

# SBC Group Fitness Schedule

# March 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gentle Stretch & Abs 7:30-8:30 am	Bootcamp 6:00 am– 7:00 am	Bump up your workout - try a HIIT class	HIIT* 6:00 am- 7:00 am	De-stress with a Yoga class!	S.P.F. 9:00 am —10:00 am
Aqua Power Splash 7:30 am- 8:30 am	HIIT* 9:00am– 9:55am	Aqua Power Splash 7:30 am - 8:30 am	Try the new spin class . Tues @ 6pm!	Aqua Plus 7:30 am-8:30 am	Power Cycle 9:00 am – 10:00 am
HIIT* 9:00 am– 9:55 am	Pilates 9:00 am– 10:00 am	Total Body Step 9:00 am–10:00 am	HIIT* 9:00 am– 9:55 am	Step Interval 9:00 am–10:00am	HIIT* 9:30am- 10:15 am
Try the new Tues, 6:00pm class with Alma!	Max Performance Spin 10:00- 11:00 am	Power Core 10:10 am- 10:50 am	Max Performance Spin 9:00 am– 10:00 am	Hatha Yoga R \$ 10:00am-11:15 am	Step up your workout -try a HIIT class
Step up your workout -try a HIIT class	Power Sculpt 10:10 am -10:50 am	Fitness Yoga 10:50 am –11:40 am	De-stress with a Yoga class!	Chair Yoga R \$ 11:40am-12:20pm	Water Dynamics 11:15am-12:00pm
HIIT* 4:30pm– 5:15 pm	Fitness Yoga 10:50 am –11:40 am	W.O.W.\$ R 2:00 p.m.	HIIT* 4:30– 5:15 pm	W.O.W. \$ R 12:30 pm	Tread & Shed R \$ 4:30 pm
Zumba 5:00 pm–6:00 pm	W.O.W.\$ 4:30 p.m.	YogaKids R \$ 4:15pm	Zumba 5:00pm –6:00pm	W.O.W. \$ R 2:30pm	Sunday
Barre to TRX 6:15pm-7:15 pm	Aerobic Cycling 6:00-pm-7:00pm	HIIT* 6:00 pm–7:00 pm	Barre to TRX 6:15pm -7:15 pm		Aerobic Cycling 9:00 am– 10:00am
	Total Body Blast 360 6:00pm-7:00 pm				

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

**\$ = Fee and sign up required. Minimum enrollment required for class to be held.**  
**R = Registration or sign-up is required**  
 \* HIIT classes participants must be age 13 yrs and up.  
 To register for classes, visit the front desk or sbpd.net  
 For more information, contact Fitness Director,  
 Denise Gappa at 847-898-9945 or dgappa@sbpd.net

Check out our new  
 class  
 “Total Body Blast 360”  
 with Alma on  
 Tuesday’s at 6:00pm



# 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 **13 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 or cancellations.** Information forms on sign-up are available at club.

## Cardio / Strength Classes

### Barre to TRX

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

### Bootcamp

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

### 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!

### Total Body Step/ Step Interval

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

### Total Body Blast 360°

This class uses weights, bands and bars to improve your strength, muscle sculpting and overall cardio conditioning.

### 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.*

### Zumba (Adults)

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

## Aqua Fitness 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 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

### Gentle Stretch & Abs

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

### Chair Yoga \$ R

Simple stretches 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.

### 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

Pilates promotes mobility and strength of all the major muscle groups in the body in a balanced fashion, whilst also having a key focus on the deep core muscles.

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

**\$ = Fee and pre-registration required.**

**R = Pre-register or sign-up is required**