

# Group Fitness Schedule

# September 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	<b>Bootcamp Challenge*</b> 6:00 am/ Charles		<b>Bootcamp Challenge*</b> 6:00 am/ Charles		<b>Bootcamp Challenge*</b> 6:00 am/ Charles		
6:00 am		A.T.A.C 6:00 am / Val	Pilates 6:00 am / Val	Cardio Dance 6:00 am / Val	Power Cycling 6:00 am / Val		
8:30 am	Aqua Fit 8:30am / Jan		Aqua Fit 8:30am / Jan		Aqua Fit 8:30am / Jan		<b>Circuit Cycle*</b> 8:30am / Mary
9:00 am	A.I.M. 9:00 am / Humberto	<b>Absolute Strength</b> 9:00am / Humberto	Total Body Tune-up 9:00 am / Glenna	<b>Absolute Strength</b> 9:00am Humberto	Total Body Tune-up 9:00 am / Janeen	Max Performance Cycling 9:00-am / Aga	Body Blast Circuit 9:00 am / Brock
9:30 am	Power Cycling 9:30 am / Cindy	Max Performance Cycling 9:30-am / Aga	Power Cycling 9:30 am / Cindy	Max Performance Cycling 9:30-am / Aga	Power Cycling 9:30 am / Cindy	A.T.A.C. 9:30 am / Val	<b>Please check brochure for additional descriptions and start dates; some classes begin later in the month or end before the end of month</b>
10:00am		Power Sculpt 10:00am / Denise	CORE Plus 10:00 am / Denise	Yoga II * 10:00 am / Kathy	Yoga I * 10:00 am / Kathy		
10:30/ 11 am				<b>ZUMBA*</b> 11:00 / Tracy		Yogalates 10:30 am / Denise	
10:55/ 11:15am		Fitness Yoga 10:55 am/ Denise	Fitness Yoga 10:55 am / Denise			Aqua Fit 11:15 am / Jan	
11:30 & 12:00pm		<b>ZUMBA*</b> 12:00 / Tracy				Studio Cycle 11:30 am/ Denise	
4:15/ 4:30 pm		GirlsDance HipHop 4:30/ Val					<p>Classes shaded in gray are Specialty classes which require pre-registration and a fee. See the Park District Brochure or website for session dates and descriptions. All other classes are free to club members.</p> <p><b>The South Barrington Club</b></p> <p>3 Tennis Club Lane South Barrington, IL 60010</p> <p>For information please contact Denise Gappa, Group Fitness Supervisor at dgappa@sbgpd.net or 847-381-2570 ext. 45</p>
4:15/ 4:30 pm		Bootcamp for Kids 4:15/ Humberto	Kids Yoga * 4:15 pm / Denise				
5:00/ 5:15 pm		A.T.A.C. 5:15pm / Val	Fitness Mix 5:00 pm / Denise	Tae Kwon Do* 5:00 PM / Rich			
6:00 pm	<b>Total Body Kickboxg</b> 6:00 pm / Humberto		<b>Total Body Kickboxg</b> 6:00pm / Humberto	ATAC* 6:00 pm/ Val Starts 9/16			
6:00/ 6:15 pm		Yogalates 6:15 pm / Denise	Pilates & Stretch 6:00 pm (held in Pilates studio)				
6:30 pm	Max Performance Cycling 6:30 pm / Aga	<b>Circuit Cycle *</b> 6:30pm / Mary					
7:00 pm	<b>Yoga II *</b> 7:00 pm / Kathy	<b>Yoga I *</b> 7:00 pm / Kathy					
7:00 / 7:15 pm	<b>ZUMBA*</b> 7:00 / Tracy	Dancing Like The Stars* 7:15/ Barbara					

**Classes with \* indicate a start date that may be later in the month. Please check the brochure at club desk for dates.**

# Group Fitness Class Descriptions

We welcome all fitness levels to our classes. Most classes are multi-level. All instructors will demonstrate modifications for new participants. We ask that participants please adjust the workout to their own level of intensity.

## **Absolute Strength**

High intensity endurance and strength oriented. Train the core, legs, and upper body for a strong lean body!

## **A.I.M.**

Functional exercises used. Focus is on Active, Integrated, Movement.

## **Aqua Fit**

Use the resistance of the water to burn fat and tone the body. This is a fun, low "joint-impact" workout!

## **A.T.A.C.**

This high energy interval class includes weights, stability balls, tubes, BOSU balls, and cardio.

## **Body Blast Circuit**

Strength, Cardio, Core conditioning all meant to boost your metabolism and create lean muscle and strength!

## **CORE Plus**

Class will focus on your core and lower body; incorporating Pilates, stability balls, and strength training.

## **Fitness Mix**

This class will focus on a workout to tone the entire body. Various cardio and weight training are incorporated.

## **Fitness Yoga**

Integrates Ashtanga with athletic type yoga. Will also focus on stretching and breathing.

## **Cardio Dance**

If you love to dance, this is the class for you! Burn calories while toning and having fun!

## **Pilates and Stretching**

This class focuses on stretching and flexibility. Also will include basic, simple Pilates work for the core. Max of 5

## **Power Pilates**

A core and lower body workout to create lean, long muscles! Classic Pilates work will be featured.

## **Power Sculpt**

Free weights, body bars and resistance tubing used to tone and build muscle. Focus is upper body and core.

## **Group Cycling**

Group cycling classes give you music, motivation and fun in one great workout! Check out our Group cycling flyer for descriptions on various cycling formats! Studio Cycling is a level one; great for new spinners!

## **Total Body Tune-up**

This class incorporates all fitness components; step, body sculpting, core work, and stretching.

## **Total Body Kickboxing**

This high-energy class features punches, blocks, kicks with a karate style and aerobic pace. A contact class.

## **Yogalates**

Sculpt your body with Pilates; stretch and strengthen your body with Yoga, in this fun and *challenging* class!

## **Specialty Classes**

**Classes on the schedule that are shaded with grey are specialty classes. These classes require a fee and pre-registration. See the Park District Brochure to view all classes offered and additional descriptions with session start dates.**

## **Bootcamp Challenge**

A complete conditioning program that will use obstacle courses, running, push ups and sit ups and more to take you to the next level! Take the **challenge!!**

## **Dancing Like The Stars!**

Develop your dance skills with dances like Salsa, Fox Trot and Swing! Taught by professional ballroom dancers.

## **Taal Fusion**

This high energy dance fusion class combines Indian, Latin and HipHop dance for an exceptional workout!

## **Tae Kwon Do**

Martial arts for all levels from youth to adults! Learn basic principles and more advanced disciplines of this art.

## **Yoga**

Use stretching, breathing and relaxation techniques to increase self-awareness, promote health and relax the mind and body. (This class focuses on traditional Hatha yoga). Class is held in our banquet room.

## **W.O.W.**

Our instructor will show you the benefits of free weights and resistance work. Class is held in fitness center.

## **Zumba**

This dance fitness class combines Latin, hip hop, salsa and more for a great cardio, body sculpting workout!

If entering class after warm-up, the instructor assumes you have properly warmed up. If leaving class before the cool down, please be sure to cool down and stretch the appropriate muscle groups. A minimum attendance of 3 participants is needed to hold a class. Class schedule subject to change without notice.

**Please direct any questions to Group Fitness Supervisor, Denise Gappa at 381-2570, x45. or [dgappa@sbpd.net](mailto:dgappa@sbpd.net)**