

Unlimited Membership Schedule



Winter 2020 effective January 6

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	Jesse	Functional Zone East
	6 - 6:30 a.m.	Boot Camp	Jesse	Functional Zone East
	6:30 - 7 a.m.	Boot Camp	Jesse	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
	6:45 - 8 p.m.	Masters Practice*	Marissa	West Pool
	7 - 7:50 p.m.	Pilates Stretch and Springs	Laura	Pilates Studio

Tuesdays	6 - 6:45 a.m.	Tabata Boot Camp	Karen	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

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 Synrgy 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.	TRX	Dennison	TRX
	7 - 7:45 p.m.	SwimFit*	Fabian	West Pool

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

Fridays	5:45 - 7 a.m.	Masters Practice*	Peter	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 3

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

Sundays	9 - 10 a.m.	Tread and Shred	Mary	Functional Zone East
	10:15 - 11:10 a.m.	Fluidity Barre	Shannon/Dannah	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 email chicagoswedishfish@gmail.com prior to their first practice. **SwimFit** participants must be able to swim 100 yards consecutively.

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 Boot Camp 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 a week 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.

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