

# Fall 2018 GROUP FITNESS CLASS SCHEDULE

Effective October 1

All classes are free for members. Join in anytime!

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  | Sunday  |
|--|--|--|--|---|---|---|
| 5:30-6 a.m.<br>R30<br>Leslie   S1  | 5:10-6 a.m.<br>Group Ride<br>Jesse   S1              | 5:30-6:30 a.m.<br>Group Power<br>Jesse   S1  | 5:30-6 a.m.<br>R30<br>Leslie   S1  | 5:30-6:30 a.m.<br>Group Centergy<br>Jesse   S4  | 6:45-7:30 a.m.<br>Cycling Challenge<br>Jesse   S1   | 8-8:30 a.m.<br>*WOW<br>Mary   FZE   |
| 6-6:30 a.m.<br>Group Core<br>Leslie   S1   | 6:15-6:45 a.m.<br>ViPR Move<br>Jesse   S1            | 6:30-7 a.m.<br>*WOW<br>Adrian   FZE  | 6-6:30 a.m.<br>Stretch<br>Leslie   S1                                    |   | 7:35-8:05 a.m.<br>Group Core<br>Jesse   S1  | 8-8:45 a.m.<br>Aqua Yoga<br>Shannon   EP  |
| 7-7:50 a.m.<br>Pilates Mat<br>Cori   S4  | 8:15-8:45 a.m.<br>R30<br>Diana   S1                  | 8-8:55 a.m.<br>Aqua Mix<br>Martha   WP   | 8:15-8:45 a.m.<br>R30<br>Leslie   S1                                     | 8-8:55 a.m.<br>Aqua Zumba<br>Martha   WP  | 8-9 a.m.<br>Tai Chi Flow<br>Ami   HG  | 8-9 a.m.<br>Cycling and Abs<br>Jandra   S1                                      |
| 8-8:55 a.m.<br>Aqua Zumba<br>Jandra   WP   | 8:30-9:25 a.m.<br>Aqua Mix<br>Shannon   WP           | 9-9:30 a.m.<br>R30<br>Leslie   S1  | 8:30-9:25 a.m.<br>Aqua Yoga<br>Shannon   EP                              | 8:30-9:25 a.m.<br>Group Ride<br>Diana   S1  | 8-9:15 a.m.<br>Yoga<br>Lisa   S4  | 8:15-9:15 a.m.<br>Group Centergy<br>Jen F.   S4                                 |
| 8:30-9:25 a.m.<br>Group Ride<br>Jesse   S1   | 9-10 a.m.<br>Group Power<br>Diana   S1               | 9-9:55 a.m.<br>Aqua Blast<br>Krista   WP   | 9-10 a.m.<br>Group Power<br>Leslie   S1                                  | 9-9:55 a.m.<br>Aqua Blast<br>Jandra   WP  | 8:15-9:10 a.m.<br>Aqua Mix<br>Erin   WP   |   |
| 9-9:30 a.m.<br>*WOW<br>Leo   FZE   | 9-9:30 a.m.<br>ViPR Move<br>Bernard   S3             | 9-10:15 a.m.<br>Yoga<br>Renee   S4   | 9:30-10:15 a.m.<br>Zumba Gold<br>Jandra   S4                             | 9:30-10:20 a.m.<br>Intermediate<br>Pilates Mat<br>Jennifer   S1   | 8:15-9:15 a.m.<br>Group Power<br>Jesse   S1   | 9-10 a.m.<br>Aqua Blast<br>Krista   WP  |
| 9-9:55 a.m.<br>Aqua Blast<br>Krista   WP   |  | 9:30-10 a.m.<br>Group Core<br>Leslie   S1  |  |   | 9:15-10:10 a.m.<br>Aqua Blast<br>Vannessa   WP  | 9-10 a.m.<br>Pre/Postnatal Yoga<br>Shannon   S2                                 |
| 9-10 a.m.<br>Tai Chi Chuan<br>Lin   S4   | 9:30-10:15 a.m.<br>Big Band<br>Suzanne   S4          | 10-10:45 a.m.<br>AAE<br>Krista   EP  | 10:05-11 a.m.<br>Group Fight<br>Ericka A.   S1                           | 9:30-10:30 a.m.<br>Big Band<br>Suzanne   S4   | 9:30-10:25 a.m.<br>Group Groove<br>Erin   S1  | 9:15-10:10 a.m.<br>Group Blast<br>Sophia   S1                                   |
| 9:30-10:25 a.m.<br>Group Blast<br>Carmen/Dannah   S1   | 10:05-11 a.m.<br>Group Fight<br>Francie   S1         | 10:05-11 a.m.<br>Group Groove<br>Francie   S1  | 10:15-11 a.m.<br>Stretch and Tone<br>Jessica   S4                        | 10:30-11:30 a.m.<br>Group Active<br>Diana   S1  | 9:30-10:45 a.m.<br>Yoga Flow<br>Tim   S4  | 9:30-11 a.m.<br>Vinyasa Flow<br>Sara   S4                                       |
| 10-10:45 a.m.<br>AAE<br>Suzanne   EP   | 10:15-11 a.m.<br>Stretch and Tone<br>Laura   S4      | 10:30-11:30 a.m.<br>Tai Chi Chuan<br>Lin   S4  | 10:30-11 a.m.<br>*WOW<br>Adrian   FZE                                    | 10:30-11 a.m.<br>Stretch<br>Suzanne   S4  | 10:30-11:25 a.m.<br>Stability Ball<br>Heather   S1  | 10:15-11:15 a.m.<br>Group Power<br>Eleni/Lora   S1                              |
| <b>NEW!</b><br>10:30-11 a.m.<br>ViPR Move<br>Diana   S1  | 11-11:45 a.m.<br>AAE<br>Erin   WP                    |  | 11-11:45 a.m.<br>AAE<br>Erin   WP  | 11-11:45 a.m.<br>AAE<br>Leslie   EP   | 11:30 a.m.-<br>12:25 p.m.<br>Group Ride<br>Shannon   S1   | 11:15 a.m.-12:05 p.m.<br>Intermediate<br>Pilates Mat<br>Joe   S4                |
| 10:30-11:30 a.m.<br>Gentle Yoga<br>Jessie   S4   | Noon-12:30 p.m.<br>*WOW<br>Lizzie   FZE              | Noon-12:30 p.m.<br>R30<br>Francie   S1   |  | 11:30 a.m.-<br>12:30 p.m.<br>Yoga Foundations<br>Renee   S4   |   | <b>NEW TIME!</b><br>11:20 a.m.-<br>12:15 p.m.<br>Group Fight<br>Eleni/Lora   S1 |
| <b>NEW!</b><br>11-11:30 a.m.<br>Stability Ball<br>Laura   S1   |  | Noon-1 p.m.<br>Stretch and Tone<br>Laura   S4  | Noon-1 p.m.<br>Yoga<br>Erikka   S4                                       |   | 11:45 a.m.-<br>12:45 p.m.<br>Chair Yoga<br>Lin   S4   |   |
| Noon-1 p.m.<br>Group Centergy<br>Erika   S4  | Noon-1 p.m.<br>Yoga Foundations<br>Tim   S4          | 12:35-1:05 p.m.<br>ViPR Move<br>Francie   S1   |  | Noon-12:30 p.m.<br>*WOW<br>Lizzie   FZE   |   |   |
| Noon-1 p.m.<br>Zumba Toning<br>Shannon   S1  | 12:30-1 p.m.<br>*WOW<br>Lizzie   FZE                 | 1:30-2:15 p.m.<br>Chair Fitness<br>Tracy   S4  | 1:30-2:30 p.m.<br>Chair Yoga<br>Tracy   S4                               | 12:30-1 p.m.<br>*WOW<br>Lizzie   FZE  | 12:30-1:30 p.m.<br>Stretch and Tone<br>Shannon   S1   | 12:30-1 p.m.<br>ViPR Move<br>Bernard   S1                                       |
| 1:30-2:15 p.m.<br>Chair Fitness<br>Leslie   S4   | 1:30-2:30 p.m.<br>Chair Yoga<br>Lin   S4             |  | <b>NEW!</b><br>2-2:45 p.m.<br>Aqua Lite<br>Erin/Vannessa   WP            | 1:30-2:30 p.m.<br>Chair Yoga<br>Lin   S4  |   | 1:30-2:25 p.m.<br>Zumba<br>Martha/Shannon   S1                                  |
| 4:45-5:30 p.m.<br>Qigong/Meditation<br>Lin   S4  | 4:30-5:25 p.m.<br>Zumba<br>Heather   S1              | 4:30-5:30 p.m.<br>Nia<br>Sara   S4   | 2:30-3 p.m.<br>Meditation<br>Tracy   S4                                  |   | 2:30-3:15 p.m.<br>AAE<br>Shannon   WP   | 2:30-3:30 p.m.<br>Gentle Yoga<br>Martha/Shannon   S4                            |
| 4:45-5:45 p.m.<br>Group Active<br>Anne   S1  | 5-6 p.m.<br>Group Centergy<br>Shannon   S4           | 4:45-5:45 p.m.<br>Group Active<br>Erin   S1  | 4:30-5:25 p.m.<br>Group Fight<br>Sophia   S1                             | 5-5:30 p.m.<br>R30<br>Jesse   S1  | 3:30-4:45 p.m.<br>Yoga Foundations<br>Shannon   S4  |   |
| 5-5:30 p.m.<br>*WOW<br>Mathias   FZE   | 6-6:30 p.m.<br>R30<br>Jesse   S1                     | 5:30-6:30 p.m.<br>Aqua Mix<br>Suzanne   WP   | 5:30-6 p.m.<br>ViPR Move<br>Sophia   S1                                  | 5:30-6 p.m.<br>Group Core<br>Jesse   S1   |   |   |
| 5:30-6:30 p.m.<br>Aqua Mix<br>Fabian   WP  | 6:05-7 p.m.<br>Group Fight<br>Nikki   S4             | 5:40-6:30 p.m.<br>Pilates Mat<br>Jennifer   S4   | 5:45-6:45 p.m.<br>Yoga<br>Tim   S4                                       | 5:30-6:30 p.m.<br>Heated Flow<br>Lisa   S4  | <p align="center"><b>NOTES ABOUT<br/>GALTER LIFECENTER<br/>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 align="right"><b>See back for class descriptions.</b></p> |   |
| 5:45-6:45 p.m.<br>Group Power<br>Francie   S1  | 6:30-7 p.m.<br>Group Core<br>Carmen   S1             | 5:45-6:45 p.m.<br>Group Power<br>Jen   S1  | 6:05-7 p.m.<br>Cycling Challenge<br>Shannon   S1                         |   |   |   |
| 5:45-6:55 p.m.<br>Yoga<br>Shannon   S4   | 6:35-7:30 p.m.<br>Aqua Blast<br>Fabian   WP          | 6:30-7:15 p.m.<br>Aqua Yoga<br>Suzanne   EP  | 6:35-7:30 p.m.<br>Aqua Zumba<br>Jandra   WP                              |   |   |   |
| 7-8 p.m.<br>Group Ride<br>Nikki   S1   | 6:45-7:30 p.m.<br>Pre/Postnatal Aqua<br>Suzanne   EP | 6:35-7:30 p.m.<br>Cardio Caliente<br>Ami   S4  | <b>NEW!</b><br>7-7:55 p.m.<br>Group Groove/<br>Zumba<br>Anne/Martha   S4 |   |   |   |
| 7:05-8 p.m.<br>Nia<br>Sara   S4  | 7-7:55 p.m.<br>Group Groove<br>Anne/Mary   S4        | 7-8 p.m.<br>Group Blast<br>Retha   S1  |  |   |   |   |
| 7:15-7:45 p.m.<br>*WOW<br>Adrian   FZE   | 7:05-8:05 p.m.<br>Group Power<br>Nikki   S1          | 7:35-8:35 p.m.<br>Yoga<br>Sara   S4  | 7:05-8:05 p.m.<br>Group Power<br>Eleni   S1                              |   |   |   |
| 8-8:30 p.m.<br>Group Core<br>Nikki   S1  | 8-9 p.m.<br>Yoga Foundations<br>Abby   S4            | 8-8:30 p.m.<br>ViPR Move<br>Bernard   S1   | <b>NEW!</b><br>7:15-7:45 p.m.<br>*WOW<br>Ann   FZE                       |   |   |   |
|  |  |  |  |   |   |   |
|  |  |  |  |   |   |   |
|  |  |  |  |   |   |   |
| <p><b>Galter LifeCenter Hours:</b><br/>Monday - Thursday, 5 a.m.-10:30 p.m.<br/>Friday, 5 a.m.-9 p.m.<br/>Saturday and Sunday, 6:30 a.m.-8 p.m.</p> <p><b>KidCenter Hours:</b><br/>Monday - Thursday, 7:45 a.m.-8:30 p.m.<br/>Friday, 7:45 a.m.-8 p.m.<br/>Saturday and Sunday, 7:45 a.m.-3 p.m.</p> |  | <p><b>*WOW - Workout of the Week</b><br/>You can now reserve your spot in our popular Workout of the Week classes 24 hours in advance. Class is limited to 10 participants.</p> <p>To sign up:<br/>1. Visit GalterLifeCenter.org<br/>2. Login to <i>My Wellness</i><br/>3. Go to Group Exercise<br/>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><br/>S1 = Studio 1<br/>S4 = Studio 4<br/>EP = East Pool<br/>WP = West Pool<br/>HG = Healing Garden<br/>FZE = Functional Zone East</p> |   |   |

# CLASS DESCRIPTIONS

**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 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** - 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.

**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.

**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.

**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 this class, we will learn and practice the movements of Qigong followed by a 20-minute meditation.

**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 in our healing garden 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. For inclement weather class will be held in Studio 2.

**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.

**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

**Workout of the Week (WOW)** - 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. 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 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.