

# GROUP EXERCISE SCHEDULE Nov. 11 - Dec. 31



**NILES  
FAMILY FITNESS  
CENTER**  
897 Civic Center  
Dr. Niles Illinois  
60714  
847-588-8400

These are scheduled in-studio classes, classes with added virtual option are noted.

\*Virtual attendees must enter virtual class 5 minutes prior to start time\*

Classes are available to those age 14 and older.

We are closed on 11/24, 12/25 and 1/1. No classes on 12/24

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>*SPIN CIRCUIT</b> 8:45-9:40am—MH <u>fee required</u></p> <p><b>ZUMBA® PT</b> 9:00– 10:00am Also Virtual option * (gym)</p> <p><b>YOGA DG</b> 10:50-11:50am Also Virtual option</p>	<p><b>YOGA MH</b> 7:55-8:55am Also Virtual option</p> <p><b>FIT CHALLENGE EA</b> 9:10-10:05am (gym) Also Virtual option</p> <p><b>LITE &amp; FIT KP</b> 10:15-11:10am (gym) Also Virtual option</p> <p><b><u>PILATES BARRE FUSION</u></b> 5:15-6:10PM EF Registration &amp; fee required</p> <p><b>BODY FLEX SG/DG</b> <b>6:20-7:20pm</b> 11/14DG 11/21SG 11/28DG 12/5SG 12/12DG 12/19SG 12/26DG 1/2 SG Also Virtual option</p>	<p><b>BODY FLEX DD</b> 10:05-11:00am (gym) Also Virtual option</p> <p><b><u>BALANCE CORE &amp; MORE</u></b> 10:10-10:50am -KP fee required</p> <p><b><u>TRX BOOTCAMP</u> KP</b> 5:10-5:55pm (gym) fee required</p> <p><b><u>SPIN &amp; STRENGTH</u></b> 5:30-6:20pm -JA <u>fee required</u></p> <p><b>YOGA KZL</b> 7:00-8:10pm Also Virtual option</p>	<p><b>YOGA AC</b> 7:55-9:05am Also Virtual option</p> <p><b>CARDIO FUSION EA</b> 9:00-9:50am (gym)</p> <p><b>ZUMBA GOLD TONING</b> 10:10-11:05am (gym) DC Also Virtual option</p> <p><b>HEART RATE UP &amp; PUMP</b> 5:15-6:10pm Also Virtual option KP</p> <p><b>ADULT BEGINNER BALLET -Rio</b> 7:15-8:15pm <u>6 week session fee required</u></p>	<p><b>*SPIN –JA</b> 9:00-9:50am <u>fee required</u> check class dates online</p> <p><b>BODY FLEX DD</b> 10:05-11:00am (gym) Also Virtual option</p> <p><b><u>YOGA BALANCE</u></b> 10:10-11:00am -KP fee required</p> <p><b>CORE &amp; STRENGTH</b> 6:00-6:50pm DG Also Virtual option</p> <p><b>YOGA LD</b> 7:00-8:10pm Also Virtual option</p>	<p><b>STRETCH KZL</b> 8:00-8:55am Also Virtual option</p> <p><b><u>TRX DD</u></b> 8:20-9:00am (gym) fee required</p> <p><b>ZUMBA w/ Toning MN</b> 9:15-10:10am (gym) Also Virtual option</p> <p><b>YOGA LD</b> 10:00-11:00am</p> <p><b>*SPIN &amp; PUMP –JA</b> 11:30-12:20 <u>fee required</u></p>	<p><b>*SPIN &amp; STRETCH</b> 8:30-9:20am -JA <u>fee required</u></p> <p><b>BODY FLEX DD</b> 9:05-10:00am (gym) Also Virtual option</p> <p><b>STEP, DRILLS &amp; STRETCH MD</b> 10:10-11:15am</p>

Classes are held in Group exercise studio, unless gym in noted.

\*\*\*Please Note:

Underlined classes are specialty classes:  
Registration or punch card required.

\*Bring your own towel

\*Please arrive to class on time, so as not to disrupt others.

**Instructors:** Danielle (DD), Julie (JA), Michelle (MD), Susan (SK), Lucien (LD), Karen (KP), Marty (MH), Donna (DG), Deanna (DS), Amy C (AC), Marimel (ML), Duvia (DC), Denise (DO), Patrizia (PT), Maria (MN), Kloe (KZL), Sue (SG), Emily (EA), Elise (EF)

**Class Descriptions of all classes that are free with membership:**

**BODY FLEX:** This strength training class is the perfect addition to your workout schedule. Increase lean muscle mass and boost your resting metabolic rate. Combination movements to challenge stamina, stability and functional strength. Please arrive 5 minutes early to set up. Class Level: Beginner to Advanced.

**CARDIO FUSION:** Try this cardiovascular medley workout. We will vary each week with cardio drills, plyometrics, balance challenges, and some body weight strength. Finish with core work and a stretch.  
Class Level: Intermediate to Advanced

**CORE & STRENGTH:** This class will offer overall body strengthening, with the focus on the core muscles. Strength training will increase lean muscle mass and raise the body's resting metabolism.  
Level: Beginner to Advanced

**FIT CHALLENGE:** Let's bring your fitness to a new level! Constantly varied fitness using functional movements (movements that train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports.) You'll be using various muscles in the upper and lower body at the same time while also focusing on core stability. This class will keep you engaged, having fun, getting fit AND will keep you coming back for more! Class Level: Intermediate to Advanced

**HEART RATE UP & PUMP:** Get your heart rate up with this variety of high intensity aerobics, cardiovascular drills and some light muscle conditioning. A perfect class for beginners and advanced participants because you can work at your own pace. Class Level: Beginner to Advanced.

**LITE & FIT :** Perfect for the mature adult. Work at your own pace - a combination of low impact (with some high intensity) aerobics. May include Basic step and stability ball work, body toning with ab and back strengthening  
Class Level: Beginner to Intermediate

**STEP, DRILLS & STRETCH:** This 60-minute class includes STEP combinations, high intensity conditioning drills and a Yoga inspired stretch. Please arrive 5 minutes early to setup. Class Level: Intermediate to Advanced

**STRETCH:** We will warm up with large movement dynamic stretching, followed some balance exercises, light resistance and static stretching. Class also includes low back and abdominal strengthening.

**YOGA:** It's time to work your mind and body! Get a good workout, stretch, and sooth your mind.  
Class Level: Beginner to Advanced. Please arrive to class on time.

**ZUMBA®:** Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program designed for everyone. Try it, you'll love it!  
Class Level: Intermediate to Advanced

**ZUMBA GOLD®:** This class takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Class Level: Beginner to Intermediate

