

Group Exercise Schedule

Cycle, Main Studio and Mind/Body Studio | Monday, July 2 – Sunday, July 8

Lake Forest Health & Fitness Center

MONDAY 7/2	TUESDAY 7/3	WEDNESDAY 7/4	THURSDAY 7/5	FRIDAY 7/6	SATURDAY 7/7	
6:00-7:00a Cycle Suzann E.	5:30-6:30a Body Pump Loralee V.	<div style="background-color: #0070C0; color: white; padding: 10px; text-align: center;"> Club is Closed The Lindenhurst facility is open from 7 am - 1 pm </div>	5:30-6:30a Body Pump Canceled	5:30-5:55a Cardio & Core Tabata Training Amy K.	8:00-9:00a Cycle Amy P	
6:00-7:00a Boot Camp Aaron	8:00-8:25a Core Conditioning Brock		6:00-7:00a Cycle Canceled	6:00-7:00a Vinyasa Flow Yoga Maryanna	8:30-9:45a Vinyasa Flow Yoga (Int.) Sarah	
8:00-9:00a Gentle Yoga Sheila	8:30-9:00a HIIT Training Brock		8:00-9:00a Gentle Yoga Marlene	8:00-8:55a Pilates Mat Lorie B.	9:00-10:00a Body Pump Amy P	
8:00-8:25a Core Conditioning Taylor	9:00-9:55a Pilates Fusion Suzann E.		8:00-8:25a Core Conditioning Canceled	8:30-9:25a Triple Threat Gemma	9:15-10:15a Cycle Melissa	
8:30-9:30a Total Body Conditioning Taylor	9:00-9:55a Pre and Postnatal Yoga (RF) Maryanna		8:30-9:15a Shockwave Brock	9:15-10:30a Mindful Flow Yoga Marjorie	10:00-11:15a Hatha Yoga (B) Steve P.	
9:15-10:00a Cycle Express Amy P	9:00-9:45a Circuits! Gemma		9:15-10:15a Cycle Melissa	9:15-10:15a Cycle Lisa	11:30a-12:45p Restorative Yoga Marlene	
9:15-10:30a Power Yoga Maryanna	9:05-10:05a Just Dance Lesley		9:30-10:25a Barre Boot Camp Werner	9:30-10:25a Just Dance Lesley	SUNDAY 7/8	
9:35-10:30a The Barre Class Werner	9:15-10:30a Cycle & Strength Bill		9:30-10:25a Pilates + Equipment Loralee V.	10:30-11:00a Arm, Core & Stretch Lesley	8:00-9:00a Cycle Suzann E	
10:45-11:30a Chair Yoga (B) Audrey	10:15-11:05a Just Barre Lesley		10:30-11:30a Body Pump Loralee V.	11:05a-12:05p Heart Plus (AOA) Kris	9:00-10:15a Vinyasa Flow Yoga Angela	
11:00-11:55a Nia Myrna	10:15-11:15a Body Pump Gemma		10:30-11:25a Yogalates Amy P	11:30-12:45p Therapeutic Yoga (RF) Marlene	9:10-10:10a Body Pump Victor	
11:00-12:00p Yoga Basics Liza	10:30-11:15a Soft Tai Chi/ Qi Gong (B) Liza		11:30-12:45p Restorative Yoga Marlene		11:30-12:30p Yoga Sculpt Werner	
12:15-1:15p Heart Plus Toning (AOA) Audrey	11:30-12:45p Total Body Yoga Liza		12:00-1:00p Strength & Balance Susie P.		1:00-2:15p Total Body Yoga Stephanie	
4:15-5:15p Therapeutic Adult Ballet Werner	11:30-12:30p Strength & Balance (AOA) Susie P		1:00-2:00p Yoga Basics Marjorie			
4:30-5:30p Yoga Sculpt Suzann E	1:00-2:15p Restorative Yoga Marjorie		1:15-2:00p Tai Chi Tom			
5:20-6:20p Yoga Basics Marjorie	4:30-5:25p Total Body Conditioning Canceled	4:30-5:15p Sculpt + Core Deena				
5:30-6:30p Cycle Bill	5:30-6:15p The Barre Class Canceled	5:25-6:25p Pilates Mat Michelle F				
6:00-7:00p Zumba Tasha	6:30-7:45p Beginner Yoga Canceled	6:35-7:50p Hatha Yoga Steve P.				
	6:30-7:15p Body Pump Express Canceled					

- = Cycle Studio
- = Main Studio
- = Mind/Body Studio
- = Track
- (B)** = Banquet Room
- (RF)** = registration/fee
- (AOA)** = Active Older Adult

Classes are MULTI-LEVEL unless otherwise noted. Studios are a Cell-Free Zone. Cell phones may be used in the café, library and lobby areas only.

Class times, formats, and instructors are subject to change without notice. Low attendance classes are subject to cancellation at any time.

FOR ALL CYCLE CLASSES: Sign up is mandatory. Registration/sign-up begins 1 hour before class time at the front desk. You will be given a numbered tag that you are to hang from the bike of your choice. All tagged yet unoccupied bikes at the start of class will be made available to waiting participants. Thank you for your cooperation.

For more information, please contact Amy Pierce at 847.535.7173



Aquatic Class Schedule

Main Pool | Warm Water Pool | Monday, July 2 - Sunday, July 8

Lake Forest Health & Fitness Center

MONDAY 7/2	
8:00-8:50a	Arthritis Marylee P
9:00-9:50a	Arthritis Marylee P
9:00-10:00a	Aqua Aerobics Drew
10:00-10:50a	Arthritis Kris
11:00-11:50a	Ai Chi Kris
12:30-1:20p	Arthritis Kris
5:00-6:00p	Aqua Aerobics Susie P
5:30-6:20p	Arthritis Audrey
6:30-7:30p	Fibro Lisa

TUESDAY 7/3	
9:00-9:50a	Arthritis Pam
9:00-10:00a	Aqua Aerobics Amy P
10:00-10:50a	Arthritis Marylee
10:30a-12:00p	Tri-Training Group (RF) CANCELED
11:00-11:50a	Arthritis Marylee P
5:30-6:20p	Arthritis Kris
6:30-8:30p	Tri-Training Group (RF) CANCELED

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THURSDAY 7/5	
9:00-9:50a	Arthritis Mary R
9:00-10:00a	Aqua Aerobics Carl
10:00-10:50a	Arthritis Mary R
11:00-11:50a	Arthritis Mary R
5:30-6:20p	Arthritis Diane
6:30-7:30p	Fibro Lisa

FRIDAY 7/6	
8:00-8:50a	Arthritis Susie P
9:00-9:50a	Arthritis Pam
9:00-10:00a	Aqua Aerobics Loralee V
10:00-10:50a	Arthritis Loralee V
11:00-11:50a	Ai Chi Canella
5:30-6:30p	Aqua Aerobics Taylor

SATURDAY 7/7	
6:15-8:15a	Tri-Training Group (RF) CANCELED
9:00-9:50a	Arthritis Pam
9:00-10:00a	Aqua Aerobics Drew
10:00-10:50a	Arthritis Drew

SUNDAY 7/8	
9:00-10:00a	Aqua Aerobics Susie P
10:00-10:50a	Arthritis Susie P

- = main pool
- = warm water pool
- (RF)** = registration/fee

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