

Spring 2017

GROUP FITNESS CLASS SCHEDULE

Effective April 3

All classes are free for members. Join in anytime!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NEW! 5:30-6 a.m. R30 Leslie S1	5:10-6 a.m. Group Ride Jesse S1	5:30-6:30 a.m. Group Power Jesse S1	5:30-6 a.m. R30 Leslie S1	5:45-6:45 a.m. Group Centergy Jesse S4	6:45-7:30 a.m. Cycling Challenge Jesse S1	8-8:30 a.m. Workout of the Week Mary FZE
NEW! 6-6:30 a.m. Group Core Leslie S1	6:15-6:45 a.m. Stretch Jesse S1	6:30-7 a.m. Workout of the Week Lizzie FZE	6-6:30 a.m. Stretch Leslie S1		7:35-8:05 a.m. Group Core Jesse S1	8-8:45 a.m. Aqua Yoga Shannon EP
NEW TIME! 7-7:50 a.m. Pilates Mat Cori S4	8:15-8:45 a.m. R30 Diana S1	8-8:55 a.m. Aqua Mix Martha WP	NEW! 7-8 a.m. Group Active Leslie S1	8-8:55 a.m. Aqua Zumba Martha WP	8-9:15 a.m. Yoga Lisa S4	8-9 a.m. Cycling and Abs Jandra S1
8-8:55 a.m. Aqua Zumba Jandra WP	8:30-9:25 a.m. Aqua Mix Shannon WP	9-9:30 a.m. R30 Caitlin S1	8-9 a.m. Aqua Yoga Shannon EP	8:30-9:25 a.m. Group Ride Diana/Leslie S1	8:15-9:10 a.m. Aqua Mix Erin WP	8:15-9:15 a.m. Group Centergy Jen F. S4
8:30-9:25 a.m. Group Ride Leslie/Jesse S1	9-10 a.m. Group Power Diana S1	9-9:55 a.m. Aqua Blast Krista WP	9-10 a.m. Group Power Leslie S1	9-9:55 a.m. Aqua Blast Jandra WP	8:15-9:15 a.m. Group Power Jesse S1	
9-9:30 a.m. Workout of the Week Leo FZE		9-10:15 a.m. Yoga Renee S4	9:30-10:15 a.m. Zumba Gold Jandra S4	NEW TIME! 9:30-10:20 a.m. Intermediate Pilates Mat Jennifer S1	9:15-10:10 a.m. Aqua Blast Kate WP	9-10 a.m. Aqua Blast Krista/Jean WP
9-9:55 a.m. Aqua Blast Delia WP						9-10 a.m. Pre/Postnatal Yoga Shannon S5
9-10 a.m. Tai Chi Chuan Lin S4	9:30-10:15 a.m. Big Band Suzanne S4	9:30-10 a.m. Group Core Caitlin S1	10:05-11 a.m. Group Fight Ericka S1	9:30-10:30 a.m. Big Band Tracy S4	9:30-10:25 a.m. Group Groove Mary S1	9:15-10:10 a.m. Group Blast Sophia S1
9:30-10:25 a.m. Group Blast Caitlin S1	10:05-11 a.m. Group Fight Francie S1	10-10:45 a.m. AAE Krista EP	10:15-11 a.m. Stretch and Tone Jessica S4	NEW TIME! 10:30-11:30 a.m. Group Active Diana S1	9:30-10:45 a.m. Yoga Flow Tim S4	9:30-11 a.m. Vinyasa Flow Sara S4
10-10:45 a.m. AAE Suzanne EP	10:15-11 a.m. Stretch and Tone Laura S4	10:05-11 a.m. Group Groove Francie S1	10:30-11 a.m. Workout of the Week Adam FZE	10:30-11 a.m. Stretch Tracy S4	10:30-11:25 a.m. Stability Ball Heather S1	10:15-11:15 a.m. Group Power Eleni/Lora S1
10:30-11:30 a.m. Gentle Yoga Jessie S4	11-11:45 a.m. AAE Erin WP	10:30-11:30 a.m. Tai Chi Chuan Lin S4	11-11:45 a.m. AAE Jean WP	11-11:45 a.m. AAE Leslie EP	11:30 a.m.- 12:25 p.m. Group Ride Shannon S1	NEW TIME! 11:15 a.m.-12:05 p.m. Intermediate Pilates Mat Joe S4
10:30-11:30 a.m. AOA Laura S1	Noon-12:30 p.m. Workout of the Week Lizzie FZE	Noon-12:30 p.m. R30 Leslie/Francie S1		11:30 a.m.- 12:30 p.m. Yoga Foundations Tracy S4	11:45 a.m.- 12:45 p.m. Chair Yoga Lin S4	11:30 a.m.- 12:25 p.m. Group Fight Nikki S1
Noon-1 p.m. Group Centergy Erika S4	Noon-1 p.m. Yoga Foundations Tim S4	Noon-1 p.m. Stretch and Tone Laura S4	Noon-1 p.m. Yoga Kristin S4	Noon-12:30 p.m. Workout of the Week Lizzie FZE		
Noon-1 p.m. Zumba Toning Shannon S1	12:30-1 p.m. Workout of the Week Lizzie FZE	1:30-2:15 p.m. Chair Fitness Tracy S4		12:30-1 p.m. Workout of the Week Lizzie FZE	12:30-1:30 p.m. Stretch and Tone Shannon S1	12:30-1:30 p.m. Zumba Mary S1
1:30-2:15 p.m. Chair Fitness Leslie S4	1:30-2:30 p.m. Chair Yoga Lin S4	4:30-5 p.m. Workout of the Week Mathias FZE	1:30-2:30 p.m. Chair Yoga Tracy S4	1:30-2:30 p.m. Chair Yoga Lin S4	2:30-3:15 p.m. AAE Shannon WP	
4:45-5:45 p.m. Group Active Anne S1	4:30-5:25 p.m. Zumba Mary/Heather S1	4:30-5:30 p.m. Nia Sara S4	4:30-5:30 p.m. Group Fight Sophia S1		3:30-4:45 p.m. Yoga Foundations Shannon S4	3:30-4:30 p.m. Gentle Yoga Martha S4
5-5:30 p.m. Workout of the Week Mathias/Alex FZE	5-6 p.m. Group Centergy Shannon S4	4:45-5:45 p.m. Group Active Erin S1		5-5:30 p.m. R30 Sophia S1		
5:30-6:30 p.m. Aqua Mix Erin WP	6-6:30 p.m. R30 Sophia S1	5:30-6:30 p.m. Aqua Mix Suzanne WP		5:30-6 p.m. Group Core Sophia S1	NOTES ABOUT GALTER LIFECENTER GROUP FITNESS CLASSES Classes are designed to provide results in a safe, effective and fun environment. If you are new to group fitness, have questions or need some guidance, please contact the Director of Fitness, Francie Habash at 773-878-9936, ext. 7343. If needed, consult with your instructor for modifications prior to the class beginning. Classes that fall below 30% capacity may be changed or cancelled. We will provide as much advance notice as possible. Instructor substitutions may be made without prior notice. All Cycling, R30 and Group Ride classes are on a first come first served basis. Sign up with a Fitness Specialist starting 15 minutes prior to class! Lane Policy for Aquatic Classes: Aquatic classes and programs utilize the entire pool; therefore we cannot guarantee lap lane availability during these times. The Pool Attendant and class instructor will support lane allocation as needed. See back for class descriptions.	
5:45-6:45 p.m. Group Power Francie S1	6:05-7 p.m. Group Fight Nikki S4	NEW TIME! 5:40-6:30 p.m. Pilates Mat Jennifer S4	5:45-6:45 p.m. Yoga Tim S4	5:30-6:30 p.m. Heated Flow Lisa S4		
5:45-6:55 p.m. Yoga Shannon S4	6:30-7 p.m. Group Core Sophia S1	5:45-6:45 p.m. Group Power Jen S1	6-6:55 p.m. Cycling Challenge Shannon S1			
	6:35-7:30 p.m. Aqua Blast Delia WP	6:30-7:15 p.m. Aqua Yoga Suzanne EP	6:35-7:30 p.m. Aqua Zumba Jandra WP	6:30-7:30 p.m. Zumba Heather S1		
	6:45-7:30 p.m. Pre/Postnatal Aqua Suzanne EP					
7-8 p.m. Group Ride Nikki S1	7-7:55 p.m. Group Groove Anne S4	6:35-7:30 p.m. Zumba Katie S4	7-7:55 p.m. Group Groove Anne S4			
7:05-8 p.m. Nia Sara S4	7:05-8:05 p.m. Group Power Nikki S1	7-8 p.m. Group Blast Retha S1	7:05-8:05 p.m. Group Power Eleni S1			
NEW! 8-8:30 p.m. Group Core Nikki S1	8-9 p.m. Yoga Foundations Renee S4	7:35-8:35 p.m. Yoga Sara S4				

Galter LifeCenter Hours:
Monday - Thursday, 5 a.m.-10:30 p.m.
Friday, 5 a.m.-9 p.m.
Saturday and Sunday, 6:30 a.m.-8 p.m.

KidCenter Hours:
Monday - Thursday, 7:45 a.m.-8:30 p.m.
Friday, 7:45 a.m.-8 p.m.
Saturday and Sunday, 7:45 a.m.-3 p.m.

WORKOUT OF THE WEEK
Complete the Workout of the Week on your own or at one of the above class times. Class size is limited to 10 participants. Check-in with a Fitness Specialist a few minutes before class to reserve your spot. If you would like to complete the Workout of the Week on your own please see the Functional Zone East schedule posted at the Fitness Desk to ensure the space is available.

LOCATION KEY
Studio 1 = S1
Studio 4 = S4
Studio 5 = S5
East Pool = EP
West Pool = WP
Functional Zone
East = FZE

All Cycling, R30 and Group Ride classes are on a first come first served basis. Sign up with a Fitness Specialist starting 15 minutes prior to class!

Lane Policy for Aquatic Classes: Aquatic classes and programs utilize the entire pool; therefore we cannot guarantee lap lane availability during these times. The Pool Attendant and class instructor will support lane allocation as needed.

See back for class descriptions.

CLASS DESCRIPTIONS

Active Older Adult (AOA) - This senior circuit class includes 20 minutes of cycling, 20 minutes of balance training and 20 minutes of flexibility training (stretching).

Arthritis Foundation Aquatic Program (AAE) - This program includes a water exercise routine geared specifically to those with arthritis. Improve joint flexibility and coordination; reduce muscle weakness and decrease pain and stiffness.

Arthritis Foundation Chair Fitness - A chair exercise class that will improve your range of motion, flexibility, aerobic capacity and endurance. If you are 65+ years old, this class may be for you.

Aqua Blast - Add a little challenge, with this fun high-intensity water workout. This class includes explosive cardiovascular conditioning, upper and lower body toning benefits along with some soothing stretches. Moderate to high intensity without the joint impact.

Aqua Mix - Increase your cardio fitness, improve your strength, and develop better balance and flexibility while performing exercises using noodles or buoys for a total body exercise experience.

Aqua Yoga - Relaxing aquatic exercise with focus on balance and strength using traditional yoga poses in the water.

Aqua Zumba - Add high energy Latin music and movement to the basic water workout and you get Aqua Zumba. This class is appropriate for all fitness levels and requires no swimming or dancing skills.

Big Band Aerobics - This class is designed with the older adult or newer exerciser in mind. A low impact cardiovascular workout with fun moves taught to big band and easy listening music to keep you moving.

Chair Yoga - A gentle form of yoga utilizing the chair for support. Chair Yoga allows greater flexibility and joint mobility through breath and relaxation techniques. Great for beginners and seniors.

Cycling and Abs - Burn calories and strengthen your legs as you ride over mixed terrain. Climb hills, sprint the flats and power through intervals to great music. Complete this workout with targeted core training. Enjoy the ride!

Cycling Challenge - Cardio training with a focused challenge during each ride. Strength-Endurance-Intervals.

Gentle Yoga - This class offers a therapeutic approach to yoga offering simple poses/stretchers and moving at a slower pace. Gentle Yoga focuses on relaxation of the mind and body through easy breath work and restorative poses. The class focuses on postures (asanas) that can be done on the back, belly and in seated positions.

Group Active® - This class gives you all the fitness training you need – cardio, strength, balance and flexibility – in just one hour. Get stronger, fitter and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements. **ACTIVATE YOUR LIFE!**

Group Blast® - Cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination and strength with exciting music and group energy. **HAVE A BLAST!**

Group Centergy® - Grow longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. **REDEFINE YOUR SELF.**

Group Core® - Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before. **HARD CORE!**

Group Fight™ - Previously Group Kick. This class burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! **FIGHT FOR IT!**

Group Groove® - Sweat with a smile during this energizing fitness class. It's a sizzling cardio experience that is a fusion of club, urban and Latin dance styles set to the hottest current hits and the best dance songs ever produced! **IF YOU CAN MOVE, YOU CAN GROOVE!**

Group Power® - Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight. Group Power combines squats, lunges, presses and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best! **POWER UP!**

Group Ride® - This is a huge calorie burner that builds great-looking legs! A cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training. **RIDE ON!**

Heated Flow - In this yoga class the room will be heated to 80-85 degrees. You will experience increased blood flow to deepen flexibility while building strength in a flowing practice that includes shoulder openers, hip openers, backbends, stretches, twists and sun salutes. Some prior yoga experience recommended.

Nia - Combines movements and concepts from yoga, martial arts and dance to improve your cardio as well as increase body awareness, endurance, flexibility and energy levels. Nia is an exhilarating mind/body dance workout that is designed to invigorate, and then relax.

Pilates Mat - These classes focus on improving strength and flexibility for the whole body without building bulk. The Pilates Method includes over 500 exercises that focus on the muscles of the abdomen, back and buttocks. For Intermediate classes, experience is recommended.

Pre/Postnatal Aqua – Pre/Postnatal aqua provides a safe, comforting and inspiring environment. Become stronger and more flexible, easing the stress caused by carrying the baby. Having time to socialize and share with others who are going through the same experience can also serve as a big benefit and an excellent resource!

Pre/Postnatal Yoga – Pre/Postnatal yoga offers many ways to be more comfortable throughout the birthing year. Learn yoga poses that will ease the stress caused by carrying the baby. Breathing exercises will be practiced to help provide relief of emotional stress, calming the central nervous system and bringing balance to fluctuating hormone levels.

R30® - This class will get you fitter and feeling better in only 30 minutes. It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance and build cardio fitness as you ride with surges, short intervals, power and end with a rush. **EVERYONE FINISHES FIRST!**

Stability Ball - Strengthen, stabilize and stretch the body using the stability ball. This class will give you a new, fresh way to exercise the body.

Stretch - Improve your body's range of motion and flexibility.

Stretch and Tone - This class is geared to strengthen and stretch the body. Improve your balance, posture, muscle strength and flexibility to inspiring music.

Tai Chi Chuan - A meditative form of exercise that links the health of the body to a relaxed state of mind. It combines breathing techniques with a series of slow movements that stretch and tone the body. It is easy on the joints, improves balance and posture, reduces falls, lowers blood pressure and improves concentration.

Vinyasa Flow - A faster paced yoga class with more emphasis on a creative and energetic flow, linking the various poses together, all while connecting breath and movement. Yoga experience required.

Workout of the Week - This 30 minute interval training workout will combine strength and cardio for an efficient, challenging workout that can be modified for all levels. Class size is limited to 10 participants. Check-in with a Fitness Specialist a few minutes before class to reserve your spot.

Yoga - Designed for the student with some prior yoga experience. This class will refine alignment in the asanas and introduce advanced poses and sequenced combinations of poses. Build strength and flexibility along with developing breath control techniques (pranayama) in your practice.

Yoga Flow - Build strength, flexibility and wellness in a flowing practice that includes shoulder openers, hip openers, backbends, stretches, twists and sun salutes. Align your body, clear the mind and make your heart smile! Some prior yoga experience recommended.

Yoga Foundations - Get back to the basics of yoga and deepen your practice. This class is designed with the foundation of yoga as the primary focus. It will go over the principles of yoga including breathing, asanas (poses done to increase strength, flexibility and body awareness), diaphragmatic breathing and relaxation techniques.

Zumba - Dance/fitness inspired by Latin and international rhythms that is fun and easy to do.

Zumba Gold - Takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant.

Zumba Toning - Combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party. You'll be using lightweight dumbbells in your dance moves.

EXERCISE ETIQUETTE

1. Arrive on time for class; if you are late; please warm up prior to starting the class, as the warm up is a vital component of the class. It is up to the discretion of the instructor whether or not to allow late comers to enter the class.
2. The final stretch and relaxation section is a very important fitness component of class. Please stay until the end of class and take the time to stretch the muscles you've just worked. It is disruptive to your fellow members to pack up and leave with a minute or two left of class. If you need to leave early consult with your instructor prior to class starting.
3. New comers, please introduce yourself to the instructor prior to class.
4. Please bring your towel with you and lay it down on the exercise mat during any floor work.
5. For your own safety, shoes are required during exercise, unless otherwise stated for specific classes.
6. Please change into your workout shoes prior to entering the studios with the exception of cycling shoes with clips. Those must be put on once your cycle is set up and you are on the mat and removed before leaving the mat.
7. Your full attention to the workout and instructor is appreciated; avoid lengthy conversations with other participants during class.
8. Cell phone usage is not allowed in the studios. If you must take a call please do so in our lobby area.

Thanks!
Francie Habash, Director of Fitness
fhabash@SwedishCovenant.org
773-878-9936, ext. 7343