



# GROUP EXERCISE SCHEDULE Jan 6— March 2

987 Civic Center Dr. Niles Illinois

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>*SPINNING DO</b> 7:35am</p> <p><b>ZUMBA® PT</b> 8:40– 9:40am (gym)</p> <p><b>CORE &amp; STRENGTH</b> 9:45-10:40am 1/6KP, 1/13DG, 1/20KP, 1/27DG, 2/3KP 2/10DG 2/17KP 2/24DG</p> <p><b>YOGA</b> 10:45-11:45am 1/6JG 1/13DG 1/20JG 1/27DG 2/3JG 2/10DG 2/17JG 2/24DG</p> <p><b>***Please Note:</b> <u>Underlined classes are specialty classes: Registration or drop-in fee is required.</u> These classes run in sessions. See <b>winter brochure</b> for specific session dates &amp; fees.</p>	<p><b>YOGA MH</b> 8:00-9:05am (multi A/B)</p> <p><b>*EXPRESS SPIN</b> 8:30-9:05am DD/JA</p> <p><b>FIT CHALLENGE CP</b> 9:05-10:05am (gym)</p> <p><b>LITE &amp; FIT KP</b> 10:10-11:05am (gym)</p> <p><b>TRX MEDLEY KP</b> 11:10am -12:10pm (gym)</p> <p><b>YOGA JS</b> 5:15-6:15pm</p> <p><b>ZUMBA® DGa</b> 6:00-6:55pm Gym &lt;</p> <p><b>BODY FLEX NK</b> 6:30-7:30pm</p> <p><b>RESTORATIVE JA STRETCH &amp; MEDITATION</b> 7:30-8:30PM multi A</p> <p>&lt;Mon 6pm Zumba&gt; <b>Tweens 12 &amp; 13 years are allowed with parent</b></p>	<p><b>TRX DD</b> 8:20-9:00am (gym)</p> <p><b>*SPINNING 9am JA</b></p> <p><b>BODY FLEX DD</b> 10:05-11:00am (gym)</p> <p><b>YOGA BALANCE KP</b> 10:15-11:10am</p> <p><b>TRX BOOTCAMP KP</b> 5:40-6:35pm (gym)</p> <p><b>WERQ IM / GS</b> 5:30-6:25pm</p> <p><b>*SPINNING</b> 6:30pm RW</p> <p><b>YOGA LD</b> 7-8:10pm (multi A &amp; B)</p>	<p><b>YOGA AC</b> 8:00-9:10am</p> <p><b>CARDIO FUSION CP</b> 9:15-10:10am (gym)</p> <p><b>ZUMBA GOLD DV</b> 10:15-11:10am (gym)</p> <p><b>HEART RATE UP &amp; PUMP</b> 5:25-6:25pm KP</p> <p><b>PILATES BARRE FUSION</b> 6:30-7:20pm (Multi A)</p>	<p><b>PUSH YOUR LIMITS</b> 7:30-8:20am CP</p> <p><b>PILATES BARRE FUSION</b> 8:10-8:55 DO/ML</p> <p><b>*SPINNING 9am</b> DD/JA</p> <p><b>BODY FLEX DD</b> 10:05-11:00am (gym)</p> <p><b>BOOT CAMP KP</b> 5:15-6:10pm (gym)</p> <p><b>CORE &amp; STRENGTH</b> 6:20-7:05pm JA/DO</p> <p><b>YOGA LD</b> 6:45-7:55pm (multi A,B)</p> <p><b>*SPINNING</b> 7:15pm JA/DO</p>	<p><b>STRETCH RW</b> 8:00-8:55am</p> <p><b>TRX DD</b> 8:20-9:00am (gym)</p> <p><b>ZUMBA BW</b> 9:10-10:05am (gym)</p> <p><b>LITE &amp; FIT SK</b> 10:15-11:00am (gym)</p> <p><b>YOGA RW</b> 10:10-11:20am</p> <p><b>*SPINNING</b> 11:30am JA</p>	<p><b>*SPINNING DD</b> 8:00am</p> <p><b>BODY FLEX DD</b> 9:05-10:00am (gym)</p> <p><b>STEP, DRILLS &amp; STRETCH MD</b> 10:15-11:20am</p>

All classes are held in Group Exercise Studio unless noted. **Please arrive to class on time, so as not to disrupt others.** **Specialty classes (underlined classes) that do not meet our minimum enrollment requirement will be cancelled.**

\*(fee required) See Spinning® class calendar for descriptions.

**Daily Drop In Fees:**  
**Spinning:** \$6 member/ \$10 resident/ \$11 Nonresident  
**Specialty class** \$8 member / \$10 resident/ \$11 Nonresident  
**Member Free classes:** \$10 resident/ \$11 Nonresident

**Instructors:** Danielle (DD), Joe (JS), Julie (JA), Michelle (MD), Susan (SK), Regina (RW), Nicole (NK), Lucien (LD), Karen (KP), Marty (MH), Donna (DG), Amy C (AC), Marimel (ML), Duvia (DV), Debbie (DJ), Denise (DO), Jessica (JG), Carrie (CP), Ilaria (IM), Gladys (GS). Becca (BW), Patricia (PT), Diane (DGa)

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

**BODY FLEX:** This class is the perfect addition to your workout schedule. Increase lean muscle mass and boost your resting metabolic rate with this strength training class. Use hand weights, body bars, BOSU's, stability balls, rubber tubing, and floor exercises to develop a toned, strong body. Please arrive 5 minutes early to set up.  
Class Level: Beginner to Advanced.

**BOSU & DRILLS:** This class challenges your balance while taking cardiovascular drills that target gluts and thighs, and core strengthening exercises which will challenge your abs, back and waist. We will use the BOSU and medicine balls. Class Level: Intermediate to Advanced

**CARDIO CORE:** This 45 minute class with interval cardio drills with body weight and core exercises.

**CARDIO FUSION:** Try this cardiovascular workout with muscle shaping! We will interval BOSU, plyometrics, cardio drill combinations with strength training. Finish with core work and a stretch.  
Class Level: Intermediate to Advanced

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

**STRETCH:** In this 45 minute class 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

**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.

**Non-members may drop in for classes listed above.**

\$10 Resident / \$11 Non-Resident or purchase a **Group Ex Express Card** for discounted rates.

10 class card: \$80 Resident (\$8.00 per class)/ \$89 Non-Resident (\$8.90 per class)

20 class card: \$154 Resident (\$7.70 per class) / \$162 Non-Resident (\$8.10 per class)

30 class card: \$222 Resident (\$7.40 per class) / \$231 Non-Resident (\$7.70 per class)

Express cards are also valid for *Spinning* classes.

\*See seasonal brochure for paid class descriptions. Note that some specialty classes may have been canceled if they did not meet minimum enrollment.

## Class Options For Non-Members

# GROUP EXPRESS CLASS CARD

5 CLASS EXPRESS CARD:	\$44 Resident (\$8.80 per class)
	\$49 Non-resident (\$9.80 per class)
10 CLASS EXPRESS CARD:	\$82 Resident (\$8.20 per class)
	\$89 Non-Resident (\$8.90 per class)
20 CLASS EXPRESS CARD:	\$156 Resident (\$7.80 per class)
	\$166 Non-Resident (\$8.30 per class)
30 CLASS EXPRESS CARD:	\$225 Resident (\$7.50 per class)
	\$237 Non-Resident (\$7.90 per class)

### Card Includes:

### All Free Member Classes & Specialty Classes:

YOGA  
ZUMBA  
WERQ  
STRETCH  
BODY FLEX  
CARDIO FUSION  
CORE & STRENGTH  
FIT CHALLENGE  
HEART RATE UP AND PUMP  
LITE AND FIT  
AQUACIZE  
SPINNING  
TRX  
PILATES BARRE FUSION  
BOOT CAMP  
YOGA BALANCE  
AQUA FOR HEALTH



Single class drop In Fees:  
**\$10 Residents/ \$11 Non- Residents**



**NILES  
FAMILY FITNESS  
CENTER**  
987 Civic Center Dr, Niles Illinois 60714  
847-588-8400

Prices effective 1/31/19