

Group Exercise Schedule

March 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00a	Bootcamp Challenge* 6am-7am/ Charles		Bootcamp Challenge* 6am-7am/ Charles		Bootcamp Challenge* 6am-7am/ Charles		
6:00a	W.O.W. 6:00-6:45/ Val	A.T.A.C. 6:00am / Val		Cardio Dance 6:00am/ Val	Spinning 6:00-6:45 /Val		
6:30a			Power Pilates 6:30-7:15/ Val				
8:00a			Body Blast Circuit 8:00-9:00/Dominick				
8:30	Aqua Fit 8:30-9:15 / Jan		Aqua Fit 8:30-9:15 / Jan		Aqua Fit 8:30-9:15 / Jan		Spin ** 8:30-9:30/ Mary
9:00a	A.I.M. 9:00-10:00/Humberto	A.T.A.C. 9-10am / Humberto	Cardio Interval 9:00-10:00 / Glenna	A.T.A.C. 9-10am / Humberto	Cardio Interval 9:00-10:00 / Janeen	Spinning 9:00-10:00/ Aga	Body Blast Circuit 9:00-10:00/ Dominick
9:30a	Spinning 9:30-10:30 / Cindy	Spinning 9:30-10:30 /Aga	Spinning 9:30-10:30 / Cindy		Spinning 9:30-10:30 / Cindy	A.T.A.C. 9:30-10:30 / Val	**Please note that Spin on Tues and Sunday is a Fee-based class and requires sign up by all participants.
10:00					Body Blast Circuit 10:00-10:45/Dominick		
10:00				Yoga II * 10:00-11:30 /Kathy	Yoga I * 10:00-11:30 / Kathy		
10:15		Power Sculpt 10:15-10:50 / DG	CORE Plus 10:15-10:50 / Denise	Power Pilates 10:15-11:00 / Val			
10:30	Taal Fusion *Begins 3/ 15					Yogalates 10:30-11:30 / Denise	Please check brochure for start dates; some classes begin later in the month or end early
10:50 11:15		Fitness Yoga 10:50-11:20 / DG	Fitness Yoga 10:50-11:20 / Denise			Aqua Aerobix 11:15-12:00 / Jan	
4:00/ 4:15 4:30p		Bootcamp for Kids 4:00-4:45 Teen Hip Hop 4:15		Tae Kwon Do* 4:30-6:30			
5:00/ 5:15 5:30p		A.T.A.C. 5:15-6:15 / Val	Fitness 101* 5:00-5:45pm	W.O.W.* 5:30-6:15/ Val			<p>Classes shaded with gray are specialty classes which require pre-registration and/or a fee. See the Park District Brochure for Session Dates.</p> <p>All other classes are free to club members.</p> <p>The South Barrington Club 3 Tennis Club Lane South Barrington, IL 60010 (847) 381-2570</p>
6:00p	Total Body Kickboxg 6:00-7:00 / Humberto		Total Body Kickboxg 6:00-7:00 / Humberto				
6:15p		Yogalates 6:15 –7:00		Spinning 6:15-7:15/ Carol			
6:30p	Spinning 6:30-7:30/Aga	Spin ** 6:30-7:30/ Mary		A.T.A.C. 6:30-7:15 / Val			
7:00p	Yoga II* 7:00-8:30 / Kathy	Yoga I* 7:00-8:30 / Kathy					
7:00/ 7:15p	Body Blast Circuit 7:00 pm/ Dominick	Dancing Like the Stars 7:15/ Barbara	Zumba 7:00-7:45 *starts 3/17				
8:00p	Wing Chun self defense class Free the month of March!		Wing Chun self defense class Free the month of March!				

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

Group Exercise Class Descriptions

We welcome all skill/fitness levels to our classes. Most classes are multi-level. We ask that participants please adjust the workout to their own level of intensity. Emphasis is on calorie / fat burning and cardio- fitness.

A.I.M.

Burn fat and tone the body with active Integrative Movement. This class uses therapeutic movement combined with “low-joint” impact exercises for an all around full body workout.

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 intense interval class includes jump rope, weights, stability balls, tubes, BOSU balls, combined with cardio. Taught by certified personal trainer

Body Blast Circuit.

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

Cardio Interval

This combo cardio and strength class is guaranteed to “carve” your muscles and trim your waist!

C.O.R.E. Plus+

Develop a strong “core” section by incorporating isometrics, stability balls, and endurance

Fitness Yoga

Integrates modified yoga stretches, with traditional athletic stretching. Will also focus on deep breathing.

Cardio Dance

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

Power Pilates

A more intense level of Pilates and core strengthening techniques. Great complement to cardio or tennis workouts!

Power Sculpt

This class uses free weights and resistance tubing to tone and build muscle. There is no cardio in this class.

Spin

Hot group cycling class gives you music, motivation and fun all in one great calorie-burning workout!

Total Body Kickboxing

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

Yogalates

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

Wing Chun Self Defense

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 for session start dates.

Bootcamp Challenge

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

Dancing Like The Stars!

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

Taal Fusion

A 60 minute heart pumping workout based on Fusion beats of Bhangra, Hip Hop and Latin and Jazz!

Yoga

Use stretching, breathing and relaxation techniques to increase self-awareness, promote health and relax the mind and body. (This class teaches traditional Hatha yoga)

W.O.W.

Our Trainer will show you the benefits of free weights and resistance work. In this group personal training

Zumba a fun, challenging dance/aerobic workout, incorporating dance rhythms from salsa, Latin and hip hop.

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.

Please direct any questions to the Fitness Director, Denise Gappa at 381-2570, x45 or dgappa@sbsd.net