





## GROUP EXERCISE SCHEDULE

Wednesday, 9/4 - Wednesday, 10/30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 6:50 am Bootcamp Aaron	5:30 - 6:30 am Body Pump Loralee	6:00 - 6:50 am Bootcamp Aaron	5:30 - 6:30 am Body Pump Loralee		8:00 - 8:50 am BodyCombat Amy R
8:30 - 9:20 am Total Body Burn Jennifer	8:00 - 8:55 am MyZone HIIT Lora	6:00 - 7:00 am Sunrise Yoga Steve	8:30 - 9:20 am BodyCombat Amy R	8:30 - 9:25 am Tabata Sculpt & Core Susan E	9:00 - 10:00 am Body Pump Jennifer
9:00 - 11:15 am Wellness <i>Registration Required</i>	9:00 - 10:00 am <b>Name change!</b> Gentle to Yin Yoga --begins 9/10 with Brook	9:00 - 9:25 am Core Conditioning Lora	9:00 - 10:00 am Pilates Mat-Based Werner	9:00 - 10:15am Total Body Yoga Tatiana	<b>New Time!</b> 9:15 - 10:15 am Cycle Melissa
9:15 - 10:15 am Cycle Melissa	9:10 - 10:00 am Just Dance Lesley C	9:15 - 10:15 am Cycle Lisa H.	9:15 - 10:00 am Heart Plus Toning Diane (AOA)	9:30 - 10:30 am Cycle Lisa H.	9:00 - 10:00 am Just Dance Kristin
9:30 - 10:20 am Barre Fusion Janine	9:15 - 10:30 am Cycle & Strength Lora	9:15 - 10:05 am Chair Yoga Elaine(AOA)	9:30 - 10:20 am Barre Fusion Janine	9:30 - 10:25 am Just Dance Lesley C	9:15 - 10:05 am Pilates Fusion Susan E
<b>New!</b> 9:30 - 10:15am Zumba Gold (AOA) begins 9/23 with Jennifer	9:15 - 10:15 am Sit & Fit (AOA) Kris	9:30 - 10:30 am Adult Ballet (AOA) Werner	9:30 - 10:30 am Wellness <i>Registration Required</i>	10:00 - 10:55 am Chair Yoga (AOA) Audrey	10:15 - 11:15 am Power Yoga Susan E
10:30 - 11:30am Wellness <i>Registration Required</i>	10:15 - 11:05 am Just Barre Lesley C	9:30 - 10:30 am Simply Strength Lora	10:05 - 11:05 pm Wellness <i>Registration Required</i>	10:20 - 11:10 am Adult Ballet (AOA) Werner	10:15 - 11:15 am Body Pump Loralee
10:30 - 11:20 am (AOA) Heart Plus Toning Werner	10:15 - 11:15 am Body Pump Amy R	10:15 - 11:15 am Wellness <i>Registration Required</i>	10:15 - 11:15 pm <b>Name change:</b> Yin Yoga Steve	10:30 - 11:00 am Arm, Core and Stretch Lesley C	11:30 - 12:45 pm Restorative Yoga with Marlene
10:30 - 11:30 am Vinyasa Flow Yoga with Marjorie	11:30 - 3:15 pm Wellness <i>Registration Required</i>	10:30 - 11:30am Wellness <i>Registration Required</i>	10:30 - 11:30 am Body Pump Michelle	11:15 - 12:15 pm Wellness <i>Registration Required</i>	<b>SUNDAY</b>
11:45 am - 12:45 pm Gentle Yoga Mary Clare	11:30 - 12:30 pm <b>Name change:</b> Yin Yoga Steve	10:35 - 11:25 am Pilates Fusion Susan E	11:20 - 12:05 pm Sit & Fit (AOA) with Kris	11:30 am - 12:30 pm Balance & Stability Fabian (AOA)	8:30 - 9:20 am Cycle Susan E
11:45 - 12:45 pm WELLNESS <i>Registration required</i>	12:30 - 1:30 pm WELLNESS <i>Registration required</i>	10:30 - 11:25 am BeMoved Dance Joanie (AOA)	11:30 - 12:30 pm <b>Name change:</b> Yin Yoga Steve	12:30 - 1:30 pm (AOA) Therapeutic Yoga Marlene	9:00 - 10:15 am Vinyasa Flow Yoga Tatiana
12:00 - 12:50 pm Just Dance 101 Lesley	4:45 - 5:45 pm Yoga Tuneup Werner	11:30 - 12:30pm Yoga Flow with Weights Mary Clare	11:45 - 3:15 pm Wellness <i>Registration Required</i>	12:45 - 1:45 pm Wellness <i>Registration Required</i>	9:30 - 10:20 am Strength & Core Susan E
1:00 - 3:15 pm Wellness <i>Registration Required</i>	5:15 - 6:05 pm Barre Fusion Amy R	11:30 am - 12:30 pm Balance & Stability Fabian (AOA)	4:45 - 5:45 pm Yoga Tuneup Werner	1:45 - 2:45 pm Wellness <i>Registration Required</i>	10:25am - 10:55 am Foam Roller Susan E
5:30 - 6:30 pm Body Pump Carol	<b>New!</b> 6:00 - 7:00 pm Meditation Yoga begins 9/10 with Marjorie	1:00 - 3:15 pm Wellness <i>Registration Required</i>	5:30 - 6:30 pm Cycle Carol	<p><i>For more information about the Group Exercise Schedule, contact Amy Rosales @ 847-535-7632 or arosales@nmhfc.com</i></p>	2:00 - 3:00 pm Total Body Yoga Tatiana
5:30 - 6:30 pm All Levels Yoga with Steve	5:30 - 6:30 pm Cycle Bill P	5:30 - 6:30 pm Vinyasa Flow Yoga Tatiana			(AOA) Active Older Adult
6:40 - 7:40 pm <b>Name change:</b> Yin Yoga Steve		5:30 - 6:30 pm Body Pump Carol			

**CODES:**

- Cycle Studio 
- Main Studio 
- Mind/Body Studio 
- Banquet Room 

**Adult Ballet:** Come enjoy the beauty and grace of classical ballet! This class will cover basic ballet positions, steps and vocabulary with a focus on the student's awareness of proper posture and body alignment. Standing barre work and center floor exercises will be given to enhance coordination, strength, balance and flexibility.

**Arm, Core and Stretch:** Focus on toning your upper body and core. This class will end with stretches for your back, hips and legs for the ultimate dancers body!

**Balance & Stability:** Let us help you prevent falls and make daily activities effortless. Combining both dynamic movements and balance exercises, along with strength and core, this class will help you be more independent and safer when doing the activities you love most.

**Barre Fusion:** This class combines isometrics, dance conditioning and interval training to quickly sculpt and tone your abdominal muscles, lift the buttocks and increase muscle definition in the upper body.

**BeMoved Dance:** A dance experience that inspires all levels to fully express themselves through the beauty of dance. Classes are designed so that every participant is empowered to move naturally within their own abilities while following the class choreography.

**Les Mills BodyCombat®:** You will go through a series of music tracks striking, punching and kicking for the ultimate fat burning, high intensity cardiovascular workout.

**Les Mills BODYPUMP™:** This class combines moderate weights with high repetition for a total-body workout. Participants will use a combination of free weights and a barbell to strengthen their major muscle groups.

**Boot Camp:** Get ready to sweat as you reap the benefits of this ultimate calorie-burning hour with cardiovascular drills, strength exercises and more!

**Chair Yoga:** This is a gentle form of yoga that is practiced sitting in a chair or standing using a chair for assistance.

**Core Conditioning:** This 25-minute class strengthens and stabilizes the entire core: rectus abdominis, obliques and lower back extensors to enhance abdominal definition and core strength.

**Cycle:** A cardio workout on a stationary bike. Cycle classes are technique based and/or terrain based. Focus on cadence, heart rate zones, climbs and sprints.

**Cycle and Strength :** Work your heart and your upper body! Challenge yourself with 60-minutes of cycling, plus 15-minutes of targeted exercises to shape your upper body.

**Gentle Yoga:** Yoga for active older adults, beginners or those looking for a gentler, more fundamental approach. This class will educate your body on the basics of yoga flows and asanas (poses) while improving alignment and flexibility

**Heart Plus Toning:** Light cardio and strength segments along with exercise that promote balance and core stability.

**My Zone: H.I.I.T. Training:** Short bursts of work followed by active recovery periods. Wear your Myzone Belt to push you into the multiple color zones, keep track of calories burned and effort expenditure all on the big screen.

**Just Barre:** This class combines isometrics, dance conditioning and interval training to quickly sculpt and tone your muscles. This is a targeted workout designed to flatten the abdominal area, lift the buttocks and increase muscle definition in the upper body

**Just Dance:** Easy to follow dance choreography to current and retro hits. Burn fat and learn latin moves and have fun in this well paced workout.

**Just Dance 101:** A low impact class where we break down the dances from the Tues/Friday Just DanceClasses. You will learn the newest dances at a slower pace and master the steps!

**Pilates Fusion:** A non-traditional Pilates class combining classical and contemporary sequences. Strengthen your core, sculpt lean muscle and increase flexibility.

**Pilates Mat-Based:** series of mind-body exercises evolving from the principles of Joseph Pilates. Class increases core strength, balance and flexibility.

**Meditation Yoga:** This class will wind you down from your day and prepare you for a good night sleep! Class format is 20/20/20. 20 minutes gentle movement and breathwork to calm the nervous system. 20 minutes meditation and finish off with 20 minutes yoga nidra, which means "yoga sleep". Which is a relaxation state where your conscious thought stops but where you don't sleep.

**Power Yoga :** Challenging yoga class that links movement to breath and exhilarates your body. You will build strength, increase flexibility and feel rejuvenated.

**Restorative Yoga:** This class is slow and meditative, linking slower movements, alignment and breath work. Each pose (asana) is held comfortably and longer than other yoga classes. Class is ideal for beginners or those returning to exercise.

**Sit & Fit:** A chair based class utilizing bands and weights to improve strength, balance and range of motion exercises to reduce pain and stiffness.

**Simply Strength:** Challenge and tone your muscles using a variety of equipment including free weights, exercise bands, Resist-a-ball and more!

**Strength & Core:** Define and sculpt your body using heavier weights and a lower rep count. We will incorporate balance and core moves for a sleek physique.

**Sunrise Yoga:** Welcome the day with yoga poses and soothing music to help guide you as we link movement and breath together to increase flexibility and mental awareness.

**Tabata Sculpt & Core:** A system of short high intensity intervals of strength, balance and core exercises for the ultimate fat burning workout.

**Therapeutic Yoga:** This class uses the principles of yoga to relieve stress and promote recovery of injury and illness.

**Total Body Yoga:** A multi-level class incorporating breathing, balance and limited strength work. Expect a slow and easy flow of moderate poses and leisurely floor stretches

**Total Body Burn:** Integrating segments of aerobic conditioning, kickboxing, strength training and core development for knockout Strength— Get Strong!

**Vinyasa Flow Yoga:** A vigorous, more athletic approach to yoga with flowing poses and sequences linked to the breath.

**Yin Yoga:** Class begins with a 15 min. gentle Hatha (movement) yoga warm up seated on the mat. Then move to the Yin portion where the focus is on stretching deep connective tissue such as ligaments and fascia. This is done by holding poses much longer (3 minutes). Your teacher will show you how to set up poses to allow gravity to create the stretch allowing you to relax and tune inward to both mind and physical sensations. A dimly lit studio with gentle relaxing music playing completes this relaxing and restorative experience.

**Yoga Basics:** Beginner class working on basic poses (asanas) and flows with attention to alignment and breath awareness.

**Yoga Flow with Weights:** A practice designed to strengthen muscles to enhance and improve your yoga practice.

**Yoga Tune Up®** A therapeutic class using therapy balls and other props to relieve aches and pains while improving posture and performance.

**Zumba Gold:** a modified version of the popular zumba fitness program, specifically designed for active older adults or beginners. It creates the original Zumba moves at a lower intensity and incorporates elements of Latin and international music.