

Virtual Group Fitness Schedule *effective November 1, 2022*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:55-6:25 a.m. Hybrid Cycling* Jasmina		5:55-6:25 a.m. Hybrid R30 Leslie		6-7 a.m. Hybrid Group Centergy Jesse		
6:30-7 a.m. Hybrid 3D30 Jesse	6-7 a.m. Hybrid Group Power Leslie	6:30-7 a.m. Hybrid Group Core Leslie	6-7 a.m. Hybrid Group Power Nikki	8-8:30 a.m. Hybrid R30 Diana	6:45-7:45 a.m. Hybrid Group Ride Shannon	
8-8:30 a.m. Hybrid R30 Nikki	9-10 a.m. Hybrid Yoga Erikka	8:45-9:15 a.m. Hybrid R30 Jesse		8:40-9:10 a.m. Hybrid Move 30 Diana	8:15-9:15 a.m. Hybrid Group Power Leslie	8-9 a.m. Hybrid Cycling & Abs Jandra
8:40-9:10 a.m. Hybrid Group Core Nikki	9:30-10:15 a.m. Hybrid Bodyweight Boot Camp Katie	9-10 a.m. Hybrid Yoga Sara	*NEW* 9:30-10:15 a.m. Hybrid Gentle Pilates Jessie	9-9:45 a.m. Virtual Pilates Mat Cori		
9:15-10:15 a.m. Hybrid Group Fight Nikki/Katie	10:15-11:15 a.m. Hybrid Group Active Diana	*NEW TIME* 9:20-9:50 a.m. Hybrid 3D30 Jesse		9:15-10:15 a.m. Hybrid Group Fight Francie	9:30-10:30 a.m. Hybrid Group Groove Erin/Kerry	9:30-10:30 a.m. Hybrid Group Blast Sophia
10:30-11:30 a.m. Hybrid Group Power Francie	11:30 a.m.-noon Hybrid Move 30 Diana	10-11 a.m. Hybrid Group Groove Francie	10:15-11 a.m. Hybrid Zumba Jandra	10:30-11 a.m. Hybrid 3D30 Francie	*NEW TIME* 10-11 a.m. Hybrid Yoga Tim*	10:45-11:45 a.m. Hybrid Group Centergy Erika/Nikki
10:30-11:30 a.m. Hybrid Gentle Yoga Jessie	*NEW TIME* 11:45 a.m.-12:15 p.m. Hybrid* Meditation Lin	11:15 a.m.-noon Virtual Barre Concepts Katie	11:15 a.m.-12:15 p.m. Hybrid Yoga Lisa	10:30-11:15 a.m. Hybrid Stretch & Tone Diana	10:35-11:35 a.m. Hybrid Group Fight Erika	12-12:50 p.m. Hybrid Zumba Heather
12:30-1:15 p.m. Hybrid Chair Fitness Leslie	12:15-12:45 p.m. Hybrid R30 Francie	12:30-1:30 p.m. Hybrid Chair Yoga Tim*	12:30-1:15 p.m. Hybrid Stretch & Tone Jandra	Noon-1 p.m. Hybrid Tai Chi Chuan Lin	12:30-1:30 p.m. Virtual Chair Yoga/ Move to Heal Sara	
NEW TIME 5-6 p.m. Hybrid Group Active Dannah	*NEW* 12:30-1:30 p.m. Hybrid Chair Yoga Lin	4-4:45 p.m. Hybrid Pilates Mat Valerie	4:30-5:30 p.m. Hybrid Group Ride Shannon	4:30-5 p.m. Hybrid R30 Lora*		
NEW TIME 6:05-7:05 p.m. Hybrid Group Power Dannah*	4:30-5:15 p.m. Hybrid Stretch & Tone Jandra	5:30-6:30 p.m. Hybrid Group Power Dannah/Staff*		5-5:50 p.m. Hybrid Latin Dance Workout Ami		
	5:45-6:45 p.m. Hybrid Group Fight Sophia		6-7 p.m. Hybrid Group Active Katie	5:10-5:40 p.m. Hybrid Group Core Lora*		
NEW TIME 7:15-8:15 p.m. Hybrid Group Ride Lora/Carmen	7-8 p.m. Hybrid Group Groove Mary	7-8 p.m. Hybrid Group Blast Retha/Carmen	7:05-8:05 p.m. Hybrid Group Centergy Nikki/Sophia	6-7 p.m. Hybrid Yoga Fundamentals Shannon		

*All new additions and changes to the previous version of the Group Fitness class schedule are marked with a star.

Virtual members may attend hybrid classes via Zoom only. See reverse side for class descriptions.

For more information or to sign up for a class, visit galterlifecenter.org



Part of **NorthShore**

CLASS DESCRIPTIONS

3D30 - 3D30 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.

Barre Concepts - Fusing elements of the strengthening exercises dancers do with modern fitness concepts, Barre improves posture, balance and core strength while lengthening and sculpting the entire body.

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

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!

Gentle Pilates - This gentle Pilates mat class combines the fundamentals of core engagement, proper posture and alignment to achieve an overall balanced body. This class is perfect for beginners or people with physical limitations.

Gentle Yoga - This class offers a therapeutic approach to yoga with simple poses/stretches 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.

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.

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.

Group Core® - 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.

Group Fight™ - Tap into the hottest mixed martial arts movements done at a rapid-fire pace! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive!

Group Groove® - Sweat with a smile during this energizing fitness class. 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!

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.

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.

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 spicy fun!

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

Move 30 - 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.

Move to Heal - These classes are for everybody with short or long term healing goals like recovery from injury, surgery, trauma, etc. It is a mindful movement class, done to a variety of music and crafted to inform, inspire, strengthen, and always to connect to feeling better in our bodies and our lives. Chairs are available and used.

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 glutes.

R30® - This class will get you fitter and feeling better in only 30 minutes. 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.

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

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).

Yoga Fundamentals - 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. All levels welcome. A great class to get started with your yoga practice.

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



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