

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:35-6:15AM CORE -N- MORE SHELLIE FS	5:35-6:20AM POWERFLOW YOGA SHANNON FS	5:35-6:20AM BOOTCAMP CARRIE FS	5:35-6:20AM STRICTLY STRENGTH ALEX FS	5:35-6:20AM HIIT ALEX FS	7:00-8:00AM CYCLE 60 WENDY FS	8:30-9:45AM HATHA YOGA JEN DS
8:30-9:30AM AQUAFIT JENNIFER SC	8:30-9:15AM STRICTLY STRENGTH CARRIE FS	8:30-9:30AM AQUAFIT ANITA SC	8:30-9:15AM BRICK BODIES CARRIE FS	8:30-9:30AM AQUAFIT SHERRY SC	7:00-8:00AM Body Back® Fit4Mom DS	8:30-9:15AM KETTLEBELL DEVIN FS
8:30-9:30AM BOXING CIRCUIT CARRIE FS	9:30-10:30AM CYCLE -N- SCULPT SHELLIE FS	8:40-9:25AM YOGA STRENGTH JEN FS	9:30-10:30AM CYCLE -N- SCULPT KIM FS	8:30-9:15AM BOOTCAMP CARRIE FS	8:00-8:55AM CARDIO KICKBOXING CARRIE GC3	9:15-10:00AM BRICK BODIES DEVIN FS
9:15-10:15AM Jazzercise Dance Mixx Marla DS	10:45-11:45AM FOREVER FIT BETHANIE FS	9:15-10:15AM Jazzercise Interval-Fusion Marla DS	10:45-11:45AM FOREVER FIT BETHANIE FS	9:15-10:15AM Jazzercise Dance Mixx Marla DS	8:10-9:10AM Jazzercise Dance Mixx Jeanine DS	
9:30-10:30AM Stroller Strides® Fit4Mom GC3		9:30-10:15AM HIIT SHELLIE FS		9:30-10:30AM STEP CIRCUIT LISA D. FS	8:05-8:50AM YOLATES WENDY FS	
9:40-10:40AM PILATES MAT SHELLIE FS		9:30-10:30AM Stroller Strides® Fit4Mom GC3		9:30-10:30AM Stroller Strides® Fit4Mom GC3	9:00-9:50AM BOXING CIRCUIT WENDY FS	
				10:30-11:30AM FIT YOGA SHANNON DS	10:00-10:30AM CORE -N- MORE DEVIN FS	
5:25-6:25PM Jazzercise Dance Mixx JEANINE DS	5:30-6:30PM BARRE WENDY FS	5:25-6:25PM Jazzercise Dance Mixx JEANINE DS	5:45-6:45PM STEP CIRCUIT LISA D. FS	6:35-7:35PM ZUMBA LISA P. FS	10:30-11:30AM ZUMBA JACQUI FS	
5:45-6:30PM BRICK BODIES LISA D. FS	6:45-7:30PM RIPT -N- CUT CARRIE FS	5:45-6:30PM CYCLE 45 SHELLIE FS	6:00-7:00PM POUND ANNETTE DS			
6:30-7:20PM ZUMBA APRIL DS	7:10-8:10PM AQUAFIT BETHANIE SC	6:30-7:30PM ZUMBA ANDREW DS	7:00-8:00PM ZUMBA APRIL FS			
6:35-7:30PM RAISE THE BAR CARRIE FS	7:15-8:30PM HATHA YOGA RUPAL DS	6:35-7:30PM RAISE THE BAR CARRIE FS	7:10-8:10PM AQUAFIT BETHANIE SC			
7:30-8:30PM Body Back® Fit4Mom DS	7:35-8:35PM PILATES MAT ERIN PR3/4		7:15-8:15PM PILATES BARRE SHELLIE DS			
	7:45-8:30PM BRICK BODIES DEVIN FS					

\*Note classes in **PURPLE** are not included with the LIFECENTER ELITE Membership or with the LIFECENTER Group Fitness Punch cards. These classes are an additional fee please see the Park District seasonal brochure for more information on these classes.

**KEY**

\*Additional Fee (See Brochure)

Cardio

Water

Strength

Mind/Body

Combo (Cardio/Strength)

FS = Fitness Studio

DS = Dance Studio

SC = Splash Central

LC = LIFECENTER

PR5 = Program Room 5

PR3&4 = Program Rooms 3/4

GC3 = Gym Court #3

BCC = Bartlett Community Center

**AQUAFIT** – A low-impact cardiovascular workout for muscle toning and improved range of motion. Designed for all fitness levels, you do not have to be a swimmer to participate.

**BARRE** - A combination of functional strength, dance, Pilates and Yoga. We use bodyweight as a resistance to focus on alignment and optimal posture while enhancing body awareness, coordination, balance and overall strength. 2-3 lb. hand weights, small balls, tubing and bands will be used.

**BRICK BODIES** – Moderate intensity class using various equipment pieces for muscle endurance and (non-choreographed) cardiovascular conditioning. Core and some strength will be included

**BOOTCAMP** – High Intensity, High Impact class that includes running and biking drills for cardiovascular endurance, body weight and weighted exercises for muscle endurance. Class may move to running track, or outdoors during good weather.

**BOX CIRCUIT** - A moderate to high intensity class brings a balance of kickboxing, plyometric, and strength.

**CARDIO KICKBOXING** – A moderate to high intensity class, fast paced and choreography based kickboxing. No equipment used.

**CORE N MORE** – Low to moderate intensity class to strengthen and tone your abdominal and back muscles. Stability balls, Pilates balls, Medicine balls, and bands may be used.

**CYCLE** – High intensity cardiovascular training that simulates outdoor cycling. CYCLE 45 = 45 minute class, CYCLE 60 = 60 minute class. Strictly FIRST COME FIRST SERVE, Capacity is 18 bikes. WATER BOTTLE IS MANDATORY. TOWEL IS HIGHLY RECOMMENDED.

**CYCLE N SCULPT** – Moderate intensity class with 20 minutes of indoor cycling intermixed with 40 minutes of muscle strengthening exercises for the whole body. Varies pieces of equipment will be used. Strictly FIRST COME FIRST SERVE, Capacity is 18 bikes. WATER BOTTLE IS MANDATORY. TOWEL IS HIGHLY RECOMMENDED.

**FOREVER FIT** – Low to moderate intensity strength training class using body weight and various equipment for low impact challenge.

**HIIT** – (*High Intensity Interval Training*) Timed Interval bursts using a variety of equipment. Intervals will Include cardiovascular and strength segments.

**KETTLEBELL** – Moderate intensity workout to strengthen and sculpt your entire body utilizing the kettlebell and its specific movements. Dumbbells may also be used.

**PILATES BARRE** – A moderate intensity class that develops muscle endurance and strength for the whole body with choreographed standing barre exercises and Pilates mat exercises. Pilates balls, sliding discs, and bands may be used.

**POUND®** - A full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, plyometric movements, and isometric poses.

**RAISE THE BAR** – Moderate to high intensity class will incorporate functional and multi-joint movements utilizing bars to develop muscle endurance. May Include plyometric and power exercises.

**RIPT N CUT** - A high intensity strength and conditioning class that combines plyometric training and alternates intervals of toning with a wide variety of cardio segments, which may include step, kick box, hi/low and others. Weights, tubing, resist-a-balls, body bars and other equipment may be used.

**STEP CIRCUIT** – This class uses short, choreographed STEP intervals alternated with strength segments to improve your cardiovascular endurance and muscular strength. Various equipment pieces are used including, but not limited to, weights, tubes, bands, resist-a-balls, and body bars to challenge every muscle group.

**STRICTLY STRENGTH** – A moderate intensity class using free weights, med balls, kettlebells, pump and body bars to develop muscle strength and endurance.

**FIT YOGA** – Designed to improve health, performance, and mental acuity. It blends balance, strength, and flexibility. This class is geared to all fitness levels.

**POWERFLOW YOGA** – Moderate Intensity class that will flow through various yoga poses to build balance, strength, and flexibility.

**YOGA STRENGTH** – Moderate intensity class that will combine the flow of various yoga poses with strength exercises to develop better balance, strength, and flexibility.

**YOLATES** – A combination of Pilates and Yoga inspired movements. It will increase your flexibility, core stability, and all over muscle tone. Resist-a-ball or Pilates balls may be used.

**ZUMBA®** – A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility.