

# Fall 2017 GROUP FITNESS CLASS SCHEDULE

Effective October 2

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	5:45-6:45 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
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 Adrian   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	8-9:15 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	<b>NEW!</b> 8:30-9:25 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	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   WP
9-9:55 a.m. Aqua Blast Krista/Alex   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 Erika H.   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	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 Jandra   WP	11-11:45 a.m. AAE Leslie   EP	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
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 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			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	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. 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 Heather   S1	4:30-5 p.m. Workout of the Week Mathias   FZE	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	4:30-5:30 p.m. Nia Sara   S4		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	4:45-5:45 p.m. Group Active Erin   S1		5:30-6 p.m. Group Core Sophia   S1	<p align="center"><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	6:05-7 p.m. Group Fight Nikki   S4	5:30-6:30 p.m. Aqua Mix Suzanne   WP	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	5:40-6:30 p.m. Pilates Mat Jennifer   S4	6-6:55 p.m. Cycling Challenge Shannon   S1			
	6:35-7:30 p.m. Aqua Blast Delia   WP	5:45-6:45 p.m. Group Power Jen   S1	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	6:30-7:15 p.m. Aqua Yoga 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. Cardio Caliente Ami   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			
8-8:30 p.m. Group Core Nikki   S1	8-9 p.m. Yoga Foundations Abby   S4	7:35-8:35 p.m. Yoga Sara   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>WORKOUT OF THE WEEK</b> 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.</p>		<p><b>LOCATION KEY</b> Studio 1 = S1 Studio 4 = S4 Studio 5 = S5 East Pool = EP West Pool = WP Functional Zone East = FZE</p>		

## 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.

**Cardio Caliente** - Enjoy a great workout to Latin inspired music combined with traditional Latin dances and cardio dance moves for one hot low impact workout. All levels welcome.

**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!

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