

South Barrington Club Group Fitness Schedule

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

SBC Group Fitness Schedule

December 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 |



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|------------------------|
| 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 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