Group Fitness Schedule November 2026

Endeavor Health

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:50 - 7:20 am **Express Strength (30)** Beth	***($)*** 5:15 - 6 am **Boot Camp** w/ Dede	6 - 6:45 am **Total Body Blast** Robin	6 – 6:45 am **Warrior Sculpt** Robin	6 – 6:45 am **HIIT Conditioning** Robin	7 - 7:50 am **Muscle Max - 50** Staff Rotation
7:30 - 8:00 am **Step Express (30)** Beth	5:45 – 6:25 am **Power Spin 40** Julie	7 - 7:45 am **Spinning 45** Julie	7 - 7:45 am **Power Pilates** Ann	7 - 7:45 am **Tabata Sculpt** Lexi	8 - 9 am **Sunrise Yoga** Jim
7 - 7:50 am **Spinning 50** John	6:30 - 7 am **Express Tone (30)** Julie	8:15 - 9 am **Let it Go Hi/Lo** Vicki	8:15 - 9:05 am **Dynamic Duo - 50** Julie	8:15 - 9 am **Low Impact Motion** Julie	8 - 9 am **Cycle 60** Staff Rotation
8:15 - 9:00 am **Zumba** Kay	7 - 8 am **Yoga Flow** Ann	9:15 - 10 am **Aqua Mix** Bonnie	8:15 – 9 am **Power Waves** Thea	8:15 – 9 am **Sea Surprise** Sheri	8 - 8:45 am **Tabata & Core** Staff Rotation
8:15 – 9 am **Aqua Intervals** Lynn	8:15 - 9:05 am **Strength Condit** Vicki	9:30 - 10:15 am **Threshold Ride** Vicki	9:15 - 10 am **Aqua Cardio Blast** Bonnie	9:15 - 10 am **Aqua Intervals** Sheri	9:15 - 10:05 am **Pilates Mat 101** Kathleen
8:15 - 9 am **B . B . S** Thea	8:15 – 9 am **Aqua Tone** Sheri	9:30 - 10:15 am **3--2--1--** Lexi	9:15 - 10:15 am **Strength Condit** Dede	9:30 - 10:30 am **Kickboxing** Julie	9:15 - 10:15 am **3--2--1--** Staff Rotation
9:15 - 10 am **Aqua Cardio Blast** Lynn	8:15 - 9 am **Walking&Stretch** Thea	10:30 - 11:15 am **Gentle Chair Yoga** Peggy	9:30 - 10:15 am **Cycle 45** Julie	9:30 - 10:15 am **Threshold Ride** Lexi	9:15 - 10 am **Sea Surprise** Bonnie
9:30 – 10:15 am **Barre** Lexi	9:15 - 10 am **Aqua Intervals** Sheri	10:30 - 11:30 am **Yogalates** Julie	9:30 – 10:15 am **Pilates.Barre.Fusion** Laureen	10:30 – 11:15 am **S . O . S** Liz B.	10:15 - 11 am **Beg. Friendly Yoga** Beth
9:30 – 10:25 am **Extreme Energy** Julie	9:15 - 10:15 am **Yoga for All** Jim	11:30 am-12:20 pm **Fit,Function,Balance** Cathy	10:30 - 11:00 am **Body in Motion** Denice	11:30 am-12:20 pm **Stretch & Align 50** Vicki	
10:30 - 11:30 am **Yogalates** Julie	9:30 - 10:15 am **Cycle 45** Vicki	12:15 - 1 pm **Aqua Tone** Bonnie	11:05 - 11:50 **Body Works** Denice	12:15 - 1 pm **Aqua FLOW** Sheri	
10:30 – 11:15 am **Low Impact Motion** Vicki	9:30 - 10:15 am **A. B. C.** Thea	12:30 - 1:00 pm **Stretch & Flex (30)** Cathy	12:30 - 1:15 pm **Gental Chair Yoga** Jim	5:45 pm - 6:45 pm **Yoga Nidra** Jim	
11:30 am-12:20 pm **Stretch & Align 50** Vicki	10:25 - 11:10 am **Glute Builder** Khaliah	4:30 – 5:15 pm **Muscle Endurance** Honor	4:45 - 5:30 pm **Leg Day + Core** Stephanie		
12:15 - 1 pm **Aqua Circuit** Bonnie	10:30 – 11:15 am **S . O . S** Liz B.	5:00 - 5:45 pm **Zumba** Lena ★	5:15 - 6 pm **Aqua Mix** Bonnie		
12:30 - 1:15 pm **Gental Chair Yoga** Jim	11:30 am-12:25 pm **Fit,Function,Balance** Cathy	5:45 - 6:35 pm **Weights & More** Michelle	5:30 - 6:15 pm **Yoga for All** Beth		
4:30 - 5:15pm **Kickboxing** Lena ★	12:30 - 1:00 pm **Stretch & Flex (30)** Cathy	6 – 7 pm **Yoga for All** Jeanne	5:45 - 6:30 pm **Power Cycle** Stephanie		
4:45 - 5:30 pm **Pilates Mat** Denice	4:45 - 5:30 pm **Arms & Abs** Stephanie	6:30 - 7:30 pm **Aqua FIT n' FLOW** Bonnie	6:15 - 7 pm **Sea Surprise** Bonnie		
5:30 – 6:20 pm **Strength Condit** Vicki	5:15 - 6 pm **Aqua Cardio Blast** Lynn				
6 – 7 pm **Vinyasa Yoga** Michelle	5:30 - 6:20 pm **Stretch Yoga Flow** Peggy				
	5:45 - 6:30 pm **Power Cycle** Vicki				

Sunday
8 - 9 am **Vinyasa Yoga** Jeanne
8:15 - 9 am **Aqua ZEN** Lynn
8:15 - 9:05 am **Total Body - 50** Peggy
9:15 -10 am **Aqua Cardio Blast** Lynn
9:15 - 10:15 am **Power Pilates** Ann
9:30 - 10:30 am **Zumba** Kay
10:30 - 11:30 am **Beg. Friendly Yoga** Jeanne / Jim

Conference Rooms 2&3
Aerobic Studio
Spin Room
Lap Pool/Therapy Pool
Yard /TURF
Conference Rooms 2 & 3

★ Class/Instructor/Format
First Friday of the Month only
($) ***Speciality Paid Classes***

Please ask service desk for info.

For more info please visit our classes at https://nchwc.thememberspot.com/classes .For more info call us at 847.618.3501

Class instructor and formats are subject to change without notice

Group Fitness Class Description

Group Exercise

3-2-1: Get ready to sweat! 3 min. Cardio, 2 min. Strength & 1 min. Core.

Arms & Abs: Build upper-body and core strength with this focused workout designed to improve stability, endurance, and overall fitness.

Arms, Butt, & Core (A.B.C.): Tone and strengthen your arms, glutes, and core with energizing strength and interval exercises!

BootCamp ($): An efficient and challenging form of conditioning that develops strength, endurance, & flexibility with a Personal Trainer. *$5M/$15NM*

Dynamic Duo: 2 min. of cardio followed by 2 min. of strength for total 45 minutes of core workout!

Express Strength: Build full-body strength and endurance with a fun, challenging workout for all fitness levels.

Express Tone: This class will improve circulation, metabolism and caloric burn in just 30 minutes.

Extreme Energy: is a dynamic combination of cardio, strength training, and core work.

Fit, Function, Balance: Improve muscle endurance, strength and balance.

Glute Builder: A focused lower-body workout to strengthen and sculpt your glutes, improve stability, and build confidence.

HIIT Conditioning: This class helps increase heart rate, improve strength and endurance, and engage the entire body.

Leg Day + Core: Strengthen your lower body and core with a dynamic workout focused on building power, stability, and endurance.

Let It Go Hi/Lo: Energetic low impact cardio workout for the entire body.

Low Impact Motion: Move, strengthen, and recover with a low-impact workout designed to improve mobility, balance, flexibility, and overall movement quality.

Kickboxing: Combinations of upper and lower body strikes and athletic drills make up this killer cardio workout.

Muscle Endurance: Target every muscle group! Build overall strength.

Muscle MAX: Increase your strength, develop lean strong muscles, and start building that body you've always wanted.

Sculpt: Challenge your strength, endurance, and focus with this energizing full-body workout that combines functional strength training and dynamic movement to build power, stability, and resilience.

Seniors on Strength (S.O.S): Toning class using tubing and weights for resistance while alternating between sitting, standing, and walking to improve movement and balance.

Step Express: Retro-fit your routine with this high-energy, 30-minute step class! Enjoy classic step combos in a fast-paced format designed to maximize the burn in minimum time. Boost your endurance and have fun!

Step Fusion: Get the best of every workout in one class! This full-body format blends cardio, strength, yoga, Pilates, and step, build muscle, increase flexibility, and strengthen your core.

Strength Conditioning: Build lean muscle using a variety of exercise equipment guaranteed to improve your fitness levels and endurance.

Stretch & Align: Geared for improving flexibility for all muscle groups through various stretching techniques.

Stretch & Flex 30: Exploring different stretches (dynamic and static) to increase flexibility, blood flow, muscle strength and reduce injury.

TABATA & Core: 50% high-intensity interval training and 50% focus on sculpting and abs.

Total Body - 50: Build overall strength as you target all the major muscle groups in your body

Weights & More: A dynamic 50-minute weightlifting class for all fitness levels. Build strength, endurance, balance, and coordination through functional, weight-focused movements.

Zumba: A fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO."

Aqua Fitness

Aqua Cardio Blast: Moving with intense cardio and strength movements using the full benefit of the water's resistance.

Aqua Circuit: A fun, full-body water workout featuring a warm-up, cardio, and strength exercises using pool equipment.

Aqua Fit'n Flow: High intense cardio and low intense movements using the full benefit of the water's resistance.

Aqua Flow: The full benefit of the water's resistance. Half the class is in the lap pool & last part in warm pool.

Aqua Intervals: Using different intensity intervals from high energy to recovery you will be able to increase endurance and strength.

Aqua Mix: A true mix of equipment and balance moves to improve cardiovascular fitness, strength and flexibility.

Aqua Tone: Strengthen, tone, and energize your body with this low-impact water workout.

Cardio Splash: Use the resistance of the water to improve cardiovascular fitness, endurance and flexibility.

Power Waves: An intense aqua workout with interval training, plyometrics, and power moves to improve cardiovascular fitness, muscular endurance, strength, and flexibility.

Sea Surprise: This aquatic exercise class will enhance muscular tone, using the resistance of the water, water weights, noodles, and more.

Aqua ZEN: Mindful Moves and Stretching is designed to improve stabilization, balance, and joint movement, reduce pain/stiffness and contribute to your overall health.

Mind/Body

Barre: Enjoy a strength workout that keeps your joints flexible and muscles elongated—no dancing or yoga/Pilates experience required!

Balance. Brain. Spine. (B.B.S.): Challenge your minds with brain games, and focus on exercises that support your spine. Remember, a healthy spine is a healthy life.

Beg. Friendly Yoga: Combination of healthy alignment and the freedom to play within familiar and beginner yoga poses.

Body in Motion: A dynamic, low-impact full-body class combining mindful movement and light resistance to build strength, mobility, balance, and body awareness. All fitness levels welcome, with modifications provided.

BodyWorks: A mindful blend of Pilates, breathwork, and meditation to release tension, improve mobility, and reconnect with your body. Leave feeling relaxed, restored, and centered.

Gentle Chair Yoga: Cultivates awareness and deep relaxation through meditation, breath work, and gentle stretches all without the stress of getting up and down off the floor.

Pilates Barre Fusion: Elevate your fitness routine with our Pilates Fusion class, a dynamic blend of mat Pilates and invigorating Barre exercises.

Pilates Mat & Power Pilates: Improve core strength, balance and stability with Pilates Mat exercises.

Sunrise Yoga: A morning yoga practice can be an exhilarating challenge that sets your day for success both mentally and physically!

Walking & Stretching: 45-minute workout achieving over 2,000 steps. We're adding stretching exercises to increase flexibility and range of motion.

Yogalates: Combined Pilates and yoga for a total body workout focused on strength and balance and core.

Yoga for All: Practice poses, breath awareness, strength, flexibility, form and flow.

Yoga Flow: An energizing yoga practice involving movement through a sequence of poses (asana) coordinated with the breath.

Yoga Nidra: Unwind and deeply relax with guided Yoga Nidra, designed to calm the mind, release tension, and restore balance. No experience needed.

Vinyasa Yoga: Flow through a series of breath-connected movements designed to build strength, improve flexibility, and promote balance in both body and mind.

Cycle

Cycle 45 and 60: Ride through a musical journey as you burn calories & build up a sweat performing intense interval work efforts.

Power Cycle: Take a heart-pounding ride through hills and drills. This is the best cardio calorie burner out there.

Spinning: This class will increase cardiovascular endurance. For beginner to advanced level.

Threshold Ride: Get lost in the fun and burn lots of calories on this ride.