

GROUP EXERCISE

JUNE 7 - SEPT 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:20 a Spinning Eric	5:45 - 6:30 a BodyPump Express Amy P.	5:30 - 6:20 a Spinning Eric	5:45 - 6:30 a BodyPump Express Amy P.	5:30 - 6:20 a Spinning Jack		
	6:30 - 7:00 a Yoga 4 Athletes Amy P.	5:45 - 6:30 a Bootcamp Amy P. - In Gym	6:30 - 7:00 a Six Pack Abs Amy P.			
8:30 - 9:30 a Step & Kick Joy	8:15 - 9:00 a BodyPump Express Joy	8:15 - 8:45 a Six Pack Abs Joy	8:30 - 9:20 a Zumba Gina	8:45 - 9:30 BodyPump Joy	8:00 - 8:30 a Six Pack Abs Sue	8:30 - 9:30 a Yoga Amy P.
8:45 - 10:00 a Spin & Strength Amy P.	9:15 - 10:15 a Spin & Pilates Jennifer K.	8:45 - 9:30 a BodyPump Express Joy	9:15 - 10:15 a Spin & Strength Lory	8:45 - 9:30 a Spinning Eric	8:30 - 9:30 a Step & Lower Assets Sue	8:45 - 9:45 a Spin & Core Jack
9:35 - 10:35 a Step Interval Amy R.	9:15 - 10:15 a BodyPump Amy R.	9:15 - 10:15 a Spin & Core Cris	9:30 - 10:30 a BodyPump Gina	9:30 - 10:15 a Bootcamp in Gym Amy Shouse	9:15 - 10:15 a Spin & Core Lory/Kathy	9:35 - 10:35 a Zumba Sculpt Stefanie/Gina Jennifer/Meshay
10:40 - 11:40 a Yoga Tamara	10:15 - 11:00 a Zumba Amy R.	9:30 - 10:30 a Cardio Ballet & Barre Workout Maria	10:40 - 11:40 a Yoga Joni W.	9:35 - 10:35 a Body & Soul Joni W.	9:35 - 10:35 a Pilates Mat-based Janice	<p>Group Exercise Classes will not be held on Sunday, July 4</p> <p>Club Hours: 7-1 p</p> <p>Fitkids: 8-12 p</p> <p>Questions about the Group Exercise schedule contact Group Exercise Director Amy Rosales at Arosales@lfh.org or 847-535-7632</p>
4:30 - 5:30 Yoga Elaine	11:10 - 12:00 Total Body Strength Janice	9:35 - 10:35 a Step Jam Jennifer K.	12:00 - 12:45 Pilates Mat-based Janice	9:35 - 10:35 a Step Interval Jennifer K.	9:35 - 10:35 a Kickbox Amy R.	
5:15 - 6:15 Kick & Core Sue	4:45 - 5:25 Cardio Step Colleen	10:40 - 11:40 a Pilates Mat-based Joni W.	4:30 - 5:25 Zumba Stefanie	10:45 - 11:30 a Total Body Strength Gina	10:40 - 11:40 a BodyPump Lory/Colleen	
5:45 - 6:45 Cardio Ballet & Barre Workout Maria	5:30 - 6:15 BodyPump Express Colleen	11:45 - 12:30 Yoga Joni W.	5:30 - 6:00 Butts & Gutts Colleen		10:45 - 11:30 a New! Barre Workout Janice	
6:15 - 7:05 Spinning Bill	5:45 - 6:30 Spinning Tracey	5:15 - 6:15 Kickbox Amy R.	5:45 - 6:35 Spinning Bill			
6:20 - 7:15 BodyPump Diane/Jen K.	6:20 - 7:05 Zumba Gina	5:45 - 6:15 Spin Express Danielle	6:05 - 7:05 Step Interval Colleen			

- Classes in green are held in the Spinning Studio
- Classes in blue are held in the Multi-Purpose Room First Floor
- Class changes are noted in orange



Lindenhurst
Health & Fitness Center
of Northwestern Lake Forest Hospital

5:45 - 6:45
Yoga
Elaine

Club Hours: Monday - Thursday, 5 am - 9 pm; Friday, 5 am - 9 pm
Saturday, 7 am - 7 pm; Sunday, 7 am - 5 pm

FitKid Hours: Monday - Friday, 8 am - 8 pm; Saturday & Sunday, 8 am - 1 pm



GROUP EXERCISE CLASS DESCRIPTIONS

Body & Soul – A blending of yoga and pilates for a powerful mind & body experience.

BodyPump - A total body strength training workout. This class consists of 10 songs with each song focusing on a specific muscle group. Ideal for all fitness levels.

BodyPump Express - 45-minute class with 8 songs rather than 10.

Butts & Guts - 30 min. class attacking the butt, thighs and abs.

Kick & Core - Kickbox combinations & punching bag drills polished off with abdominal/back exercises to tone and tighten the mid-section. Gloves required.

KICKBOX - Shadow boxing, jump roping, punching bag drills, and strength training to burn calories at a fast and furious rate. Gloves required.

Pilates Mat-Based - Train your abdominal and back muscles and improve your posture, align your spine and build strength in your stomach muscles. All levels welcome.

Six Pack Abs - Develop a powerful center by sculpting the abs and back muscles in this 30 minute express class.

SPINNING - A cycling workout in a group setting. Please arrive at least 10 minutes before class begins to set-up your bike. Sign-up is required for all Spinning classes at the Fitness Desk no more than 45 minutes in advance. Staff, family and friends may not sign-up another person for class. Water bottles and heart rate monitors are recommended. Monitors available for purchase in the Pro Shop.

SPIN & Core - 45 minutes of indoor cycling followed by 15 minutes of core exercises to tone and tighten the abdominal and back muscles.

SPIN & Strength - 45 minutes of indoor cycling followed by 30 minutes of total body strength exercises utilizing various pieces of exercise equipment.

Step Interval - Short segments of step alternated with short segments of strength exercises targeting the entire body. Class will end with an abdominal workout and cool down.

Step Jam - energizing step workout mixed with dance choreography to Latin inspired rhythms. Each class will consist of a Warm-up Dance, 9 to 10 STEP tracks, 1 to 2 Cardio strength tracks and a Cool Down Dance. The same tracks will be repeated throughout each month so you will be jamming in no time!

Step & Kick - 60-minutes of cardio in this action packed class that is a combination of step and kickbox. Gloves required.

Step & Lower Assets - Segments of step alternated with strength exercises targeting the lower body muscle groups. Class will end with an abdominal workout and cooldown.

Total Body Strength - A non-impact, strength and toning workout for the entire body using a variety of resistance equipment.

Yoga - You will increase balance, flexibility and strength through yoga poses. Learn relaxation and breathing techniques to help decrease stress, tightness and tension in the body.

Zumba - Sizzling hot dance class featuring music from latin America and other international countries. Your hips will move non-stop with easy-tofollow dance steps. Big Calorie Burner!

Zumba Sculpt - 45 minutes of dance followed by 15 minutes of toning and strength exercises.

ANNOUNCEMENTS:

New! Cardio Ballet & Barre workout

Dance conditioning fitness class will help you develop strength, endurance, balance and the poise of a dancer. Cardio Ballet moves you through easy-to-follow low impact dance moves. Barre class combines isometrics, interval training & a touch of pilates increasing muscle definition in the upper body flattening the abdominal area and lifting the buttocks.