

COURTS PLUS Summer 2009 GROUP EXERCISE SCHEDULE

June 15 - August 23

Studio One=Group Exercise 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 Step Express Megan	6:00-6:50 Boot Camp Janet	6:00-6:45 BodyPump Stephanie	5:45-6:30 Cycle Express Beth	6:00-6:45 CSI Megan	6:00-6:50 Boot Camp Janet	6:00-6:45 Step 'n Sculpt Cheryl	5:45-6:30 Cycle Express Stephanie E	6:00-6:45 TurboKick Sara	6:00-6:50 Boot Camp Janet
8:00-9:00 Bosu Power Hour Michelle	8:30-9:00 Sit & Get Fit Ann	7:45-8:30 CSI Michelle	*8:35-9:20 Cycle Express Stephanie E	8:00-9:00 20/20/20 (note: new class description) Michelle	8:30-9:00 Sit & Get Fit Cheryl	7:45-8:30 Zumba Julie W	*8:35-9:20 Cycle Express Kelly	8:00-9:00 BodyPump Cheryl	8:30-9:00 Zumba Gold (chair) Julie K
9:15-10:15 Step Interval Cheryl	9:00-9:30 Stretch Ann	9:30-10:30 Zumba Lisa		9:15-10:15 BodyPump Barb	9:00-9:30 Stretch Cheryl	9:30-10:30 Athletic Training Amy		9:15-10:15 TurboKick Amy	9:00-9:30 Stretch Julie K
10:30-11:30 Forever Fit Interval Stephanie/Jennifer H	9:30-10:30 Hatha Yoga Sandy	10:30-11:30 BodyPump Amy	9:30-10:30 Pilates Jill/Kelly	10:30-11:30 Lean 'n Mean Esther	9:30-10:30 Hatha Yoga Sandy	10:30-11:30 PiYo Linda	9:30-10:30 Yogilates w/ Props Toni	10:30-11:30 Forever Fit Linda	9:30-10:30 Pilates Julie
	10:30-11:30 Mom & Baby Bootcamp Kelly/Barb		10:30-11:30 Pilates Mama & Baby Kelly		10:30-11:30 Mom & Baby Bootcamp Kelly	12:00-1:00 Senior Workout sign-up with Elmhurst Hospital			10:30-11:30 Mom & Baby Bootcamp Kelly
12:00-1:00 BodyPump Barb	11:30-12:30 Zumba Gold (free to members) Esther	12:00-1:00 PiYo Julie K	12:30-1:30 Tai Chi Elmhurst Tang Soo Do	12:00-1:00 BodyPump Barb/Esther (Jennifer H)			12:30-1:30 Tai Chi Elmhurst Tang Soo Do	12:00-1:00 BodyPump Linda	
4:30-5:30 PiYo Luann	4:30-5:30 Hip Hop Kids	4:30-5:30 Step 'n Sculpt Jennifer M	4:30-5:15 Little Dragons	4:30-5:30 Zumba Julie W	4:30-5:30 Hip Hop Kids	4:30-5:30 BodyPump Ron	4:30-5:30 Little Dragons		
5:30-6:30 BodyPump Heather	5:30-6:30 Karate	5:30-6:30 Zumba Lucy	5:30-6:30 Karate Mike	5:30-6:30 TurboKick Sara	5:30-6:30 Karate	5:30-6:30 Step Challenge Megan	5:30-6:30 Karate Mike		
6:30-7:30 TurboKick Janet	6:30-7:20 Indoor Boot Camp Janet	6:30-7:30 PiYo Julie W		6:30-7:30 BodyPump Stephanie	6:30-7:20 Indoor Boot Camp Janet	6:30-7:30 Zumba Lucy	6:30-7:30 Yoga Ride Jordan		
	7:30-8:30 Karate Mike				7:30-8:30 Karate Mike		7:30-8:30 Yoga/ Yoga Flow Jordan		7:30-8:30 Karate Mike

WEEKEND GROUP EXERCISE SCHEDULE

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

Saturday		Sunday	
Group Exercise Studio	Multi-Purpose Room	Group Exercise Studio	Multi-Purpose Room
8:00-9:00 BodyPump Heather/Ron	8:00-9:00 Cycle Fit Ron/Jordan	8:00-9:00 TurboKick Lisa/Sara/Heather	
9:00-10:00 Step Challenge Megan/Cheryl	9:00-10:00 Pilates Tonya	9:00-10:00 BodyPump Cheryl/Linda	
10:00-11:00 PiYo Linda/Heather		10:00-11:00 Step 'n Sculpt Cheryl/Linda	

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 three 20 minute sessions of training. Class may include step, kickboxing, ball, bosu, etc... 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.

Circuit Training Circuit training is an interval-training technique that minimizes rest between sets and exercises. This class will alternating intervals of weight training and brief, high-intensity cardiovascular exercise. After each set of a weight-training exercise a brief cardio interval is completed. The cardio segments may include a variety of exercises including step-ups, jumping rope, jumping jacks, bosu, step and sprints, etc. The interval circuit allows you to incorporate a cardiovascular workout into your weight training workout (or vice versa). Both are great ways to build muscular endurance

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.

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.

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.

*****Specialty/ Shaded Classes Require Registration*****

CycleFit: 60min cycling class. **Express:** 30-45min version.