

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