

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:35-6:20AM CYCLE 45 SHELLIE FS	5:35-6:20AM FLOW YOGA SHANNON DS	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	8:30-9:15AM HIIT SHELLIE FS	8:30-9:15AM BRICK BODIES CARRIE FS	8:30-9:30AM AQUAFIT SHERRY SC	7:00-8:00AM Body Back® Fit4Mom	8:30-9:15AM KETTLE -N- CORE DEVIN FS
8:30-9:30AM BOXING CIRCUIT CARRIE FS	9:30-10:15AM YOLATES SHELLIE FS	8:45-9:45AM AQUAFIT ANITA SC	9:30-10:30AM CYCLE -N- SCULPT SHELLIE FS	8:30-9:15AM BOOTCAMP CARRIE FS	8:00-8:55AM CARDIO KICKBOXING CARRIE FS	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		9:30-10:15AM PILATES BARRE SHELLIE FS		9:30-10:30AM STEP CIRCUIT LISA D. FS	8:10-8:50AM YOLATES WENDY PR3/4	
9:40-10:40AM MAT PILATES SHELLIE FS		9:30-10:30AM Stroller Strides® Fit4Mom		9:30-10:30AM Stroller Strides® Fit4Mom	9:00-9:50AM BOXING CIRCUIT WENDY FS	
		9:45-10:45AM DEEP WATER SCULPT ANITA SC		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 DS	5:25-6:25PM Jazzercise Dance Mixx JEANINE DS	5:45-6:30PM BRICK BODIES LISA D. FS	6:35-7:35PM Zumba® SHEILA FS	10:30-11:30AM RAISE THE BAR 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 CATHY 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® SHEILA DS	7:10-8:10PM AQUA ZUMBA® APRIL SC			
6:35-7:30PM RAISE THE BAR CARRIE FS	7:15-8:30PM HATHA YOGA RUPAL DS	6:45-7:30PM KETTLE -N- CORE SHELLIE FS	7:10-8:00PM BARRE ABOVE® ANNETTE DS			
7:30-8:30PM Body Back® Fit4Mom DS	7:35-8:35PM MAT PILATES ERIN PR3/4					
	7:45-8:30PM BRICK BODIES DEVIN FS					

**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

\*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.

**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.

**AQUA ZUMBA®** - A low impact cardiovascular workout that combines the traditional elements of aqua fitness classes (such as jumping jacks and cross-country skiing) with the upbeat, Latin-infused dance moves and music Zumba® Fitness is famous for.

**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.

**BARRE ABOVE®** - A moderate intensity class fusing Pilates, yoga, and aerobics. Focus will be on improving posture, balance, muscle endurance, and flexibility. Classes may utilize the Barre, Pilates balls, gliding disks, stretch bands, and light dumbbells. Visit [barreabove.com](http://barreabove.com) to preview a typical class.

**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.

**DEEP WATER SCULPT** – Low-impact, full body resistance training using deep water movements. Participants must be comfortable in the deep water environment. Classes use water weights, swim belts, noodles, etc.

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

**FLOW YOGA** – blends exercises to improve balance, strength, and flexibility with continuous movement. This class is geared to all fitness levels.

**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.

**KETTLE -N- CORE** – Moderate to high intensity workout for your entire body with core muscle control that will get the heart pumping and strengthen muscles. The class will also include core conditioning mat work to further strengthen the body. Dumbbells may also be used.

**PILATES BARRE** – A moderate intensity class that develops muscle endurance and strength for the whole body utilizing Pilates mat and standing barre exercises. Pilates balls, rings, 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.

**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.