



Monday Group Fitness Schedule

Effective February

Monday Morning			
Time	Class	Location	Instructor
5:30 - 6:15 a.m.	Power Cycle	Spin Room	Sheila
8:15 - 9:10 a.m.	Strength Conditioning	Group Exercise Room	Sharon
9:15 - 10:15 a.m.	Pilates 2	Pilates Mat Studio	Sharon
9:15 - 10:15 a.m.	Aqua Zumba	Lap Pool	Suzanne
9:30 - 10:30 a.m.	Cardio Dance	Group Exercise Room	Matt
9:30 - 10:45 a.m.	Yoga 1-2	Yoga Room	Ceily
9:30 - 10:30 a.m.	Power Cycle	Spin Room	Wendy
10:15 - 11 a.m.	Arthritis*	Warm Water Therapy Pool	Lisa J.
10:30 - 11:30 a.m.	BSC (Balance, Strength & Core)	Group Exercise Room	Wendy
11 a.m. - 12 p.m.	Pilates 1	Pilates Mat Studio	Yelena
Monday Evening			
4:30 - 5:25 p.m.	Zumbalates	Group Exercise Room	Lori
5:30 - 6:25 p.m.	R.I.P.P.E.D.	Group Exercise Room	Yelena
5:45 - 6:30 p.m.	Arthritis*	Warm Water Therapy Pool	Sharon
6 - 7 p.m.	Power Cycle	Spin Room	Sheila
6 - 7 p.m.	Barre Class	Pilates Mat Studio	Toni
6:15 - 7:30 p.m.	Yoga 1	Yoga Room	Tika
6:30 - 7:30 p.m.	Aquatic Fitness	Lap Pool	Katie
6:30 - 7:30 p.m.	Group Power*	Group Exercise Room	Sharon
7:05 - 8:35 p.m.	Strength	Pilates Mat Studio	Nico
7:35 - 8:35 p.m.	Cardio Dance	Group Exercise Room	Sari

Sign-up for Yoga, Pilates and Barre classes 48 hours prior to class at Guest Services or call (847) 353-7501. Please arrive no later than 5 minutes before class start time. Reserved mats will be released at this time.

Please do not enter a yoga class after class has started.

*Arthritis, Group Power and Pilates Reformer classes have an additional fee.

Schedule subject to change without prior notice.

For more information and additional pricing, email or call Liane Faigen at (847) 353-7582.





Tuesday Group Fitness Schedule

Effective February

Tuesday Morning			
Time	Class	Location	Instructor
5:15 - 6:15 a.m.	Yoga	Yoga Room	Tika
5:45 - 6:45 a.m.	Interval Challenge	Group Exercise Room	Cathy
8 - 9 a.m.	Yoga 1-2	Yoga Room	Sharon
8:30 - 9:25 a.m.	20/20/20	Group Exercise Room	Yelena
9 - 9:55 a.m.	Aquatic Fitness	Lap Pool	Lisa J.
9:30 - 10:30 a.m.	Treading	Fitness Floor	Melissa Bentsen
9:30 - 10:25 a.m.	Barre Ballet	Pilates Mat Studio	Matt
9:30 - 10:30 a.m.	Kickbox	Group Exercise Room	Sharon
10 - 10:45 a.m.	Arthritis*	Warm Water Therapy Pool	Lisa J.
10:15 - 11:15 a.m.	Yoga 1	Yoga Room	Tika
10:35 - 11:20 a.m.	Senior Fitness	Group Exercise Room	Siobhan
11:30 a.m. - 12:15 p.m.	Flexibility	Group Exercise Room	Siobhan
Tuesday Evening			
4:45 - 5:45 p.m.	Group Power*	Group Exercise Room	Yelena
5 - 5:55 p.m.	Pilates 1-2	Pilates Mat Studio	Jennifer
5 - 6 p.m.	Essential Reformer*	Pilates Equipment Studio	Debbie
5:55 - 6:55 p.m.	Strength Conditioning	Group Exercise Room	Yelena
6 - 7 p.m.	Cycle	Spin Room	Debbie
6:15 - 7:30 p.m.	Yoga 2-3	Yoga Room	Jennifer
7 - 8 p.m.	Zumba	Group Exercise Room	Suzanne
7:35 - 8:35 p.m.	Essential Reformer*	Pilates Equipment Studio	Jennifer

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Wednesday Group Fitness Schedule

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Wednesday Morning			
Time	Class	Location	Instructor
5:30 - 6:15 a.m.	Power Cycle	Spin Room	Sheila
7:50 - 8:50 a.m.	Pilates 2-3	Pilates Mat Studio	Jennifer
8 - 8:45 a.m.	Cardio Express	Group Exercise Room	Lisa
8:45 - 9:30 a.m.	Core & More	Group Exercise Room	Lisa
9 - 10:15 a.m.	Yoga 2	Yoga Room	Jennifer
9:15 - 10:15 a.m.	Aquatic Fitness	Lap Pool	Sheri
9:30 - 10:25 a.m.	Barre 2	Pilates Mat Studio	Liane
9:30 - 10:30 a.m.	Power Cycle	Spin Room	Melissa Bentsen
9:35 - 10:20 a.m.	Lite Interval	Group Exercise Room	Lisa
10:30 - 11:30 a.m.	Intermediate/Advanced Reformer*	Pilates Equipment Studio	Liane
10:30 - 11:15 a.m.	Zumba Gold	Group Exercise Room	Siobhan
11:30 a.m. - 12:15 p.m.	Gentle Yoga	Yoga Room	Liane
Wednesday Evening			
4:30 - 5:25 p.m.	Cardio Dance	Group Exercise Room	Sari
5:30 - 6:25 p.m.	Cardio Kickbox	Group Exercise Room	Yelena
5:45 - 6:30 p.m.	Arthritis*	Warm Water Therapy Pool	Karen
6 - 7 p.m.	Yoga 1	Yoga Room	Chrysa
6 - 6:45 p.m.	Power Cycle	Spin Room	Wendy
6:30 - 7:45 p.m.	Yoga 1-2	Pilates Mat Studio	Ceily
6:30 - 7:30 p.m.	Aquatic Fitness	Lap Pool	Karen
6:30 - 7:30 p.m.	Group Power*	Group Exercise Room	Debbie
6:35 - 7:35 p.m.	Essential Reformer*	Pilates Equipment Studio	Yelena
7:35 - 8:35 p.m.	Cardio Dance	Group Exercise Room	Matt

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Thursday Group Fitness Schedule

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Thursday Morning			
Time	Class	Location	Instructor
5:15 - 6 a.m.	Barre Express	Pilates Mat Studio	Liane
8 - 8:45 a.m.	Energy Stretch	Yoga Room	Sharon
8:30 - 9:25 a.m.	Pilates 2	Pilates Mat Studio	Yelena
8:30 - 9:25 a.m.	Cardio Sculpt Blast	Group Exercise Room	Lisa
9 - 9:55 a.m.	Aquatic Fitness	Lap Pool	Debbie
9 - 10:15 a.m.	Yoga 1-2	Yoga Room	Ceily
9 - 10 a.m.	Essential Reformer*	Pilates Equipment Studio	Sharon
9:30 - 10:25 a.m.	Barre 2	Pilates Mat Studio	Yelena
9:30 - 10:30 a.m.	Sports Conditioning	Gym	Dennis
9:30 - 10:30 a.m.	Cardio Dance	Group Exercise Room	Sari
10 - 10:45 a.m.	Arthritis*	Warm Water Therapy Pool	Lisa J.
10 - 11 a.m.	Essential Reformer*	Pilates Equipment Studio	Sharon
10:30 - 11:25 a.m.	Gentle Chair Yoga	Pilates Mat Studio	Ceily
10:50 - 11:35 a.m.	Arthritis Endurance*	Warm Water Therapy Pool	Lisa J.
Thursday Evening			
5:15 - 6 p.m.	Cardio Mix	Group Exercise Room	Sharon
5:30 - 6:30 p.m.	Cardio Pilates	Pilates Mat Studio	Yelena
5:30 - 6:15 p.m.	Power Cycle	Spin Room	Sheila
6 - 6:55 p.m.	Strength Conditioning	Group Exercise Room	Sharon
6 - 7:15 p.m.	Yoga 2-3	Yoga Room	Dawn
6:35 - 7:35 p.m.	Intermediate/Advanced Reformer*	Pilates Equipment Studio	Yelena
7 - 8 p.m.	Zumba	Group Exercise Room	Suzanne

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Friday Group Fitness Schedule

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Friday Morning			
Time	Class	Location	Instructor
5:30 - 6:30 a.m.	Sports Conditioning	Gym	Dennis
8 - 9 a.m.	Barre Ballet	Pilates Mat Studio	Jennifer
8 - 8:45 a.m.	Deep Water Workout	Lap Pool	Wendy
8:15 - 9:10 a.m.	Strength Conditioning	Group Exercise Room	Sharon
9 - 10 a.m.	Reform School*	Pilates Equipment Studio	Jennifer
9 - 10:15 a.m.	Yoga 2	Yoga Room	Wendy/Tika
9 - 10 a.m.	Core Cycle	Spin Room	Wendy
9:15 - 10:15 a.m.	Yoga 1	Pilates Mat Studio	Sharon
9:15 - 10:10 a.m.	Aquatic Fitness	Lap Pool	Sheri
9:30 - 10:30 a.m.	Lite Interval	Group Exercise Room	Debbie
10 - 11 a.m.	Intermediate Reformer*	Pilates Equipment Studio	Yelena
10:15 - 11:10 a.m.	Aqua Zumba	Lap Pool	Suzanne
10:30 - 11:15 a.m.	Barre 1	Pilates Mat Studio	Liane/Sharon
10:35 - 11:20 a.m.	Senior Fitness	Group Exercise Room	Siobhan
11:30 a.m. - 12:15 p.m.	Flexibility	Group Exercise Room	Siobhan
Friday Evening			
4:30 - 5:25 p.m.	Zumba	Group Exercise Room	Suzanne
5:30 - 6:30 p.m.	Group Power*	Group Exercise Room	Yelena

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Saturday Group Fitness Schedule

Effective February

Saturday Morning			
Time	Class	Location	Instructor
7:20 - 8:30 a.m.	Yoga 1	Yoga Room	Chrysa
7:30 - 8:25 a.m.	Barre 2	Pilates Mat Studio	Sharon
8:15 - 9:10 a.m.	Step	Group Exercise Room	Lisa
9:15 - 9:10 a.m.	Power Cycle	Spin Room	Katie
8:30 - 9:30 a.m.	Yoga 1	Yoga Room	Chrysa
8:30 - 9:45 a.m.	Yoga 2	Pilates Mat Studio	Sharon
9 - 10 a.m.	Intermediate/Advanced Reformer*	Pilates Equipment Studio	Yelena
9:15 - 10:10 a.m.	Strength Conditioning	Group Exercise Room	Lisa
9:20 - 10:10 a.m.	Aquatic Fitness	Lap Pool	Katie
9:30 - 10:30 a.m.	Sports Conditioning	Gym	Rotation
10:20 - 11:20 a.m.	Group Power*	Group Exercise Room	Sharon

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Sunday Group Fitness Schedule

Effective February

Sunday Morning			
Time	Class	Location	Instructor
8 - 9 a.m.	Group Power*	Group Exercise Room	Yelena
8 - 9 a.m.	Power Cycle	Spin Room	Daphne
9 - 10 a.m.	Aquatic Fitness	Lap Pool	Rotation
9:15 - 10:05 a.m.	Power Cycle	Spin Room	Daphne
9:10 - 10:10 a.m.	Zumba	Group Exercise Room	Suzanne
9:15 - 10:10 a.m.	Pilates 1-2	Pilates Mat Studio	Yelena
9:30 - 10:45 a.m.	Yoga 2-3	Yoga Room	Linda
10:15 - 11:15 a.m.	20/20/20	Group Exercise Room	Sharon

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