

GROUP FITNESS SCHEDULE: SUMMER 2010



WATER

Aqua Fit – Strengthen and build muscular and aerobic endurance with water resistance. Water shoes recommended.

Master Swim – Improve your swim technique and speed. This multi-level workout is perfect for those who want to do their laps team style. Open to novice to advanced swimmers.

Swim Fitness – Fitness Swim is open to all swimmers (You must be able to swim, be somewhat proficient in freestyle and tread water) and those not quite ready for the yardage of a masters practice. The bulk of the workout utilizes the freestyle stroke with much less emphasis on backstroke, breaststroke and butterfly.

CARDIO

Step: Basics – Are you worried that a regular step class is beyond your talents? Try this class. All the basic step patterns will be addressed in simple ways to help you build confidence.

Step – A cardiovascular workout performed using an aerobics step. A short core-strengthening segment may follow.

Cardio Kickboxing – Choreographed moves using a combination of aerobics, martial arts and boxing creating a vigorous cardio workout.

Classic Cardio HiLo – A cardiovascular workout utilizing classic high- and low-impact aerobic moves. A short core-strengthening segment may follow.

Zumba – Join the party! Latin music leads the way in this fun cardio workout through simple choreography.

FLEXIBILITY AND CORE

Pilates – This class focuses on the classical repertoire of Joseph Pilates' principles. Strengthen your core and lengthen your muscles while improving your balance and coordination.

Pilates Reformer Beg/Int – Address physical injury and alignment, build strength and flexibility in a small group setting under the watchful eye of our trained Pilates staff. Fee.

Core Flexibility – Concentrated abdominal and back work followed by a deep stretch.

Yoga: Hatha – The umbrella term for all schools of yoga. Classic postures combined with deep breathing to build strength and flexibility.

Core/Yoga – A class combining various yoga and core training techniques to build abdominal and center strength.

Yoga: Power – The yoga strength workout. Not for beginners.

Yoga: Power Flow – a vinyasa based flow through powerful sun salutation, warrior, triangle, balancing, back-bending, inversion, hip opening, forward bending, and surrender to gravity series. This class also incorporates a strong focus to breath practice, ideal alignment, and power of body and mind.

Yoga Restorative – This is a great class for the beginner who needs gentle exercise or athletes who need to 'restore' the body after competition.

Yoga: Vinyasa – Experience the oldest form of yoga, often considered to be the most physically demanding of all Hatha yoga schools. Vinyasa means "breath connected movement." This yoga offers an athletic, flowing, challenging practice that emphasizes breath, core strength and concentration. Link movement with breath, work through challenging and soothing poses, and increase your flexibility and strength.

Yoga Fundamentals – Yoga made simple! An intro to the series of poses and deep breathing involved in the yoga discipline. Ideal for members new to yoga, but also appropriate for all experience levels.

Yoga: Ashtanga – This is a powerful yoga practice. This class focuses on the primary series.

Eclectic Flow Yoga – Cultivate a healthy image of yourself and others through your participation in this innovative class. Set to the backdrop of soothing jazz, pop and meditative music; this vigorous blend of the Ashtanga, Hatha and Forrest Yoga styles focuses on challenging pose sequences, breathe-work and relaxation.

Yin Yoga – A gentle restorative practice. Postures are held in a supported position. Ideal for health issues and rehab work.

Family Yoga – A fun class involving the whole family. Simple postures to teach children the basics and enhance family dynamics. At least one parent must accompany child

Body Barre – One hour of ballet based, Pilates and yoga inspired core conditioning, glute firming/ lifting, thigh burning leaning and hamstring lengthening, hip opening, movement. Intense short intervals, followed by immediate stretching. Ending with short Savasana, lavender oil and an uplifted spirit and tush!

Body Bliss – An extremely challenging non-impact hour of muscle defining, Ballet & Pilates inspired, musically motivated movement. Core emphasis/complete body work with a series of yoga postures and stretching to create lean, long muscles, abdominal definition, and a youthful & spirited spine. Non-competitive and individually satisfying experience that will push you to redefine your body's shape and health.

Yogalates – A unique and challenging combination of Yoga and Pilates techniques.

GROUP CYCLING

Group Cycle – A journey guided by the instructor's visual images of terrain and motivational coaching. Experience seated and standing climbs, jumps, sprints and running all done on a stationary bike. (Class formats will vary based on the instructor teaching.)

Group Cycle and Sculpt – Cardio with muscle conditioning all rolled into one great workout.

Group Cycle and Yoga – Intense Cycling experience followed by deep yoga stretching for legs, back, shoulders, neck and arms.

CARDIO AND STRENGTH

Step & Strength – A cardiovascular step workout mixed with intervals of strength training.

Athletic Cross Training – This advanced class features any mix of athletic drills, plyometrics work, strength, cardiovascular, and flexibility training for an intense workout.

Intervals – Various cardio techniques, HiLo Plyometrics for heart training.

Cardio Tennis – Hit the court to strengthen your heart and improve your on court endurance. Lots of continuous movement drills.

PURE STRENGTH

Abs, Glutes & Thighs – This class is designed to target the strengthening and re-shaping these 'trouble zones.'

Muscle Conditioning – Total body resistance-training class focusing on form, repetition and overload necessary for gaining strength and endurance.

Ultimate Fitness Challenge – Johnny Fort is one of LSAC's premier trainers. His pure athletic approach to this specialty class will reward you with results in a few short weeks. See how the pro's train. Fee.

Power Sets – A new format to push you where you've never gone before. Using various power moves and techniques including Plyometrics, yoga, pilates, kettle bell, core and weight training.

SPECIALTY

NIA – Neuromuscular Integrative Action, a high-powered energizing class combining dance, martial arts and yoga.

Qigong – Join Teacher Sharon Fierro and learn the 36 movements and deep breath work that can provide a sense of peace and well-being, boost immune system, speed recovery from illness and injury, Promote cardiovascular health, Lower blood pressure, Improve balance and flexibility, Increase, energy, strength and endurance, Calm the mind and enhance mental clarity and Aid Digestion. Fee.

FIT MOMS

Fit Moms Yoga – Stretch out those tight muscles, and strengthen and train the muscles necessary to get you through that marathon labor. Learn wonderful ways to relax for labor and improve your core and lower body strength. Class is taught for ALL levels and beginners are welcome!

Abs-olutely Strong – This intense class focuses on strengthening the core! Strong abdominals and back muscles have never been more important, than during and after baby! Balance and stabilization exercises are also taught using various equipment, such as stability balls and balancing tools. The class focuses on other important muscles as well.

New Mom's – New moms gain confidence, discover new friends, and get fit while attending this circuit training class. New Mommies emphasizes exercises that help return the body to pre-pregnancy state: core and abdominal strengthening, upper and lower body toning and fat cardiovascular burning! Babies get to watch the action from their car seat or stroller or mat. Most babies just sleep right through class! (for moms with babies 6 weeks through crawling stage)

Water Baby! – Aqua Aerobics A great way to get a workout and feel rejuvenated! The water helps stop any bloating and stops gravity pull on the ever increasing belly. Water aerobics improves cardiovascular conditioning and provides strengthening benefits as well.

Stroller Strength (summer)
A perfect class for new moms wanting to get a total body workout outdoors! Bring your baby (age 6 weeks to 18 months) in their stroller, and enjoy the summer weather while exercising upper and lower body, and keeping your heart rate elevated! This class uses the weight of the baby and stroller for resistance, as well as exercise bands to keep you toned and fit. ***Class will ALWAYS meet at the main entrance to the club before heading outdoors. If weather does not permit class will meet at the main entrance and move indoors. Class will meet 10 minutes prior to class time and will leave at exactly 10:30am. PLEASE BE PROMPT!

Simply Sculpt – An all-around workout! This class is designed to make labor easier and recovery quicker! The focus is on upper and lower body strengthening, as you keep your heart rate safely elevated. Simply Sculpt concentrates on core abdominal and back strengthening, as well!
(* this is a prenatal class, but welcomes postpartum moms with babies 6 weeks through crawling stage)

Sculpt+ Cardio – the 'Simply Sculpt' with a cardio section.

GROUP FITNESS SCHEDULE

Lincoln Park | July 3-September 2010 (schedule updated date: 08.23.2010)

Chicago's Premier Health, Fitness & Lifestyle Club



Monday

5:45am	Muscle Conditioning	M	Carla	
5:45am	Group Cycle	S	Kate N.	
7:00am	Pilates Mat	Y	Gil	
8:30am	Kickboxing	M	Nicole	
9:15am	Ultimate Fitness Challenge	A	Johnny	\$
9:15am	Aqua Fit	RP	Jean	
9:15am	Swim Fitness	LP	Trina	
9:15am	Group Cycle	S	Larry	
9:30am	Power Sets	M	Mark	
10:30am	Fit Moms – New Mom's	M	Lisa P.	\$
12:00pm	Abs, Glutes & Thighs	M	Lisa	
12:00pm	Yoga – Hatha (90 min)	Y	Mark	
4:30pm	Core Flexibility	Y	Lisa	
4:30pm	Athletic Cross Training	M	Stacey	
5:30pm	Yoga – Fundamental (75 min)	Y	Kathy	
5:30pm	Group Cycle	S	Caroline	
5:30pm	Muscle Conditioning	M	Amarda G.	
6:30pm	Zumba	M	Jessica	
6:30pm	Ultimate Fitness Challenge	A	Johnny	\$
7:00pm	Masters Swim (90 min)	LP	Trina	

Wednesday

5:45am	Muscle Conditioning	M	Sarah	
5:45am	Group Cycle	S	Kate N.	
6:00am	Swim Fitness	LP	John	
8:30am	Losculpt	M	Mark	
9:00am	Aqua Fit	RP	Lisa	
9:15am	Swim Fitness	LP	Trina	
9:15am	Ultimate Fitness Challenge	A	Johnny	\$
9:15am	Group Cycle	S	Bob	
9:30am	Pilates Reform	PS	Steve	\$
9:30am	Step and Strength	M	Lisa P.	
10:00am	Yoga – Hatha	Y	Rhonda	
10:30am	Fit Moms – New Mom's	M	Lisa P.	\$
12:00pm	Yoga – Fundamentals (90 min)	Y	Mark	
4:30pm	Yoga – Fundamentals (75 min)	Y	Cindy	
4:30pm	Athletic Cross Training	M	Stacey	
5:30pm	Zumba	M	Julie/Jessica	
6:30pm	Muscle Conditioning	M	Karen C.	
6:30pm	Ultimate Fitness Challenge	A	Johnny	\$
6:30pm	Yogalates	Y	Jacob	
7:00pm	Cardio:Tennis	TC	TBA	\$

Tuesday

6:00am	Yoga: Fundamentals	Y	Mark	
9:00am	Aqua Fit	RP	Jean	
9:00am	NIA	Y	Sara S.	
9:00am	Cardio:Tennis	TC	TBA	\$
9:15am	Group Cycle	S	Trina	
9:30am	Muscle Conditioning: Intervals	M	Jacob	
10:30am	Pilates	Y	Jacob	
4:30pm	Abs, Glutes & Thighs	M	Lisa	
5:00pm	Yoga-Vinyasa	Y	Cindy	
5:30pm	Athletic Cross Training	M	Amarda G.	
6:00pm	Yoga – Eclectic Flow (75 min)	Y	Devin	
6:30pm	Group Cycle	S	Kate H.	
7:00pm	Fit Moms – Water Baby	RP	Megan	\$

Thursday

6:00am	Yoga – Hatha	Y	Mark	
9:00am	Core Flexibility	Y	Lisa	
9:00am	Aqua Fit	RP	Jean	
9:15am	Swim Fitness	LP	Trina	
9:15am	Group Cycle	S	Larry	
9:30am	Cardio Sculpt	M	Nicole	
12:00pm	Oligong	D	Sharon	\$
5:00pm	Yoga-Vinyasa	Y	Amarda N.	
5:30pm	Cardio HI Lo+ (75 min)	M	Lisa	
6:00pm	Yoga – Eclectic Flow (75 min)	Y	Devin	
6:00pm	Group Cycle (90 min)	S	Caroline	
7:00pm	Swim Masters	LP	Trina	

Friday

5:45am	Athletic Cross Training	M	Carla	
5:45am	Group Cycle	S	Kate N.	
6:00am	Swim Fitness	LP	John	
8:30am	Pilates	Y	Carmen	
9:00am	Aqua Zumba	RP	Kendra	
9:15am	Ultimate Fitness Challenge	A	Johnny	\$
9:15am	Group Cycle	S	Bob	
9:30am	Muscle Conditioning: Intervals	M	Laressa	
12:00pm	Yoga – Vinyasa (90 min)	Y	Mark	
5:30pm	Yoga:Vinyasa	Y	Kathy	
6:30pm	Ultimate Fitness Challenge	A	Johnny	\$

Saturday

7:00am	Muscle Conditioning	M	Laura R.	
7:30am*	Yoga: Hatha <i>New Time for Summer</i>	Y	Melody	
8:00am	Aqua Fit	RP	Lynette	
8:00am	Group Cycle	S	Kate	
9:00am	Athletic Cross Training	M	Stacey	
9:30am	Pilates	Y	TBA	
9:15am	Group Cycle	S	Larry	
10:00am	Cardio Kickboxing	M	Becky	
10:00am	Cardio:Tennis	TC	TBA	\$
11:00am	Muscle Conditioning	M	Karen C/lena W	
12:00pm	Core/Yoga (90 Min.)	Y	Devin	

Sunday

8:30am	Group Cycle (90 min)	S	Larry & Bob	
8:30am	Yoga – Vinyasa (90 min)	Y	Lisa C.	
8:30am	Step	M	Julie	
9:00am	Fit Moms – Water Baby	RP	Lynette	\$
9:30am	Muscle Conditioning	M	Julie	
10:00am	Cardio:Tennis	TC	TBA	\$
10:00am	Pilates	Y	TBA	
10:30am	Classic Cardio HI Lo (75min)	M	Lisa	
4:00pm	Yoga: Power Flow	Y	Amarda N.	

* Class will be moved to 7:30 AM on July 3 for summer.

STUDIO SYMBOLS:
A = Lounge Area
S = Spin Room

KS = Kids Studio
RP = Rooftop Pool

LP = First Floor Pool
\$ = Fee Based Specialty Class

M = Main Studio
D = Dance Studio

PS = Pilates Studio
Y = Yoga/Pilates Mat Studio

TC = Tennis Court
S = Cycling Studio

There are a few changes to the current schedule. All classes will remain the same unless listed below. All new classes are offered on a 6 week trial basis. If after six weeks member participation is low, the class will be cancelled.