

# Winter 2020

## GROUP FITNESS CLASS SCHEDULE

*Effective January 6*

All classes are free for members. Join in anytime!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
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	5:30-6:30 a.m. Group Centergy Jesse   S4	6:45-7:30 a.m. Cycling Challenge Jesse   S1	8-8:30 a.m. *WOW Mary   FZE	
6-6:30 a.m. Group Core Leslie   S1	6:15-6:45 a.m. Move30 Jesse   S1	6:30-7 a.m. *WOW Jackie   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	
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	8:15-8:45 a.m. R30 Leslie   S1	8-8:55 a.m. Aqua Zumba Martha   WP		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 Leslie   S1	8:30-9:25 a.m. Aqua Yoga Shannon   EP	8:30-9:25 a.m. Group Ride Diana   S1	8-9:15 a.m. Yoga Lisa   S4	8:15-9:15 a.m. Group Centergy Jen F.   S4	
8:30-9:25 a.m. Group Ride 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	8:15-9:10 a.m. Aqua Mix Erin   WP		
9-9:30 a.m. *WOW Leo   FZE	9-9:30 a.m. Move30 Jesse   S3	9-10:15 a.m. Yoga Renee   S4	9:30-10:15 a.m. Zumba Gold Jandra   S4	9:30-10:20 a.m. Intermediate Pilates Mat Jennifer   S1	8:15-9:15 a.m. Group Power Jesse   S1	9-10 a.m. Aqua Blast Krista   WP	
9-9:55 a.m. Aqua Blast Krista   WP		9:30-10 a.m. Group Core Leslie   S1			9:15-10:10 a.m. Aqua Blast Vannessa   WP	9-10 a.m. Pre/Postnatal Yoga Shannon   S2	
9-10 a.m. Tai Chi Chuan Lin   S4	9:30-10:15 a.m. Big Band Suzanne   S4	10-10:45 a.m. AAE Krista   EP	10:05-11 a.m. Group Fight Ericka   S1	9:30-10:30 a.m. Big Band Suzanne   S4	9:30-10:25 a.m. Group Groove Erin   S1	9:15-10:10 a.m. Group Blast Sophia   S1	
9:30-10:25 a.m. Group Blast Carmen/Dannah   S1	10:05-11 a.m. Group Fight Francie   S1	10:05-11 a.m. Group Groove Francie   S1	10:15-11 a.m. Stretch and Tone Jessica   S4	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 Diana   S4	10:30-11:30 a.m. Tai Chi Chuan Lin   S4	10:30-11 a.m. *WOW Erika   FZE	10:30-11 a.m. Stretch Suzanne   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 a.m. Move30 Diana   S1	11-11:45 a.m. AAE Erin   WP	Noon-12:30 p.m. R30 Francie   S1	11-11:45 a.m. AAE Erin   WP	11-11:45 a.m. AAE Leslie   EP	10:30-11:30 a.m. Tai Chi Flow Ami   S2 or HG		
10:30-11:30 a.m. Gentle Yoga Jessie   S4	Noon-12:30 p.m. *WOW Lizzie   FZE	Noon-1 p.m. Stretch and Tone Shannon   S4	Noon-1 p.m. Yoga Erikka   S4	11:30 a.m.- 12:30 p.m. Yoga Foundations Renee   S4	11:30 a.m.- 12:25 p.m. Group Ride Shannon   S1	11:15 a.m.-12:05 p.m. Intermediate Pilates Mat Joe   S4	
11-11:30 a.m. Stability Ball Diana   S1	Noon-1 p.m. Yoga Foundations Tim   S4	12:35-1:05 p.m. Move30 Francie   S1		Noon-12:30 p.m. *WOW Lizzie   FZE	11:45 a.m.- 12:45 p.m. Chair Yoga Lin   S4	11:20 a.m.- 12:15 p.m. Group Fight Erika/Lora   S1	
Noon-1 p.m. Zumba Toning Shannon   S1	12:30-1 p.m. *WOW Lizzie   FZE	<b>NEW!</b> 12:30-1 p.m. *WOW Lizzie   FZE		12:30-1 p.m. *WOW Lizzie   FZE	12:30-1:30 p.m. Stretch and Tone Shannon   S1		
Noon-1 p.m. Group Centergy Erika   S4	1:30-2:30 p.m. Chair Yoga Lin   S4	1:30-2:15 p.m. Chair Fitness Tracy   S4	1:30-2:30 p.m. Chair Yoga Tracy   S4	1:30-2:30 p.m. Move to Heal Sara   S4		1:30-2:25 p.m. Zumba Martha/Mary   S1	
1:30-2:15 p.m. Chair Fitness Leslie   S4	4:30-5:25 p.m. Zumba Heather   S1	4:30-5:30 p.m. Nia Sara   S4	2:30-3 p.m. Meditation Tracy   S4		2:30-3:15 p.m. AAE Shannon   WP	2:30-3:30 p.m. Gentle Yoga Martha   S4	
4:45-5:45 p.m. Group Active Anne/Katie   S1	5-6 p.m. Group Centergy Shannon   S4	4:45-5:45 p.m. Group Active Erin   S1	4:30-5:25 p.m. Group Fight Sophia   S1	5-5:30 p.m. R30 Jesse   S1	3:30-4:45 p.m. Yoga Foundations Shannon   S4		
5-5:30 p.m. *WOW Mathias   FZE	6-6:30 p.m. R30 Sophia   S1	5:30-6:30 p.m. Aqua Mix Suzanne   WP	5:30-6 p.m. Move30 Sophia   S1	5:30-6 p.m. Group Core Jesse   S1			
5:30-6:30 p.m. Aqua Mix Fabian   WP	6:05-7 p.m. Group Fight Nikki   S4	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	<p><b>NOTES ABOUT GALTER LIFECENTER GROUP FITNESS CLASSES</b></p> <p>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, <b>Francie Habash at 773-878-9936, ext. 7343</b>. If needed, consult with your instructor for modifications prior to the class beginning.</p> <p>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.</p> <p><b>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!</b></p> <p><b>See back for class descriptions.</b></p>		
5:45-6:45 p.m. Group Power Francie   S1	6:30-7 p.m. Group Core Sophia   S1	5:45-6:45 p.m. Group Power Erika   S1	6:05-7 p.m. Cycling Challenge Shannon   S1				
5:45-6:55 p.m. Yoga Shannon   S4	6:35-7:30 p.m. Aqua Blast Fabian   WP	6:30-7:15 p.m. Aqua Yoga Suzanne   EP	6:35-7:30 p.m. Aqua Zumba Jandra   WP				
7-8 p.m. Group Ride Nikki   S1		6:35-7:30 p.m. Latin Dance Workout Ami   S4	7-7:55 p.m. Group Groove Lindsay   S4				
7:05-8 p.m. Nia Sara   S4	7-7:55 p.m. Group Groove Anne/Kerry   S4	7-8 p.m. Group Blast Retha   S1	7:05-8:05 p.m. Group Power <b>Eleni   S1</b>				
7:15-7:45 p.m. *WOW Staff   FZE	7:05-8:05 p.m. Group Power Nikki   S1	7:35-8:35 p.m. Yoga Sara   S4	7:15-7:45 p.m. *WOW Staff   FZE				
8-8:30 p.m. Group Core Nikki   S1	8-9 p.m. Yoga Foundations Shannon   S4		<b>NEW!</b> 8-9 p.m. Group Centergy Nikki/Erika   S4				
<p><b>Galter LifeCenter Hours:</b> 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.</p> <p><b>KidCenter Hours:</b> 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.</p>		<p><b>*WOW - Workout of the Week</b> You can now reserve your spot in our popular <b>Workout of the Week</b> classes 24 hours in advance.</p> <p>To sign up: 1. Visit GalterLifeCenter.org 2. Login to <i>My Wellness</i> 3. Go to Group Exercise 4. Locate the class you would like to attend and select enroll</p> <p>If you sign up and cannot make the class please contact the Courtesy Desk 773-878-9936, ext. 5660 to cancel.</p>		<p><b>LOCATION KEY</b> S1 = Studio 1 S3 = Studio 3 S4 = Studio 4 EP = East Pool WP = West Pool HG = Healing Garden FZE = Functional Zone East</p>			

# CLASS DESCRIPTIONS

**Arthritis Foundation Aquatic Program (AAE)** - Water exercise geared specifically to those with arthritis. Improve joint flexibility and coordination; reduce muscle weakness and decrease pain and stiffness.

**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 Lite** - Improve aerobic fitness, muscular strength and range of motion through this lighter version of Aqua Mix. A step up in intensity from the aquatic arthritis program; continue to work on decreasing joint pain and stiffness while improving body awareness through the use of aquatic equipment.

**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** - Designed with the older adult or newer exerciser in mind, this low impact cardiovascular workout with fun moves taught to big band and easy listening music to keep you moving.

**Chair Fitness (Arthritis Foundation)** - Chair exercise that will improve your range of motion, flexibility, aerobic capacity and endurance.

**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 with 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 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. 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 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®** - 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™** - 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®** - 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 class the room is heated to 80-85 degrees. Experience increased blood flow to deepen flexibility while building strength in a flowing practice that includes shoulder and hip openers, backbends, stretches, twists and sun salutes. Experience recommended.

**Latin Dance Workout** - As you learn the basic steps of Salsa, Merengue, Bachata and Cha Cha you'll get your heart rate up and have some fun! Improve your dance skills and cardio!

**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.

**Move to Heal** - Moving to Heal classes are for everybody with long or short term healing goals like recovery from injury, surgery, trauma, addiction; also Parkinson's and other movement challenges. It is a mindful movement class, done to a variety of music and crafted to inform, calm, inspire, energize, strengthen, motivate and always to connect to feeling better in our bodies and our lives. Oh and it's fun! Chairs are available and used.

**Move30 (previously ViPR Move)** - This class is for anybody looking to improve their overall movement health, to move better, with ease and less restriction and discomfort. This could be someone looking to build their movement confidence and start an exercise program, or even an individual who is already active but needs to spend time reconditioning their body to help prevent pain or injury.

**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 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.

**Tai Chi Flow** - Join Ami as she leads you through a Tai Chi moving meditation practice to help relieve stress, increase your energy flow and sense of well being. No experience is required with an option to participate seated.

**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 (WOW)** - This 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. Reservations recommended.

**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, diaphragmatic breathing and relaxation techniques.

**Zumba** – Dance/fitness inspired by Latin and international rhythms that is fun for all ages.

**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.