

# Unlimited Membership Schedule



Spring 2017 effective April 3

Unlimited Membership includes all of the benefits of a full membership plus a compilation of 50+ small group classes, for one price.

Pay annually, monthly or purchase drop in passes to take your favorite classes or to try something new! Visit the Membership Office to upgrade today.

	Time	Class	Instructor	Location
<b>Mondays</b>	5:30 - 6:30 a.m.	Boot Camp	Caitlin	Studio 3
	5:45 - 7 a.m.	Masters Practice*	Peter/Billy	West Pool
	6:30 - 7:30 a.m.	Boot Camp	Caitlin	Studio 3
	7:10 - 7:55 a.m.	SwimFit*	Connie	West Pool
	8 - 8:30 a.m.	ViPR	Leslie	Studio 2
	8 - 8:50 a.m.	Pilates Stretch and Springs	Cori	Pilates Studio
	9 - 9:55 a.m.	Fluidity Barre	Erikka	Studio 2
	10 - 10:55 a.m.	Fluidity Barre	Erikka	Studio 2
	4:45 - 5:30 p.m.	Qigong/ Meditation	Lin	Studio 4
	6:30 - 7:30 p.m.	ABC	Jandra	Functional Zone East
	6:45 - 8 p.m.	Masters Practice*	Billy	West Pool
7 - 7:50 p.m.	Pilates Stretch and Springs	Joe	Pilates Studio	

<b>Tuesdays</b>	7:15 - 8 a.m.	TRX	Jesse	TRX
	8 - 8:45 a.m.	TRX	Jesse	TRX
	8 - 8:50 a.m.	Pilates Stretch and Springs	Juliet	Pilates Studio
	9:30 - 10:30 a.m.	Boot Camp	Caitlin	Studio 3
	Noon - 1 p.m.	Masters Practice*	Peter	West Pool
	1 - 1:50 p.m.	Aqua Funktional Barre	Erin	West Pool
	2:45 - 3:45 p.m.	Yoga Nidra	Renee	Studio 4
	4 - 5 p.m.	Zen Yoga	Shannon	Studio 4
	5:30 - 6:30 p.m.	Masters Practice*	Billy	West Pool
	6 - 7 p.m.	ABC	Peter	Functional Zone East

<b>Wednesdays</b>	5:30 - 6:30 a.m.	Boot Camp	Luke	Studio 3
	5:45 - 7 a.m.	Masters Practice*	Peter	West Pool
	6:30 - 7:30 a.m.	Boot Camp	Luke	Studio 3
	8 - 8:30 a.m.	ViPR	Caitlin	Studio 2
	8:30 - 9 a.m.	Power Plate Synrgy Circuit	Caitlin	Functional Zone East
	9 - 9:55 a.m.	Fluidity Barre	Shannon	Studio 2
	6 - 7 p.m.	Sports Conditioning Circuit	Peter	Functional Zone East

<b>Thursdays</b>	9:30 - 10:25 a.m.	Fluidity Barre	Erin	Studio 2
	9:30 - 10:30 a.m.	Boot Camp	Caitlin	Functional Zone East
	Noon - 1 p.m.	Masters Practice*	Grant	West Pool
	5:30 - 6 p.m.	ViPR	Sophia	Studio 2
	5:30 - 6:30 p.m.	Masters Practice*	Matt	West Pool
	6 - 7 p.m.	ABC	Peter	Functional Zone East
	7 - 7:50 p.m.	Pilates Stretch and Springs	Andrew R.	Pilates Studio

<b>Fridays</b>	5:30 - 6 a.m.	ViPR	Leslie	Studio 2
	5:45 - 7 a.m.	Masters Practice*	Grant	West Pool
	6 - 6:30 a.m.	Boot Camp Express	Leslie	Studio 3
	6:30 - 7:30 a.m.	Power Plate Synrgy Circuit	Luke	Functional Zone East
	7:10 - 7:55 a.m.	SwimFit*	Connie	West Pool
	8 - 9 a.m.	Boot Camp	Caitlin	Studio 3
	9 - 9:55 a.m.	Fluidity Barre	Francie	Studio 2
	9:30 - 10:15 a.m.	Pilates Stretch and Springs	Jesse	Pilates Studio
	10:15 - 10:45 a.m.	ViPR	Francie	Studio 2
	12:35 - 1:05 p.m.	Meditation	Tracy	Studio 4
	6 - 6:55 p.m.	Fluidity Barre	Suzanne	Studio 2

<b>Saturdays</b>	6:40 - 8:05 a.m.	Masters Practice*	Matt/Billy	West Pool
	9 - 10 a.m.	ABC	Peter	Functional Zone East
	9:30 - 10:25 a.m.	Fluidity Barre	Shannon	Studio 2
	11 - 11:30 a.m.	Meditation	Diane	Studio 4
	11:15 a.m. - noon	Pilates Stretch and Springs	Joe	Pilates Studio
	12:15 - 1 p.m.	Pilates Stretch and Springs	Juliet	Pilates Studio

<b>Sundays</b>	9 - 10 a.m.	Tread and Shred	Mary	Functional Zone East
	10:15 - 11:10 a.m.	Fluidity Barre	Kate	Studio 2
	<b>NEW TIME!</b> 12:10 - 12:55 p.m.	Pilates Stretch and Springs	Joe	Pilates Studio
	3 - 4 p.m.	Masters Practice*	Billy/Grant	West Pool


\*Prerequisites required: **Masters Practice** participants must contact Head Coach, Billy Cordero at [bcordero@SwedishCovenant.org](mailto:bcordero@SwedishCovenant.org) prior to their first practice. **SwimFit** participants must be able to swim 100 yards consecutively.

# Class Descriptions

**ABC: All Body Conditioning:** This circuit workout is created to challenge your body while increasing your strength and muscle tone with easily adaptable exercises.

**Level:** All levels **Type:**   

**Aqua Funktional Barre:** This class blends dance based barre exercises, functional training, sports agility drills and Pilates to condition the body. Use the noodle as the barre to train for flexibility and agility. Learn centered acceleration and jumping and landing techniques for any sport.

**Level:** Intermediate **Type:**  

**Boot Camp:** Every minute counts! Intervals of strength and cardio will take your fitness to a new level. Run, stair climb, lunge and burpee your body strong!

**Level:** Intermediate **Type:**   




**Boot Camp Express:** Join us for a condensed version of our regular Boot Camp class. In 30 minutes you will alternate intervals of strength and cardio to improve your fitness! Get stronger and move your fitness to another level!

**Level:** Intermediate **Type:**   

**Fluidity® Barre:** Create long, lean muscles using the ballet barre, bands and balls to improve functional flexibility and strengthen your whole body. Effective for all ages and fitness levels – beginner, intermediate and advanced modifications for every exercise.

**Level:** All Levels **Type:** 

**Masters Practice:** The Masters Swim team is a year-round group for adults who want to swim competitively, and who enjoy a strong team atmosphere. Each practice is led by Certified United States Masters Swimming (USMS) coaches and is specifically designed for fitness swimmers, tri-athletes and former competitive swimmers.

**Level:** Intermediate/Advanced **Type:**   

**Meditation:** Help prep your mind, body and spirit for a healthier today and a happier tomorrow. Learn techniques to help you get through life's toughest situations.

**Level:** All levels **Type:** 

**Pilates Stretch & Springs:** This class incorporates traditional Pilates mat work with an emphasis on stretching and using the Pilates springs. Release tightness in the hips to help the body perform the exercises with greater ease.

**Level:** Intermediate **Type:**  

**Power Plate Synrgy Circuit:** Join us for 30 or 60 minute circuit workouts incorporating the Synrgy360 - a workout station including dynamic exercises for your total body and the Power Plate - a machine that gives your muscles a high-speed workout using vibrations to stimulate them to contract and relax. Classes are designed to work your core, balance, strength and flexibility.

**Level:** All Levels **Type:**   

**Qigong/ Meditation:** Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. The word Qigong (**Chi Kung**) is often translated to mean the life force or vital-energy that flows through all things in the universe. In Qigong/Meditation class, we will learn and practice the movements of Qigong followed by a 20-minute meditation.

**Level:** All Levels **Type:** 

**Sports Conditioning Circuit:** Whether for fun or performance this class will work to develop strength, cardio, mobility, balance, agility, coordination, reactivity and power through exercises and drills on the Synrgy360. Intensity, complexity and movements can be tailored to each individual's skill and conditioning level. Great for Masters swimmers, triathletes and anyone wanting to train like an athlete!

**Level:** Intermediate **Type:**  

**SwimFit:** This class is an interval based swimming workout! It is for anyone who has a basic understanding of swimming and is looking to increase endurance, improve stroke and build on your current abilities. Ideal for anyone who wants to swim under the guidance of an instructor, but is not quite ready to join the Masters Swim Team.

**Level:** Intermediate **Type:**   

**Tread and Shred:** An instructor led cardio and strength interval training class that will leave you sweating out the calories. You will alternate between the treadmill and strength exercises to take your calorie burn to the max!

**Level:** All levels **Type:**   

**TRX:** The TRX Suspension Trainer is a versatile tool that requires the entire body to be used as an integrated system, building strength, balance, core stability and flexibility.

**Level:** All levels **Type:** 

**ViPR:** The ViPR workout integrates strength and cardio training to build muscle, burn calories and improve agility. Dynamic music drives the energetic 30-minute workout with athletic movements and phases of high-intensity interval training. Train the way the body was designed to move.

**Level:** Intermediate **Type:**   

**Yoga Nidra:** Using a series of guided visualizations to move the mind into expanded self-awareness. Yoga Nidra releases the sources of anxiety, unwanted habits and self-limiting beliefs. Class begins with 10 minutes of gentle asana, with the majority of the practice performed in savasana (corpse pose).

**Level:** All levels **Type:** 

**Zen Yoga:** This class combines the deep relaxation of classic Restorative Yoga and the deep stretching of Yin Yoga into a beautiful practice that will soothe the body and soul. Deeply supported poses are held for a longer time allowing for full release of the tensions stored in the physical body.







**Level:** All levels **Type:** 

## Booking Rules:

- Reservations are recommended for all Unlimited Membership classes due to the small class sizes.
- To reserve your spot sign up ahead of time online at GalterLifeCenter.org or at the Courtesy or Fitness Desks.
- Reservations are available up to 30 days in advance; at least a 24 hour cancellation notice is expected, if you cannot make the class please contact the Courtesy Desk (773-878-9936, ext. 5660).
- If you make reservations and continuously do not show up for class, your reservation privileges will be suspended.

**If on a waitlist,** log into *MyWellness* online and check in Group Exercise to see if spots have become available on the day of your class.

**Notes:** Schedule subject to change based on participation. Instructor substitution may be made without prior notice.

<b>LEVELS:</b>	<b>All Levels=</b> All are welcome
	<b>Intermediate=</b> Prior exercise experience
	<b>Intermediate/Advanced=</b> Prior exercise experience and able to do some high impact exercises
<b>ACTIVITY TYPES:</b>	 = Cardio
	 = Interval Training
	 = Mind/Body
	 = Strength
	 = Circuit Training
	 = Water