

Group Fitness Schedule March 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15 - 6:00 am Boot Camp (\$) Dede			6 - 7 am Stretch Yoga Flow Jim	7 - 7:50 am Muscle Max - 50 Staff Rotation	
	5:45 - 6:25 am Power Spin 40 Julie	6 - 6:45 am Total Body Blast Robin	6 - 6:45 am Warrior Sculpt Robin	6 - 6:45 am HIIT Conditioning Robin	8 - 9 am Sunrise Yoga Jim	
7 - 7:50 am Spinning 50 John	6:30 - 7 am Express Tone (30) Julie	7 - 7:45 am Spinning 45 Julie	7 - 7:45 am Power Pilates Ann	7:15 - 8 am Tabata Sculpt Lexi	8 - 9 am Cycle 60 Staff Rotation	
8:15 - 9:00 am Zumba Kay	7 - 8 am Yoga Flow Ann	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 - 8:45 am Tabata & Core Staff Rotation	
8:15 - 9 am Aqua Intervals Lynn	8:15 - 9:05 am Strength Condit Vicki	8:15 - 9 am Cardio Splash Kimberly	8:15 - 9 am Power Waves Thea	8:15 - 9 am Sea Surprise 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	9:15 - 10 am Aqua Mix Bonnie	9:15 - 10 am Aqua Cardio Blast Kimberly	9:15 - 10 am Aqua Intervals Sheri	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	9:30 - 10:15 am Pilates.Barre.Fusion Laureen		9:30 - 10:30 am Kickboxing Julie	9:15 - 10 am Sea Surprise Bonnie	
9:30 - 10:15 am Barre Lexi	9:15 - 10 am Aqua Intervals Sheri	9:30 - 10:15 am Threshold Ride Vicki	9:15 - 10:15 am Strength Condit Dede	9:30 - 10:15 am Threshold Ride Lexi	10:15 - 11 am Beg. Friendly Yoga Beth	
9:30 - 10:25 am Extreme Energy Julie	9:15 - 10:15 am All Level Yoga Jim	9:30 - 10:15 am 3--2--1-- Lexi				
10:30 - 11:30 am Yogalates Julie	9:30 - 10:15 am Cycle 45 Vicki	10:30 - 11:15 am Gentle Chair Yoga Laureen	9:30 - 10:15 am Cycle 45 Julie			
10:30 - 11:15 am Low Impact Motion Vicki	9:30 - 10:15 am Arms & Abs Lexi			10:30 - 11:15 am S . O . S Liz B.		8 - 9 am Vinyasa Yoga Jeanne
11:30 am-12:20 pm Stretch & Align 50 Vicki	10:25 - 11:10 am ZUMBA Gold Nori	10:30 - 11:30 am Yogalates Julie	10:25 - 11:10 am ZUMBA Gold Nori	11:30 am-12:20 pm Stretch & Align 50 Vicki		8:15 - 9 am Aqua ZEN Lynn
	10:30 - 11:15 am S . O . S Liz B.	11:30 am-12:20 pm Fit,Function,Balance Cathy				8:15 - 9:05 am Total Body - 50 Kimberly
12:15 - 1 pm Aqua Circuit Bonnie	11:30 am-12:25 pm Fit,Function,Balance Cathy	12:15 - 1 pm Aqua Tone Bonnie		12:15 - 1 pm Aqua FLOW Sheri		9:15 - 10 am Aqua Cardio Blast Lynn
12:30 - 1:15 pm Chair Yoga Jim	12:30 - 1:00 pm Stretch & Flex (30) Cathy	12:30 - 1:00 pm Stretch & Flex (30) Cathy	12:30 - 1:15 pm Chair Yoga Jim			9:15 - 10:15 am Pilates Mat II Ann
						9:30 - 10:30 am Zumba Kay
4:30 - 5:15 pm Interval Body Blast Sandy	4:45 - 5:30 pm Arms & Abs Staff	4:30 - 5:15 pm Muscle Endurance Honor	4:45 - 5:30 pm Leg Day + Core Kimberly			10:30 - 11:30 am Beg. Friendly Yoga Jeanne / Jim
4:45 - 5:30 pm Pilates Denice	5:15 - 6 pm Aqua Cardio Blast Lynn		5:15 - 6 pm Aqua Mix Bonnie			
5:30 - 6:15 pm Boot Camp (\$) Honor	5:30 - 6:20 pm Stretch Yoga Flow Peggy	5:45 - 6:35 pm F . I . T - 50 Michelle	5:30 - 6:20 pm All Level Yoga Flow Beth			
5:30 - 6:15 pm Strength Condit Vicki	5:45 - 6:30 pm Power Cycle Vicki	6 - 7 pm Yoga Jeanne	5:45 - 6:30 pm Power Cycle Stephanie			
	6:30 - 7:30 pm Zumba From April 7th		6:15 - 7 pm Sea Surprise Bonnie			
6 - 7 pm Yoga for All Michelle		6:30 - 7:30 pm Aqua FIT n' FLOW Bonnie				

- Conference Room 2&3
- Aerobic Studio
- Spin Room
- Swim Pool
- Yard /TURF
- Conference Rooms 2 & 3

- ★ First Friday of the month only
- NEW Class/Format/Instructor
- (\$) **Specialty Paid Classes**

For more info please visit our classes at <https://nchw.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.

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

Dance Fitness: Join us for an energetic and fun-filled dance fitness class that will get your heart pumping and your body moving to the beat!

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

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. While the class incorporates these elements, it allows for flexibility in its specific structure.

Final Cut: This functional training class tones and sculpts the body using bars, dumbbells, resistance bands, Bosus and stability balls.

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

Functional Integrated Training (FIT): Build strength, boost endurance, and enhance balance and coordination through dynamic weight focused moves. Whether you are just starting or leveling up, FIT helps you move better, feel stronger, and train smarter.

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

Interval Body Blast.: This interval class aims to be accessible and effective, providing a full-body workout that includes various forms of interval training, combining cardiovascular, strength, and endurance challenges.

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

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

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.

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.

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

Stretch & Alignment: 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 Blast: Total Body is a high-energy format to challenge muscular strength and cardiovascular endurance.

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."

Zumba Gold: A lower-intensity version of the Zumba class and designed to meet the anatomical, physiological and psychological needs.

Aqua Fitness

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

Aqua Circuit: Electrify your training with this high voltage format of cardio and strength training in the pool!

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.

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. All Level.

Mind/Body

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

Barre: Enjoy the strength workout while keeping your joints flexible and muscles elongated. No actual dancing involved, no need any experience in yoga or Pilates!

Balance. Brain .Spine (BBS): 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.

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

Yoga Flow and Nidra: Will allow your mind and body to slip into a deep state of relaxation.

Cycle

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

HIIT the Road: High Intensity Interval Training on a stationary bike including interval training techniques.

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.