

GROUP FITNESS CLASSES: Dec. 5, 2011 - March 4, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-7 a.m. Spin/Yoga (Tricia)		6-6:45 a.m. Spin (Amy Z.)		6-7 a.m. Spin/Sculpt (Amy Z.)		
					7-7:55 a.m. Spin (Mary/Tricia)	7-8:15 a.m.** Spirit Qi Gong (Jim)
8:30-9:25 a.m. Spin (Sandi B.)		8:30-9:25 a.m. NEW! Spin (Michelle)	8-9 a.m. Pilates (Janet)	8:30-9:25 a.m. Zumba (Darlene)	8-8:55 a.m. *Step / Power Hour (Janet) (Harry)	8:15-9 a.m.** Spirit Qi Gong (Jim)
9-10 a.m.* Aquacize (Anne)	9:15-10:15 a.m. Turbo Kick (Darlene)	9-10 a.m.* Aquacize (Ed)	9:15-10:15 a.m. Turbo Kick (Shelley)	9-10 a.m.* Aquacize (Ed)	9-9:55 a.m. Muscle Pump (Harry/Darlene)	8:30-9:25 a.m. Spin (Michelle/Harry)
9:30-10:25 a.m. Pilates (Carla)		9:30-10:25 a.m. Vinyasa Yoga (Tricia)		9:30-10:25 a.m. Adv. Vinyasa Yoga (Amy Z.)		9:30-10:30 a.m. Sunday Line Up
10:30-11:25 a.m. PrimeTime Low Impact & Strength (Maureen)	10-11 a.m.* Aquacize (Joy)	10:30-11:25 a.m. PrimeTime Low Impact & Strength (Sandi B.)	10-11 a.m.* Aquacize (Joy)	10:30-11:25 a.m. Prime Time Low Impact & Strength (Janet/Joy)	10-11 a.m. Vinyasa Yoga (Amy Z. / Tricia)	12/25 Closed-Christmas Day
	10:15-10:45 a.m. Butts & Guts (Darlene)		10:15-10:45 a.m. Pi/Yo (Shelley)		10:15-11 a.m.** Spirit Qi Gong (Jim)	1/1 In-Line Step (Janet)
11:30 a.m.-12:15 p.m. Just Stretch (Maureen)	Noon-1 p.m. Vinyasa Yoga (Karen)				*12/17 Power Hour	1/8 BBB (Barb)
					12/24 Step	1/15 Zumba (Darlene)
1-1:45 p.m.* Silver Splash® (Sandi D.)		1-1:45 p.m.* Silver Splash® (Sandi D.)			12/31 Power Hour	1/22 Pilates (Carla)
	2-2:45 p.m. Silver Sneakers® (Amy Z.)		2-2:45 p.m. Silver Sneakers® (Jeffrey)	2-3 p.m. Vinyasa Yoga (Karen)	1/7 Step	1/29 Boot Camp (Mary)
5:30-6:25 p.m. Zumba (Keli)	5:30-6:30 p.m. Steppin' Up (Janet)	5:30-6:30 p.m. NEW! STRONG® (Shelley)		5:30-6:25 p.m. NEW! Spin (TBA)	1/14 Power Hour	2/5 BBB (Barb)
					1/21 Step	2/12 Kickbox Bt. Camp (Darlene)
6:15-7:15 p.m.* H2O Works (Sandi D.)			6-6:55 p.m. Kick/Box Boot Camp (Sandi B.)		1/28 Power Hour	2/19 Turbo Kick (Shelley)
6:30-7:25 p.m. STRONG® (Nina/Mary)					2/4 Step	2/26 Pilates (Carla)
7:30-8:30 p.m. Better Back, Belly & Balance (Barb F.)	7-7:55 p.m. Spin (Sandi B./Harry)	7-8 p.m. Zumba (Josi)	7-8 p.m. Vinyasa Yoga (Sandi B.)		2/11 Power Hour	3/4 Step (Janet)
	8-9 p.m. Vinyasa Yoga (Sandi B./Amy Z.)				2/18 Step	
					2/25 Power Hour	
					3/3 Step	



Click here to see 30-second class videos



*Class will be held in the pool **Class will be held in the conference room
All Group Fitness Classes are FREE with your Premier Club Membership!

GROUP FITNESS CLASSES

AQUACIZE

The pool is your tool to cardiovascular fitness! An innovative, fun water workout with easy-to-follow choreography. A functional aerobic & strength workout challenging your balance, and cardiovascular & musculoskeletal systems.

BETTER BACK, BELLY & BALANCE

A workout that focuses on improving core strength, posture and flexibility. Class focuses on the major muscles of the torso & back. Gym ball, Bosu, dumb bells, tubing & stretching are used.

BUTTS & GUTS

Challenge yourself with 30 minutes of muscle-burning moves that blast the abs and glutes!

KICK/BOX BOOT CAMP

An intense workout for the serious cardio junkie only! We will alternate hitting the heavy bags and kicking focus targets with athletic-based drills, such as push ups, walking lunges, etc. Wrist wraps are recommended (available in the Pro Shop).

H2O WORKS

A more vigorous aqua and muscular workout. Large range of motion stressed to improve fitness. *Aqua shoes recommended.*

MUSCLE PUMP

Break out all the toys for this resistance-training class! We'll work all the major muscle groups using dumbbells, barbells, balls and bands.

JUST STRETCH

This class will incorporate sports, dance, Yoga and Pilates stretches to increase your flexibility and range of motion. All fitness levels are welcome.

PILATES

Mat classes are for all fitness levels. **Pilates** coordinates mind, body and breath to develop strong, lean abdominal and back muscles, as well as improve posture, increase flexibility and increase body awareness. Challenge your power house!

PI-YO

Using basic principles of Yoga/Pilates, focusing on the core and back, this class also builds upper-body strength, Pilates-style. **Pi Yo** builds flexibility and strength while leaving you centered and calm. Controlled breathing, concentration and a structured series of stretches, moves and poses to music create a holistic workout that brings the body to a state of harmony and balance.

POWER HOUR

This highly energetic Hi/Lo aerobics class is designed to challenge your cardiovascular system while burning off excess fat. Class ends with stretching.

PRIME TIME

Easy-to-follow, low-impact aerobics will increase your stamina and burn calories. Toning and Yoga exercises will strengthen your muscles and improve your balance. Great for beginners or mature exercisers.

SilverSneakers®

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSplash®

Activate your exercise urge for variety! Class offers fun and shallow-water, low-impact moves to improve agility, flexibility and cardiovascular endurance. *No swimming ability is required.*

SPIN

An energizing ride that combines motivational music, coaching and visualization conducted in a group setting. Experience a variety of "rides" such as hills, sprints, jumps. This class is uniquely tailored to suit a wide range of abilities and fitness goals. *Sign up at the Welcome Center.*

SPIRIT QI GONG

All levels will enjoy Chinese energy stretching; alignment of meridians as practiced in a Chinese hospital, releasing old and creating new patterns of energy flow. *Non-impact.*

STEPPIN' UP

This high-energy class features mostly low-impact moves with more complex choreography. Great for the intermediate or more advanced stepper, this class is guaranteed to get your heart pumping.

STRONG®

Non-dance strength training class that challenges both men and women. Each participant will use a barbell and weighted plates in order to target the major muscle groups. ** Please arrive on time to allow set up.*

TURBO KICK

An addictive workout, combining the power of kickboxing with simple-to-follow, hip-hop grooves. This is a wonderful cardio and strength workout for all fitness levels. An aerobic dance party, lots of fun and energy!

VINYASA YOGA

This flowing Yoga class is based on a series of poses called *Sun Salutations*, which are linked together with the breath. The poses will challenge your strength and flexibility and the breathing techniques will calm your mind and body. Poses can be modified to suit all fitness levels.

VINYASA YOGA, ADVANCED

In this freestyle format, we flow to upbeat, fun music while exploring arm balances, backbends and inversions. We playfully combine these poses as we flow in this powerful and intense class, cultivating stamina, focus and strength. This class is open to students who are comfortable in faster-paced Vinyasa sequences and who are willing to explore the edges of their Yoga practice.

ZUMBA

Add some spice and flare to your workout! This class combines high energy and motivating music with unique moves and combinations that allow you to dance your worries away! *No dance experience is required for this salsa-based aerobic class.*



2920 W. 183rd Street,
Homewood, Illinois
708-799-1323
hfracquetandfitness.com