

Focused Fitness: Specialty Small Group Class Schedule

Fall Schedule Effective: October 1 - December 31

All of the classes on this schedule are part of the Focused Fitness Program. Payment and reservations are required.

For more information or to sign up for a class visit <https://galterlifecenter.org/focused-fitness>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6-6:45 a.m. HIIT 360 Libby Synrgy 360					
7-7:50 a.m. TRX Jesse TRX				7-7:50 a.m. TRX and Toys Diana TRX		
7-7:50 a.m. SwimFit Peter West Pool	Stretch & Springs 8-8:50 a.m. Laura Pilates Studio				8-8:55 a.m. ABC Peter Synrgy 360	
9:30-10:20 a.m. Fluidity Barre Erikka Studio 4		9:30-10:20 a.m. Fluidity Barre Dannah Studio 4		9-9:50 a.m. Fluidity Barre Kate Studio 4	9-10 a.m. Yoga Intensive Staff Studio 4	
12-1 p.m. Yoga Nidra Renee Studio 4		12-12:45 p.m. HIIT 360 Luke Synrgy 360	12-12:50 p.m. SwimFit Peter West Pool	12-12:45 p.m. HIIT 360 Jesse Synrgy 360	11:30 a.m.- 12:20 p.m. Stretch & Springs Joe Pilates Studio	
12:30-1:20 p.m. Aqua Pilates Erin East Pool				1-1:50 p.m. Aqua Pilates Autumn East Pool		
4:30-5:20 p.m. TRX and Toys Erika TRX		4:30-5:20 p.m. TRX Diana TRX			Yoga Intensive: Each month our yoga instructors will focus on a new featured theme. October: Hip Openers November: Yoga for Back Health December: Inversions	
	6-6:55 p.m. ABC Peter Synrgy 360	6-6:50 p.m. Stretch & Springs Valerie Pilates Studio	6-6:55 p.m. ABC Peter Synrgy 360			
	7-7:50 p.m. Fluidity Barre Kate Studio 4		7-7:50 p.m. Stretch & Springs Joe Pilates Studio			

SEE REVERSE SIDE FOR CLASS DESCRIPTIONS



Galter LifeCenter

Part of  **NorthShore**

Class Descriptions:

Aqua Pilates: Increase flexibility while challenging yourself to maintain core stabilization, balance and postural alignment in the healing environment of warm water.

ABC: All Body Conditioning: This circuit workout is created to challenge your body while increasing your strength and muscle tone with easily adaptable exercises on the Synrgy 360.

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.

HIIT 360: This high intensity interval training workout will combine strength and cardio exercises for an efficient, challenging workout. Utilizing the Synrgy 360 participants will perform high intensity effort and active recover bouts that are designed to improve metabolic function, muscle strength and endurance, power, speed and agility.

Stretch and 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.

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.

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.

TRX and Toys: This TRX class will incorporate other equipment (kettlebells, Rip Trainer, BOSU, Vipr, etc) into the mix to improve overall fitness by adding variety and fun.

Yoga Intensive: Each month our expert yoga instructors will focus on a theme to deepen your yoga practice and inspire change, whether it is to improve range of motion, strength, health, balance, or any number of benefits a yoga practice embraces. Topics like, hip openers, yoga for back health, inversions, handstands and more.

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.

Yoga Intensive Monthly Focus:

October- Hip Openers: The yogis say that we carry past experiences in our hips. For the month of October, we will work on poses which open and release tension in the hips. Featured Instructors: Sara, Tim and Corrine

November- Yoga for Low Back Health: Join Jessie Novak in November to explore what can help you manage your back pain or even prevent it from occurring. An emphasis on balance between strengthening and stretching muscles that support the back and spine. We need these muscles supple to bend, stabilize and hold us upright! Bring your specific questions and learn what custom modifications are right for you.

December- Inversions with Lisa Robertson: This month-long focus will explore the poses which place the head below the heart. In each class, we will build a practice toward a specific inverted posture.