

Unlimited Membership Schedule



Spring 2019 effective April 1

Unlimited Membership includes all of the benefits of a full membership plus a compilation of 50+ small group classes, for one price. Pay annually, monthly or purchase drop in passes to take your favorite classes or to try something new! Visit the Membership Office to upgrade today.

| | Time | Class | Instructor | Location |
|----------------|-----------------------------|-----------------------------|----------------|----------------------|
| Mondays | 5:30 - 6 a.m. | Boot Camp | Luke | Functional Zone East |
| | 6 - 6:30 a.m. | Boot Camp | Luke | Functional Zone East |
| | 6:30 - 7 a.m. | Boot Camp | Luke | Functional Zone East |
| | 5:45 - 7 a.m. | Masters Practice* | Peter | West Pool |
| | 7:10 - 7:55 a.m. | SwimFit* | Connie | West Pool |
| | 8 - 8:30 a.m. | 3D30 | Leslie | Studio 1 |
| | 8 - 8:50 a.m. | Pilates Stretch and Springs | Cori | Pilates Studio |
| | 9 - 9:55 a.m. | Fluidity Barre | Erikka | Studio 2 |
| | 10:15 - 11:10 a.m. | Fluidity Barre | Shannon | Studio 2 |
| | 6:45 - 8 p.m. | Masters Practice* | Marissa | West Pool |
| 7 - 7:50 p.m. | Pilates Stretch and Springs | Laura | Pilates Studio | |

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|-----------------|-------------------|-----------------------------|---------|----------------------|
| Tuesdays | 6 - 6:45 a.m. | Tabata Boot Camp | Maki | Studio 3 |
| | 7:15 - 8 a.m. | TRX | Jesse | TRX |
| | 8 - 8:45 a.m. | TRX | Jesse | TRX |
| | 8 - 8:50 a.m. | Pilates Stretch and Springs | Juliet | Pilates Studio |
| | 9:30 - 10:25 a.m. | Fluidity Barre | Erin | Studio 2 |
| | 9:30 - 10:30 a.m. | Boot Camp | Katie | Studio 3 |
| | Noon - 1 p.m. | Masters Practice* | Peter | West Pool |
| | 5:30 - 6:30 p.m. | Masters Practice* | Matt | West Pool |
| | 6 - 7 p.m. | ABC | Peter | Functional Zone East |
| | 7:05 - 8 p.m. | Fluidity Barre | Kate K. | Studio 2 |

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|-------------------|------------------|-----------------------------|-------------|----------------------|
| Wednesdays | 5:30 - 6:30 a.m. | Boot Camp | Luke | Studio 3 |
| | 5:45 - 7 a.m. | Masters Practice* | Peter/Billy | West Pool |
| | 8 - 8:30 a.m. | 3D30 | Jesse | Studio 1 |
| | 8:30 - 9 a.m. | Power Plate Synergy Circuit | Leslie | Functional Zone East |
| | 9 - 9:55 a.m. | Fluidity Barre | Erikka | Studio 2 |
| | 6 - 7 p.m. | Sports Conditioning Circuit | Peter | Functional Zone East |
| | 7 - 7:45 p.m. | SwimFit* | Fabian | West Pool |

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|------------------|-------------------|-----------------------------|--------|----------------------|
| Thursdays | 8 - 8:50 a.m. | Pilates Stretch and Springs | Juliet | Pilates Studio |
| | 9:30 - 10:25 a.m. | Fluidity Barre | Erin | Studio 2 |
| | 9:30 - 10:30 a.m. | Boot Camp | Lizzie | Studio 3 |
| | Noon - 1 p.m. | Masters Practice* | Grant | West Pool |
| | 5:30 - 6:30 p.m. | Masters Practice* | Billy | West Pool |
| | 6 - 7 p.m. | ABC | Peter | Functional Zone East |
| | 7 - 7:50 p.m. | Pilates Stretch and Springs | Joe | Pilates Studio |

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|----------------|--------------------|-------------------|---------|-----------|
| Fridays | 5:45 - 7 a.m. | Masters Practice* | Grant | West Pool |
| | 6 - 6:45 a.m. | Tabata Boot Camp | Leslie | Studio 3 |
| | 7:10 - 7:55 a.m. | SwimFit* | Connie | West Pool |
| | 8 - 9 a.m. | Boot Camp | Joe | Studio 3 |
| | 9 - 9:55 a.m. | Fluidity Barre | Kate K. | Studio 2 |
| | 9:30 - 10:15 a.m. | TRX | Jesse | TRX |
| | 10:15 - 10:45 a.m. | 3D30 | Francie | Studio 2 |

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|------------------|-------------------|-----------------------------|------------|----------------------|
| Saturdays | 6:40 - 8:05 a.m. | Masters Practice* | Matt/Billy | West Pool |
| | 9 - 10 a.m. | ABC | Peter | Functional Zone East |
| | 9:30 - 10:25 a.m. | Fluidity Barre | Shannon | Studio 2 |
| | 11:15 a.m. - noon | Pilates Stretch and Springs | Joe | Pilates Studio |
| | 12:15 - 1 p.m. | Pilates Stretch and Springs | Juliet | Pilates Studio |

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| Sundays | 9 - 10 a.m. | Tread and Shred | Mary | Functional Zone East |
| | 10:15 - 11:10 a.m. | Fluidity Barre | Shannon/Kate | Studio 2 |
| | Noon - 1 p.m. | Masters Practice* | Billy/Grant | West Pool |
| | 12:10 - 12:55 p.m. | Pilates Stretch and Springs | Joe | Pilates Studio |

*Prerequisites required: **Masters Practice** participants must contact Head Coach, Billy Cordero at bilycordero@rocketmail.com prior to their first practice. **SwimFit** participants must be able to swim 100 yards consecutively.

Class Descriptions

3D30 (previously ViPR Workout): 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.

Level: Intermediate **Type:**   

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

Level: All levels **Type:**   

Boot Camp: Every minute counts! Intervals of strength and cardio will take your fitness to a new level. Run, stair climb, lunge and burpee your body strong! Monday Boot Camp has been extended to 7 a.m. participants are welcome to come for a full workout or just stay for 30 minutes!

Level: Intermediate **Type:**   

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.

Level: All Levels **Type:** 

Masters Practice: The Masters Swim team is a year-round group for adults who want to swim competitively, and who enjoy a strong team atmosphere. Each practice is led by Certified United States Masters Swimming (USMS) coaches and is specifically designed for fitness swimmers, tri-athletes and former competitive swimmers.

Level: Advanced **Type:**   

Pilates 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.

Level: Intermediate **Type:**  

Power Plate Synrgy Circuit: Join us for 30-minute circuit workouts incorporating the Synrgy360, a workout station including dynamic exercise equipment for your total body, and the Power Plate, a machine that gives your muscles a high-speed workout using vibrations to stimulate them to contract and relax. Classes are designed to work your core, balance, strength and flexibility.

Level: All Levels **Type:**   

Sports Conditioning Circuit: Whether for fun or performance this class will work to develop strength, cardio, mobility, balance, agility, coordination, reactivity and power through exercises and drills on the Synrgy360. Intensity, complexity and movements can be tailored to each individual's skill and conditioning level. Great for Masters swimmers, triathletes and anyone wanting to train like an athlete!

Level: Intermediate **Type:**  

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.

Level: Intermediate **Type:**   

Tabata Boot Camp: Tabata Bootcamp is high intensity interval training with timed drills. This 45 minute class is packed with some power and punch to get the day off to a strong start.

Level: Advanced **Type:**   

Tread and Shred: An instructor led cardio and strength interval training class that will leave you sweating out the calories. You will alternate between the treadmill and strength exercises to take your calorie burn to the max!

Level: All levels **Type:**   

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.







Level: All levels **Type:** 

Booking Rules:

Reservations are recommended for all Unlimited Membership classes due to the small class sizes.

- To reserve your spot, sign up ahead of time online at GalterLifeCenter.org under *My Wellness* or at the Courtesy or Fitness Desks.
- Reservations are available up to 30 days in advance; at least a 24 hour cancellation notice is expected, if you cannot make the class please contact the Courtesy Desk (773-878-9936, ext. 5660).
- Signing up for a class does not guarantee your spot, you must show up on time. There will be a 5 minute grace period. After 5 minutes the reserved spot will be forfeited.
- **No shows:** If you make reservations and continuously do not show up for class or cancel within 24 hours (3 or more times), you be given a warning. If it happens again your reservation privileges will be suspended.
- **If on a waitlist,** log into *My Wellness* online and check in Group Exercise to see if spots have become available on the day of your class.

Notes: *Schedule subject to change based on participation. Instructor substitution may be made without prior notice.*

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| LEVELS: | All Levels= All are welcome |
| | Intermediate= Prior exercise experience |
| | Intermediate/Advanced= Prior exercise experience and able to do some high impact exercises |
| ACTIVITY TYPES: |  = Cardio  = Interval Training  = Mind/Body |
| |  = Strength  = Circuit Training  = Water |