

# COURTS PLUS WINTER 2010 GROUP EXERCISE SCHEDULE

January 4 – February 28

**Studio One=Aerobics Studio**

**Studio Two=Multi-Purpose Room**

*All classes are multi-level unless otherwise indicated.*

**Shaded classes require an additional fee and registration.**

**Please refrain from wearing outdoor shoes in the studio.**

Schedule is subject to change without notice. Classes with continued low attendance are subject to cancellation. For your safety: Please wear appropriate athletic shoes and refrain from chewing gum in class. If you enter class after the warm-up or leave before the cool-down, the instructor will assume you have properly prepared. As a courtesy to other members with sensitivity to fragrance, please refrain from wearing fragrance to class.

Monday		Tuesday		Wednesday		Thursday		Friday	
Group Exercise Studio	Multi-Purpose Room	Group Exercise Studio	Multi-Purpose Room	Group Exercise Studio	Multi-Purpose Room	Group Exercise Studio	Multi-Purpose Room	Group Exercise Studio	Multi-Purpose Room
6:00-6:45 <b>CSI</b> Cheryl	6:00-6:50 <b>Indoor Boot Camp</b> Janet	6:00-7:00 <b>BodyPump</b> Stephanie	5:45-6:30 <b>Cycle Express</b> Mary Pat	6:00-6:45 <b>Step Express</b> Megan	6:00-6:50 <b>Indoor Boot Camp</b> Janet	6:00-7:00 <b>BodyPump</b> Bridget	5:45-6:30 <b>Cycle Express</b> Stephanie	6:00-6:45 <b>Step 'n Sculpt</b> Megan	6:00-6:50 <b>Indoor Boot Camp</b> Janet
8:00-9:00 <b>PiYo</b> Julie K	8:00-8:55 <b>Cycle Fit</b> Ron	7:45-8:30 <b>15/15/15</b> Michelle	*8:35-9:20 <b>Cycle Express</b> Ron	8:00-9:00 <b>CSI</b> Ann	8:00-8:55 <b>Cycle Fit</b> Kelly	7:45-8:30 <b>Step Express</b> Michelle	*8:35-9:20 <b>Cycle Express</b> Mary Pat	8:00-9:00 <b>BodyPump</b> Cheryl	
		8:30-9:30 <b>BodyPump</b> Amy				8:30-9:30 <b>20/20/20</b> Ron			8:30-9:00 <b>Sit &amp; Get Fit</b> Julie K
9:15-10:15 <b>BodyCombat</b> Barb (Heather)	9:00-9:30 <b>Stretch</b> Julie K	9:30-10:30 <b>Step Challenge</b> Antonette		9:15-10:15 <b>BodyPump</b> Julie K	9:00-9:30 <b>Stretch</b> Kelly	9:30-10:30 <b>Zumba</b> Lisa		9:15-10:15 <b>TurboKick</b> Amy	9:00-9:30 <b>Stretch</b> Julie K
10:30-11:30 <b>Forever Fit Interval</b> Ron	9:30-10:30 <b>Hatha Yoga</b> Sandy	10:30-11:30 <b>PiYo</b> Kathy	9:30-10:30 <b>Pilates</b> Kelly	10:30-11:30 <b>Lean 'n Mean</b> Stephanie	9:30-10:30 <b>Hatha Yoga</b> Sandy	10:30-11:30 <b>BodyPump</b> Linda	9:30-10:30 <b>Yogilates w/ Props</b> Toni	10:30-11:30 <b>Zumba Gold</b> Lisa	9:30-10:30 <b>Pilates</b> Julie
	10:30-11:30 <b>Mom &amp; Baby Bootcamp</b>		10:30-11:30 <b>Pilates Mama &amp; Baby</b>		10:30-11:30 <b>Mom &amp; Baby Bootcamp</b>	12:00-1:00 <b>Senior Workout</b> sign-up with Elmhurst Hospital			10:30-11:30 <b>Mom &amp; Baby Bootcamp</b>
12:00-1:00 <b>BodyPump</b> Jennifer	11:30-12:30 <b>Zumba Gold</b> (free to members) Esther		11:30-1:30 <b>Tai Chi</b> John	12:00-1:00 <b>BodyCombat</b> Esther (Heather/Barb)		1:00-2:00 <b>PiYo</b> Heather	11:30-1:30 <b>Tai Chi</b> John	12:00-1:00 <b>BodyPump</b> Barb	
4:30-5:30 <b>Zumba</b> Julie W	4:00-5:00 <b>Hip Hop Kids</b>	4:30-5:30 <b>CSI</b> Linda	4:30-5:15 <b>Little Dragons</b>	4:30-5:30 <b>20/20/20</b> Bridget		4:30-5:30 <b>PiYo</b> Stephanie	4:30-5:30 <b>Little Dragons</b>	5:00-6:00 <b>BodyCombat</b> Antonette (Jason/Barb)	
5:30-6:30 <b>Step Challenge</b> Megan	5:30-6:30 <b>Karate</b> Elmhurst Tang Soo Do	5:30-6:30 <b>BodyCombat</b> Heather (Barb)	5:30-6:30 <b>Karate</b> Elmhurst Tang Soo Do	5:30-6:30 <b>BodyPump</b> Heather	5:30-6:30 <b>Karate</b> Elmhurst Tang Soo Do	5:30-6:30 <b>Zumba</b> Lucy	5:30-6:30 <b>Karate</b> Elmhurst Tang Soo Do		
6:30-7:30 <b>BodyPump</b> Jason	6:30-7:20 <b>Indoor Boot Camp</b> Janet	6:30-7:30 <b>Zumba</b> Lucy		6:30-7:30 <b>PiYo</b> Tonya	6:30-7:20 <b>Indoor Boot Camp</b> Janet	6:30-7:30 <b>Bosu Power Hour</b> Sara	6:30-7:30 <b>Yoga Ride</b> Jordan		
7:30-8:30 <b>Tai Chi</b> John	7:30-8:30 <b>Karate</b> Mike			7:30-8:30 <b>Pre/postnatal Fitness</b> Janet	7:30-8:30 <b>Karate</b> Mike		7:30-8:30 <b>Yoga/Cardio Yoga</b> Jordan		7:30-8:30 <b>Karate</b> Mike

## WEEKEND GROUP EXERCISE SCHEDULE

Instructors teach weekend classes on a rotational basis. Please refer to the schedule outside of the aerobics studio.

Saturday		Sunday	
Group Exercise Studio	Multi-Purpose Room	Group Exercise Studio	Multi-Purpose Room
8:00-9:00 <b>BodyPump</b> Cheryl/Bridget	8:00-9:00 <b>Cycle Fit</b> Ron/Jordan	8:00-9:00 <b>Zumba</b> Lucy/Julie	
9:00-10:00 <b>Step Challenge</b> Cheryl/Antonette	9:30-10:30 <b>Pilates</b>  Tonya	9:00-10:00 <b>BodyPump</b> Linda/Tess	
10:00-11:00 <b>TurboKick</b> Sara		10:00-11:00 <b>PiYo</b> Julie/Linda	

**BodyCombat** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick, and kata your way through calories to superior cardio fitness.

**BodyPump** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight will inspire you to get the results you came for and fast!

**20/20/20:** A great cross training combination of 20 minutes of step, 20 minutes of hi-lo aerobics and 20 minutes of strength. 15/15/15 is the 45 minute version of this class.

**Athletic Training** No Coordination Required! Circuit training at its finest. Move from one format to the next and watch your fitness level soar. Cardiovascular segments can include step, jump rope. Resistance work uses a variety of tools including Body Bars, weights, and elastic tubing.

**CSI:** Cardio Strength Interval. Alternating segments of cardiovascular and strength training, this class will utilize a variety of equipment to give you a total body workout.

**Circuit:** Combines the benefits of cardiovascular and resistance training in a circuit format with timed intervals

**Forever Fit:** A lighter, low impact class designed for those just beginning an exercise program. Resistance training follows the cardio portion of class. **Interval:** intervals of cardio and resistance training.

**HipHop Hustle:** NO EXPERIENCE REQUIRED!! This class takes the fun factor up a notch with super hot moves that will have everyone wanting more! This class is a completely pre-designed hip-hop dance class that's easy to follow. Which, by the way, makes it even better because anyone can do the moves and make them their own!

**Lean-N-Mean:** 40 minutes of strength training followed by 20 minutes of flexibility training to create long, lean muscles

**PiYo:** A fusion style flexibility workout combining Pilates, Yoga, Dance and Strength in a flowing sequence.

**Sit & Get Fit:** A combination of cardiovascular and strength training that can be done seated in a chair.

**Step Challenge/Multi-Step:** A step class geared toward the intermediate and advanced participant. Combinations will be more complex. Instructors will have the option of using one or more steps.

**Step Express:** 30-45 minute version of our Step Challenge class

**Step Interval:** A variety of strength tools will be used both on and off the step to maximize aerobic and anaerobic potentials

**Step 'n Sculpt:** A combination of cardiovascular and strength training using the step and a variety of strength training tools. May be taught as an interval class.

**Stretch:** A class of flexibility exercises for the entire body. All fitness levels are welcome.

**TurboKick:** Sure, it's kickboxing, but it's so much more! You'll kick, punch and groove the calories away in this action-packed, super fun, super safe and effective cardiovascular workout.

**Zumba:** Dance your way to a fitter you with this hot new class. This class incorporates latin and international rhythms along with dance steps like salsa, merengue, cha cha, and samba in a class that is fun and easy to do.