

January 5 - May 31, 2026

| MON | TUE | WED | THR | FRI | SAT |
|---|--|---|--|---|--|
| 5:30 - 6:15AM Body Blast Mina | 5:30 - 6:30AM Cycle Performance Laura | 5:30 - 6:15AM Total Body Strength Laura | 5:30 - 6:30AM Cycle Performance Laura | 7:30 - 8:15AM Glutes, Guns & Guts Paula | 7:45 - 8:15AM Cardio Express Mina |
| 7:25 - 8:20AM Total Body Strength Ylona | 7:45 - 8:45AM ATAC Paula | 7:30 - 8:30AM Body Blast Karen | 7:30 - 8:15AM Mat Pilates & Balance Sally | 8:30 - 9:30AM Hi/Lo Cardio Jen M | 8:00 - 9:00AM Cycle Performance Bonnie |
| 7:30 - 8:15AM Studio Cycle 8:15 - 8:30AM Core Stretch 8:30 - 9:00AM Cycle Express Paula | 8:30 - 9:15AM Hi/Lo Cardio Nichelle | 8:30 - 9:30AM Cycle Performance Tammy | 8:30 - 9:25AM Total Body Strength Jen M / Laurie W | 8:30 - 9:15AM Cycle Tammy | 8:15 - 9:15AM Total Body Strength Mina |
| 8:35 - 9:35AM Muscle Pump Yi-Jin | 9:30 - 10:30AM Box & Burn Laurie W / Jen M | 8:35 - 9:35AM Total Body Strength Jen M | 8:45 - 9:30AM Cycle Yi-Jin | 9:45 - 10:45AM Muscle Pump Yi-Jin | 9:15 - 9:45AM Cycle Express Bonnie |
| 9:45 - 10:45AM Yoga Adrienne Ann | 11:15 - 12:15PM Energizer Interval Karen | 10:00 - 11:00AM Zumba Danielle | 9:35 - 10:30AM Yoga Lana | 11:00 - 12:00PM Gentle Yoga Katie | 9:25 - 10:25AM Zumba Dara |
| 11:00 - 11:30AM Energizer Cardio Express Lana | 11:15 - 12:00PM Energizer Cycle Sally | 11:15 - 12:00PM Basic Step & Toning Strength Lana | 10:45 - 11:30AM Ballroom Dance Cardio Nichelle | 12:15 - 1:15PM Zumba Gold Dara | 10:30 - 11:30AM Yoga Julie |
| 11:30 - 12:15PM Total Body Strength Lana | 12:30 - 1:15PM Energizer Chair Yoga Lana | 12:30 - 1:30PM BeMoved Dance Annie | 11:15 - 12:00PM Energizer Cycle Mary | | 11:45 - 12:30PM Pilates Fusion Lana |
| 12:30 - 1:30PM Energizer Yoga Sally | 4:30 - 5:30PM Mat Pilates & Stretch Ylona | 12:30 - 1:30PM BeMoved Dance Annie | 11:35 - 12:20PM Energizer TBS Nichelle | | |
| 1:35 - 2:05PM Seated Strength Express Sally | 5:30 - 6:30PM Zumba Danielle | 1:35 - 2:05PM Balance Express Carol | 12:30 - 1:30PM Energizer Chair Yoga Mary Kay | | |
| 4:15 - 5:15PM Yoga Nicole | 5:30 - 6:30PM Cycle Plus Carolyn | 4:30 - 5:30PM Yoga Adrienne Ann | 1:45 - 2:30PM Restorative Yoga Nicole | | |
| 4:30 - 5:30PM Total Body Strength Julie | 6:30 - 7:30PM Yoga Nicole | 5:30 - 6:25PM Pilates Fusion Jessie | 4:30 - 5:15PM Muscle Pump Mandy | | |
| 6:00 - 7:00PM Zumba Dara | | 6:35 - 7:05PM Lift Heavy Carol | 5:30 - 6:30PM Zumba Danielle | | |
| 7:15 - 7:45PM Lo-Impact Cardio & Strength Mandy | | | 6:00 - 6:45PM Cycle Carolyn | | |
| | | | 6:45 - 7:15PM Total Body Strength Express Mandy | | |

| SUN |
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| 8:00 - 9:00AM Creative Step Jen M |
| 9:15 - 10:15AM Total Body Strength Jessie |
| 10:30 - 11:30AM Yoga Katie |

Class Location Color Codes

| | |
|--|--|
|  Studio |  Multi-Purpose Room 3 |
|  Multi-Purpose Room 1 |  Track / Basketball Court |
|  Studio 2 | |

Paula McBride
 Group Exercise Supervisor

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Classes subject to minimum/maximum participants, instructor/location changes, and/or cancellations may or may not occur with notice.



Land Group Exercise Class List

ATAC (Athletic Training & Conditioning)

A variety of cardio intervals, sport-transfer drills, cycling, strength & core. An unbelievable cross-training workout!

Balance Express

A class designed to keep us upright and steady.

Basic Step & Toning Strength

Take one step at a time to learn single bench basic step and tone up with light weight upper body movements.

BeMoved Dance

Movement expressed through dance and music with the power to enhance your well being.

Body Blast

A total body strength workout with a cardio thrown in for an added "blast!"

Box & Burn

Blends boxing, strength, and cardio for a full-body burn that builds power and shreds calories. No experience needed!

Cardio Express

Calorie burning in a variety of formats.

Cardio Strength (Low Impact)

Fat burning cardio that is easy on the joints. Can include, Hi/Lo, steps and more.

Creative Step (INT/ADV)

Stylized movements utilizing one or more benches in any arrangement combined with instructors' creativity and flair to bring you contagious energy, innovative choreography and FUN. Step experience required.

Cycle / Cycle Express

30-45 minutes of color guided cycle class.

Cycle & Core

Cycle followed by 15 minutes of focused core work.

Cycle Performance

One hour of color guided cycle class to help build endurance.

Cycle Plus

Cycle followed by 15 minutes of focused core, strength or stretch.

Glutes, Guns & Guts

That's it...let's work our glutes, arms and core .

Hi/Lo Cardio

A blast of high and low impact choreographed aerobics

Gentle Yoga

Gentle yoga with slow, easy movements to improve flexibility, balance, and relaxation. Suitable for all levels.

Lift Heavy

Learn how to safely increase the load you lift using low reps and options for ALL LEVELS to improve bone density, metabolism, and confidence while reducing risk of injury!

Low Impact Cardio & Strength

This cardio class will be easy on the knees but you will still get a good sweat going. Add a little strength and it is just what you needed!

Mat Pilates

This class introduces Pilates on the mat exercises that will improve posture, balance, body awareness and core strength.

Mat Pilates & Balance

This class introduces Pilates on the mat exercises that will improve posture, balance, body awareness and core strength with an added balance portion.

Mat Pilates & Stretch

This class introduces Pilates on the mat exercises that will improve posture, balance, body awareness and core strength with an added stretch portion.

Muscle Pump

Using a body bar and dumbbells working 4 min of structured strength exercises followed by a 1 minute break, helping to increase lean muscle and endurance.

Pilates Fusion

A workout using light weights, small movements for body sculpting and toning.

Restorative Yoga

Rest, relax, and recover in comfortable yoga poses that will help to restore your body.

Seated Strength Express

Strength workout that mainly focuses on exercises while seated in a chair.

Total Body Strength

(TBS) An effective strength training class for all fitness levels. You'll work every major muscle group with safe, effective moves designed to build strength and endurance. Whether you're new or experienced, this motivating group workout will leave you feeling strong, energized, and unstoppable!

Yoga

Develop outer and inner strength through poses, alignment and breath. Each teacher brings their unique style and experience to the class. Most commonly taught is Vinyasa or Iyengar based styles.

Zumba

HOT Latin dance based work out. Salsa, rumba and tango those calories away. All levels are welcome.

Energizer Classes (Recommended for 55+)

Energizer Cardio Express

A variety of low impact movements that are fun for the mature adult (or novice exerciser).

Energizer Chair Yoga

Using a chair to help balance and modify and yoga poses.

Energizer Cycle

Indoor cycling class designed to simulate outdoor open road riding. Cardiovascular benefits galore!

Energizer Interval

This class is for the mature adult with intervals of cardiovascular exercise and weight training.

Energizer Total Body Strength

(TBS) Group strength training for older adults, targeting all major muscle groups to support strength, mobility, and endurance.

Energizer Yoga

Calm your nerves, ease stiffness, improve muscle tone and focus your mind. Vinyasa or Iyengar based method is followed to safely guide each participant toward enhanced flexibility, strength, and stamina.

Zumba Gold

Low-impact, lower intensity of a typical Zumba class with a great mix of salsa, tango, rumba and more.