: Brook	12:15-1:00pm <b>Cycle &amp; Core</b> Cycling Studio: Sandy	12:15-1:00pm <b>Circuit Challenge</b> Core Studio: Judy N	10:10-11:10am <b>Buns &amp; Abs</b> Zone A/B: Ashley A.
12:15-1:00pm <b>Step N Tone</b> Zone A/B: Judy N.	5:35-6:20pm <b>BodyPump</b> Zone A/B: Lori	5:15-6:00pm <b>BodyStep</b> Zone A/B: Emily	4:45-5:25pm <b>BodyPump</b> Zone A/B: Elena	12:15-1:00pm <b>BodyPump</b> Zone A/B: Emily
<b>NEW!</b> 4:30-5:15pm <b>BodyStep</b> Zone A/B: Elena	<b>NEW!</b> 6:20-6:50pm <b>CXWORX</b> Zone A/B: Lori	5:15-6:15PM <b>Cycling Strong</b> Cycling Studio: Connie	5:25-5:55pm <b>CXWORX</b> Zone A/B: Elena	6:00-7:00pm <b>BodyPump</b> Zone A/B: Bryan
<b>NEW!</b> 5:20-6:05pm <b>POUND</b> Zone A/B: Diane	<b>NEW!</b> 6:45-7:45pm <b>Strong by Zumba</b> Core Studio: Callie	5:30-6:15pm <b>POUND</b> Core Studio: Diane	<b>SEPT ONLY</b> 5:30-6:15pm <b>Cycling</b> Cycling Studio: Aly	6:15-7:15pm <b>Xtreme Fitness</b> Core Studio: Laura
5:15-6:10PM <b>Cycling</b> Cycling Studio: Connie	<b>NEW!</b> 7:00-8:00pm <b>Dance Fitness</b> Zone A/B: Andrea	6:30-7:30pm <b>Zumba</b> Core Studio: Robin	5:30-6:30pm <b>Zumba</b> Core Studio: Bryan	
5:25-6:20pm <b>Body Combat</b> Core Studio: Jessica	7:00 - 8:00pm <b>Cycling Strong</b> Cycling Studio: Laura	6:15-7:15pm <b>BodyPump</b> Zone A/B: Kim	6:00-6:30pm <b>GRIT</b> Zone A/B: Michelle	
6:15-7:15pm <b>BodyPump</b> Zone A/B: Connie		7:20-7:50pm <b>CXWORX</b> Zone A/B: Kim	6:45-7:45pm <b>Strong by Zumba</b> Core Studio: Bryan	

SATURDAY	SUNDAY
7:15-7:45am <b>GRIT</b> Zone A/B: Michelle	8:45-9:30am <b>Cycling</b> Cycling Studio: Mathias
8:00-9:00am <b>BodyPump/Core</b> Zone A/B: Connie	9:00-10:00am <b>BodyPump</b> Zone A/B: Nicci
9:00-9:50am <b>RPM Challenge</b> Cycling Studio: Janelle/Sara	9:00-10:00am <b>*Circuit Challenge</b> Core Studio: Jeannie
9:00-10:00am <b>Zumba</b> Core Studio: Bryan	* Circuit Challenge may go outside weather permitting
9:15 - 10:15am <b>BodyStep</b> Zone A/B: Elena	
10:30-11:30am <b>BodyCombat</b> Core Studio: Kim	

## SEPTEMBER 2018

3 WORKOUTS (30 MIN. EACH)

**ZUMBA**

A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning Latin-inspired dance fitness party.

**YOGA**

A total body workout that creates longer, leaner muscles and a body with more mobility to improve circulation.

**UIC**

A challenging timed circuit incorporating strength and cardio challenges.

**WHEN: SEP. 15**  
**TIME: 12-4 PM**  
**FEES: \$25 / \$35**

*WORKOUT BY THE LAKE!*

\*Classes that do not meet the minimum attendance requirement can be removed from the schedule at any time.