

# South Barrington Club Group Fitness Schedule

3 Tennis Club Lane • South Barrington, IL • 60010 • (847) 381-7515 • sbpd.net

## SBC Group Fitness Schedule

## November 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gentle Stretch & Abs 7:00– 8:00 am	Bootcamp 6:00 am– 7:00 am	Try Yoga to de-stress	HIIT* 6:00am –7:00 am	Check out our new HIIT * classes!	S.P.F. 9:00 am -10:00 am
Aqua Power Splash 7:30am- 8:30 am	Max Performance Spin 9:00 am– 10:00 am	Aqua Power Splash 7:30am 8:30 am	Max Performance Spin 9:00 am– 10:00 am	Aqua Plus 7:30 am-8:30 am	Max Performance Spin 9:00 am– 10:00 am
HIIT* 9:00am– 10:00 am	Tabata 9:00am– 10:00 am	Total Body Tune-up 9:00am–10:00 am	Tabata 9:00 am–10:00 am	Step Interval 9:00 am–10:00am	HIIT* 9:30-10:15 am
Strengthen & Stretch Yoga 10:30am-11:15 R \$	Power Sculpt 10:10 am - 10:50 am	Power Core 10:10 am–10:50 am	Strengthen & Stretch Yoga 10:30am-11:15 R \$	Hatha Yoga R \$ 10:00am-11:15 am	Tai Chi R \$ 10:00am -11:00am
HIIT* 4:30– 5:15 pm	Fitness Yoga 10:50 am –11:40 am	Fitness Yoga 10:50 am –11:40 am	HIIT* 4:30– 5:15 pm	Chair Yoga R \$ 11:40am-12:20pm	Water Dynamics 11:15am-12:00pm
Zumba 5:00 pm–6:00 pm	W.O.W. R \$ 5:00 p.m.	W.O.W. \$ R 2:00 p.m.	Zumba 5:00pm –6:00pm	W.O.W. \$ R 12:30 pm	Tread & Shed R \$ 4:30 pm
Barre to TRX 6:15-7:15 pm	Tae Kwon Do R \$ 6:15pm	YogaKids R \$ 4:00pm	Barre to TRX 6:15-7:15 pm	W.O.W. \$ R 2:30pm	Sunday
	Hatha Yoga R \$ 6:30-8:00pm	HIIT* 6:00 pm–7:00 pm	Check out our new HIIT * classes!		Aerobic Cycling 9:00 am– 10:00am



Cardio / Strength/HIIT
Cycling
Mind / Body / Arts
Dance
Aqua

\$ = Fee and/or sign up required. Minimum enrollment required as well.  
 R = Registration or sign-up is required  
 \* HIIT class age is 15 yrs and older. To register for classes, visit the front desk or sbpd.net  
 For more information contact Fitness Supervisor, Denise Gappa at 847-898-9945 or dgappa@sbpd.net

Check out our HIIT classes!  
 Held in the new HIIT room



# SBC Group Fitness Schedule

## Group Fitness Notes:

- We welcome all fitness levels to our classes. Our instructors will show modifications for new participants.
- All classes are **55 minutes** in length unless otherwise indicated. **Extra time will be taken between classes to clean equipment.**
- Please put cell phone on mute during classes and step out of class to take a call as a courtesy to other members.
- \*Participants must be **15 years** or older. A minimum attendance of 3 participants is needed to hold a class.
- Class schedule subject to change without notice. Please check our website at [www.sbpd.net](http://www.sbpd.net) for any mid-month start dates.
- **Sign up for our RainedOut alerts for any class changes, cancellations and info.** Ask Janet Lundholm for more info on how to sign up.

## Cardio / Strength Classes

### Barre to TRX

Combines Barre work with TRX for a complete low impact, full-body workout.

### Body Blast

This class uses weights and lots of reps to improve your strength, power and overall cardio conditioning.

### Bootcamp

Power training, cardio intervals, and drills and to increase your metabolism and build strength and strength.

### Cross Fit Body

This class is high intensity and interval. A variety of cardio and weight training exercises are incorporated. (Modifications will be shown to make the level more moderate if needed.)

HIIT Work your entire body in a shorter time with High-Intensity-Interval-training. Classes are 45-55 minutes

### Power Sculpt

Power Sculpt is upper body strength training/toning and core. No cardio in this class.

### Power Core

Power Core will be designed to focus on toning and reducing your core/abs and lower body. No cardio

### S.P.F. (Strength - Power- Fit)

A complete program that will include cardio, upper body, ab/core work and more... to take you to the next level!

### Tabata

A 45-50 minute **high intensity** interval training using light weights and body weight as resistance!

### Total Body Tune-Up/ Step Interval

This class features **step** and a segment of strength training. The emphasis is on cardio training and fat burning!

### TRX \$

Suspension training will work your entire body. Try this high-intensity workout! Held in HIIT room

### W.O.W. \$ R

We will show you the benefits of women's strength training and exercises *Held in fitness center or studio one*

## Aqua Exercise Classes

### Water Dynamics

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

### Aqua Power Splash

Features dumbbells, tubes and kickboards for an excellent aerobic workout!

### Aqua Plus

A fast-paced, energetic workout, that uses weights and tubes for added resistance. A low-impact workout, easy on joints!

## Group Cycling / Spin

Group cycling classes give you motivation, great music and fun in one complete workout!

### Aerobic Cycling

Traditional spin class with an upper body workout included and a stretch.

### Max Performance Spin

A very challenging class to improve your power, endurance, and strength.

### Power Cycle

An incredible ride that includes drills and challenges for competitive athletes as well as cycle enthusiasts! Intermediate to advanced level.

## Dance Fitness and Kids classes

### Zumba (Adults)

A combination of Latin, hip hop, salsa and more for a great cardio, body sculpting workout!

### Fun Fit Kids R

Cardio, dance moves, and activity that will keep the kids moving! For 8-12 yrs of age.

### YogaKids / YogaTonics R \$

A yoga based class for kids that adds fun to traditional yoga poses. For 6-9 years of age

### Zumba Kids R \$

Fun, fast-paced high energy class for the kids!

## Mind/ Body and Specialty Classes

### Awaken

Incorporate breath, core and strengthening using slow movements. Improve posture and well-being

### Chair Yoga \$ R

Easy stretch and poses using a chair for balance. Great for flexibility and core strength too!

### Fitness Yoga

Integrates Ashtanga yoga with power yoga flows created for the fitness studio. Will also focus on stretching and core. **Please bring your own mat.**

### Hatha Yoga \$ R

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. Both levels 1 & 2 will be integrated to accommodate beginner to advanced levels. Held in the banquet room.

### Pilates Fusion \$ R

Sculpt your body—strengthen your core- with Pilates ...stretch and strengthen your entire body!

### Strengthen & Stretch with Yoga \$ R

Increases range of motion, promotes circulation, keeps muscles flexible & strong! All levels welcome. **Please bring your own mat**

### Tai Chi \$ R

Improve balance, coordination and focus on improving back pain, circulation, blood pressure and health

### Tae Kwon Do \$

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

\*Some classes on description page may not be available every month.

\$ = Fee or/and pre-registration required.

R = pre-register or sign-up is required