



Palos Health & Fitness Center Group Exercise Schedule

January 11 - March 28, 2010



TIME	STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30am	A			Body Works Mary Beth				
5:45-6:30	C		*Cycle Annette		*Cycle Diana			
8:15-9:00	A	Arms & Abs Mary Beth		Arms & Abs Maria	*Bosu Blast Ellen (8:15-9:15)			
8:30-9:30	C						*Power Cycle Annette	
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	Total Fitness Marty
9:00-9:45	C	*Cycle Annette						*Cycle Karen
9:15-10:00	A/B		Get On the Ball Jan			Yoga /Barb (9:15-10:15)		
9:15-10:00	Con. Rm. C,D	Gentle Yoga Paula /Izzy		Gentle Yoga Linda		Gentle Yoga Linda (9:20)		
9:15-10:15	A	Step Interval Patty/Karen		Power Hour Patty		Body Works Kristen		
9:15-10:00	C		*Cycle / Maria		*Cycle /Diane			
9:35-10:30	B						Pilates II Rotation	
9:45-10:15	FF	*Tredd Express Annette						
9:45-10:45	A						Body Works Rotation	
10:00-11:00	B	Yoga Pilates Mix /Maria						
10:05-11:05	A		Body Works Sharon		Body Works Diane			
10:20 -11:15	B			Pilates Maria		Pilates Express (10:20-11:00)		
10:30-11:20	A	MS Yoga/Paula (10:30-11:30)		Zumba® Linda		Young at Heart/Linda		
10:45-Noon	B		Yoga / Izzy (10:30-11:45)				Vinyasa Yoga Mary Ann	
11:00 -12:00	B	Tai Chi/Bill (11:05 -12:05)			Tai Chi (Inter.) Bill		Tai Chi / Bill (Studio A)	Yoga Izzy/Paula
11:45-12:30	A	*Parkinson's Amy				*Parkinson's Tom		
4:30-5:30pm	B/A	Yoga Mary Ann		Yoga Paula	Total Fitness Maria			
4:30-5:15	A	Express Strength//Maria		Core & More Justin				
4:45-5:45	C		Cycle & Sculpt Nicole					
5:30-6:30	A/C/FF	Zumba ® Joanne		*Cycle &*Tredd Diane				
6:00-7:00	A		Step & Sculpt Sherry		Power Hour Patti			
6:00-6:45	C	*Ride & Stride Janine	* Power Cycle Gerry		*Cycle Ryan/Sharon			
6:00-6:55	B	Pilates Doreen		Pilates /Doreen				
7:00-8:00pm	A/B	Body Works Janine	Yoga Joel / Maria	Body Works Janine	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 (All): 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.

Core & More (All): Strengthen and sculpt your "core" muscles including exercises for abdominals, back and much more! Increase overall functional strength, balance and coordination in this new 45 min. class!

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

Express Strength (All): Work the entire body in 45 minutes! This express strength training class will use a variety of equipment to help participants get the most out of there workouts in a short period of time!

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!

Power Hour (Int. Adv.): Get a more efficient use of your gym time in this new fun and challenging class! Combine strength moves, cardiovascular challenges and stability work to create a high intensity yet effective workout!

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.

Total Fitness All): This class will alternate between intervals of choreographed cardio and strength training exercises for one awesome full body workout! Class concludes with core exercises and stretch.

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.

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 there own pace. Excellent cardio class!

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

Fitness Floor

Tredd Express (All): Class uses treadmills for an fun cardio workout; you will walk, run and use inclines to simulate exercising out doors! Headphones required. Pre-registration at front desk required.

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