


Group Exercise Schedule

Effective September 2011



Monday Tuesday Wednesday Thursday Friday Saturday Sunday

5:00am	Small Group Training Studio 2 Joe G. 5-7am		Small Group Training Studio 2 Joe G. 5-7am		Small Group Training Studio 2 Joe G. 5-7am				
5:30am	Strength Circuit Studio 1 Lisa L.	Extreme Cycle Bill	Group Power Studio 1 Bridgette	Extreme Cycle Bill	Group Centergy Studio 1 Lisa L.				
8:30am	Group Power Studio 1 Susan	Cardio Conditioning Studio 1 Jeannie	Group Power Studio 1 Jeannie	Cardio Conditioning Studio 1 Jeannie	Strength Training On The Ball Studio 1 Susan	Group Step Studio 1 Bev 7:30am	Cycle Zones Carol 8:00am		
8:30am	Strength Training Studio 2 Judi	Strength from the Core Studio 1 Jeannie 9:00am			Group Power Studio 2 Maria	Group Centergy Studio 2 Hilary 8:35am			
8:45am	Heart Smart Studio 2 Fitness Team		Heart Smart Studio 2 Fitness Team		Heart Smart Gym Fitness Team	Weekend Power Bill 8:15am			
9:35am	Group Step Studio 1 Jeannie	Group Kick Studio 1 Hilary	Group Groove Studio 1 Jeannie/Hilary	Group Centergy Studio 1 Jeannie	Step Studio 1 Lisa L./Melissa	Group Power Studio 1 Bev 8:35am	Zumba Studio 1 Luba 9:30am		
9:35am	Group Centergy Studio 2 Judi	Group Active Studio 2 Laurie 9:15am	Boot Camp Studio 2 Bev	Group Active Studio 2 Connie 9:15am		Group Active Studio 2 Bev 9:40am	Pilates Studio 2 Ellen 9:15am		
9:35am	Group Ride Bev	Cycle Zones Team	Cycle Zones Lisa L.	Group Ride Hilary	High Intensity Cycle David	Group Ride Maria 9:35am			
10:35am	Strength Training On The Ball Studio 1 Jeannie	Zumba Studio 1 Arleta	Walk & Low Studio 1 Paula	Zumba Gold Studio 1 Arleta		Group Groove Studio 1 Team 9:45am			
10:35am		Strength Training Flex & Stretch Studio 2 Ellen		Pilates Studio 2 Ellen		<p><u>Center Hours:</u> Mon—Thurs: 5:00am—10:00pm Friday: 5:00am—9:00pm Sat and Sun: 6:00am—6:00pm</p> <p>Group Exercise Supervisor Hilary Schwartz hschwartz@powerwellness.com Phone: (847) 419-7128</p> 			
11:35am	Trim & Tone Studio 1 Paula	Light & Low Studio 1 Paula	Strength Training Basics & Beyond Studio 1 Paula	Light & Low Studio 1 Kathy	Strength Training Basics & Beyond Studio 1 Jodi L. 11:15am				
12:00pm	Cycle Zones Sheila	Group Power Studio 2 Sheila	Group Centergy Studio 2 Susan						
5:30pm	Group Power Studio 1 Laurie	Group Step Studio 1 Jeannie	Group Kick Studio 1 Hilary	Group Power Studio 1 Laurie/Judi					
5:30pm			Group Active Studio 2 Jeannie						
6:00pm	Cycle Zones Carol								
6:35pm	Zumba Studio 1 Luba/Yvonne	Pilates Plus Studio 2 Susan	Group Centergy Studio 1 Jeannie/Hilary	Pilates Studio 2 Susan					

		Total Splash 7:00am Laurie	Aqua X-Press 9:15am Madeline/Susan	Total Splash 7:00am Laurie	Aqua Strength 9:00am Edie	Instructor Choice 9:30am Laurie	
Aqua Classes	Total Splash 9:35am Susan	Total Splash 11:30am Amy	Deep H2O 9:45am Madeline/Susan	Total Splash 9:15am Laurie	Deep H2O 9:30am Edie	Smooth Seas 11:15am Laurie	H2O Athletic Training 9:30 am Lisa T.
		Total Splash 6:30 pm Erick		Smooth Seas 12:45pm Kathy			

Class Descriptions

Aqua Strength: Use hand buoys, hydro fit belts, noodles, and steps in this 30 minute strength class.

Aqua X-Press: This 45 minute class will warm you up with a variety of equipment in the water..

Boot Camp: A 10 minute warm up followed by body weight exercises utilizing equipment such as medicine balls & free weights as well as circuit training and other forms of exercise to increase endurance and heart rate.

Cardio Conditioning: Cardio stations including interval training and cardio endurance. Geared towards the experienced exerciser, but can accommodate all levels of fitness. Format may vary week to week.

Cycle Zones: Train in different heart rate zones like strength, endurance, and interval for an all around workout that will make you a stronger and more fit athlete.

Deep Water Aerobics: This 45 minute class lets you experience the water's freedom with exercises in deep water. Flotation equipment is used to keep you afloat while your body goes to work. Appropriate for all fitness levels including pre/postnatal, a non-impact workout.

Extreme Cycle: Take it to the extreme by challenging your aerobic and anaerobic energy systems. Blast through the boundaries of your fitness level.

Flex & Stretch: Emphasizes flexibility, body alignment, and balance with elements of strength to increase functional mobility and range of motion.

Freestyle Step: Join in a high energy step class that incorporates incredible choreography for an amazing workout!

Group Active: 20 minutes of step, 20 minutes of strength, and 20 minutes of core and balance work. Group Active incorporates all elements of fitness .

Group Centergy: Re-define yourself with Group Centergy. Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements.

Group Groove: If you can Move, you can Groove! Experience a fusion of club, urban, and Latin dance styles with motivating chart topping hits and retro classic tunes. Get a move on with Group Groove!

Group Kick: This cardio class fuses martial arts and boxing that will kick your cardio fitness to the next level while defining and shaping your body and self confidence. Energetic music and a fun environment will knock you out!

Group Power: This 60 minute barbell program strengthens all your major muscles with simple athletic movements such as squats, lunges, presses, and curls.

Group Ride: Everybody finishes first in Group Ride! This cycle program is for anyone who can ride a bike. Spin your way to burning calories and strengthening the lower body. Controlled speeds ensure everyone can keep up!

Group Step: Discover new heights with Group Step! Utilizing the step in many positions and heights, this compelling cardio program strengthens and shapes your lower body one step at a time.

H2O Athletic Training: This is an advanced water class for the focused individual utilizing a variety of equipment.

Heart Smart: A 15 minute class incorporating gentle tubing and resistance exercises for our mature participants.

High Intensity Cycle : Increase your conditioning and prepare your body for real life cycling situations. Work between 65% and 92% of max heart rate. This ride includes flats, hills, and sprints.

Instructor Choice: Don't miss the fun in this aquatic workout that is exciting and different each week.

Light & Low: Take it at your own pace in this energizing low-impact workout designed to improve the cardiovascular fitness and muscular endurance of the mature adult.

Pilates/Pilates Plus: This core-strengthening workout focuses on control of your trunk and abdominals. Specific movements are taught on the mat to improve your posture and strengthen your "powerhouse".

Smooth Seas: It's smooth sailing in this low to moderate intensity aqua class. Feel the cardiovascular and muscle strengthening benefits designed to give you a full body workout.

Strength Training-Basics & Beyond: A complete workout for your muscles covering basic weight training with the benefit of balance and stability work.

Strength Circuit: This class keeps you on the move as you work through a variety of stations to target all the major muscles for a total body workout.

Strength from the Core: A 30 minute workout that emphasizes core stability using balance & stability sequences.

Strength Training-Flex & Stretch: Emphasizes flexibility & body alignment using a variety of tools such as resistance tubing, steps, & weights. Improve balance with elements of strength to increase range of motion & mobility.

Strength Training-On the Ball: This style emphasizes core stability along with strength conditioning for the entire body. A stability ball and weights are the primary tools.

Trim & Tone: Low-impact aerobics, plus a strength component to improve cardio and muscular endurance.

Total Splash: A high energy aqua class that incorporates great music, choreography, and advanced muscular training. Excellent cross training, as well.

Walk & Low: Light & Low with a walking element which emphasizes technique and posture, plus balance and stretch.

Weekend Power: Blast into your weekend with interval training on the bike. This cardio workout offers intense workloads followed by measured recovery, with individually paced options.

Zumba: "Ditch the workout, join the party" for an hour of hypnotic Latin dance rhythms and easy to follow dance moves!

Zumba Gold: The same great Latin styles of music and dance as Zumba Basic done at a lower intensity.. Designed for the active, older adult or true beginner. Also appropriate for people who may be limited physically.

Pre and Postnatal Classes: Instructed by Northshore University Health Systems Licensed Physical Therapists

All pre and postnatal classes run in 6-week sessions. Registration and a fee are required in order to participate. For a listing of session start dates or to register, go to www.northshore.org and click on "classes and events" or contact Veronica Villalobos at (847) 657-3520.