

Unlimited Membership Class Schedule



Summer 2017 effective August 14

This schedule will be effective for the duration of the West Pool Area closure.

We anticipate the closure will last approximately 4 weeks.

All members will receive access to Unlimited Membership classes from August 14 - September 4.

If you are already an Unlimited Member your dues will be prorated to reflect the free days.

	Time	Class	Instructor	Location
Mondays	5:30 - 6:30 a.m.	Boot Camp	Caitlin	Studio 3
	6:30 - 7:30 a.m.	Boot Camp	Caitlin	Studio 3
	8 - 8:30 a.m.	ViPR	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 - 10:55 a.m.	Fluidity Barre	Kate K.	Studio 2
	4:45 - 5:30 p.m.	Qigong/ Meditation	Lin	Studio 4
	7 - 7:50 p.m.	Pilates Stretch and Springs	Joe	Pilates Studio
	7:15 - 8:15 p.m.	NEW! Yoga for Athletes	Nicole	Studio 2

Tuesdays	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 - 10:30 a.m.	Boot Camp	Caitlin	Studio 3
	1 - 1:50 p.m.	NEW! Aqua Barre/Pilates	Erin	East Therapy Pool
	2:45 - 3:45 p.m.	Yoga Nidra	Renee/Lin	Studio 4
	4 - 5 p.m.	Zen Yoga	Shannon	Studio 4
	6 - 7 p.m.	ABC	Peter	Functional Zone East

Wednesdays	5:30 - 6:30 a.m.	Boot Camp	Luke	Studio 3
	6:30 - 7:30 a.m.	Boot Camp	Luke	Studio 3
	8 - 8:30 a.m.	ViPR	Caitlin	Studio 1
	8:30 - 9 a.m.	Power Plate Synrgy Circuit	Caitlin	Functional Zone East
	NEW TIME! 10 - 10:55 a.m.	Fluidity Barre	Shannon	Studio 2
	6 - 7 p.m.	Sports Conditioning Circuit	Peter	Functional Zone East

Thursdays	9:30 - 10:25 a.m.	Fluidity Barre	Erin	Studio 2
	9:30 - 10:30 a.m.	Boot Camp	Caitlin	Functional Zone East
	5:30 - 6 p.m.	ViPR	Sophia	Studio 2
	6 - 7 p.m.	ABC	Peter	Functional Zone East
	7 - 7:50 p.m.	Pilates Stretch and Springs	Andrew R.	Pilates Studio

Fridays	5:30 - 6 a.m.	ViPR	Leslie	Studio 2
	6 - 6:30 a.m.	Boot Camp Express	Leslie	Studio 3
	6:30 - 7:30 a.m.	Power Plate Synrgy Circuit	Luke	Functional Zone East
	8 - 9 a.m.	Boot Camp	Caitlin	Studio 3
	9 - 9:55 a.m.	Fluidity Barre	Francie	Studio 2
	9:30 - 10:15 a.m.	Pilates Stretch and Springs	Jesse	Pilates Studio
	10:15 - 10:45 a.m.	ViPR	Francie	Studio 2
	12:35 - 1:05 p.m.	Meditation	Tracy	Studio 4
6 - 6:55 p.m.	Fluidity Barre	Suzanne	Studio 2	

Saturdays	9 - 10 a.m.	ABC	Peter	Functional Zone East
	9:30 - 10:25 a.m.	Fluidity Barre	Shannon	Studio 2
	11 - 11:30 a.m.	Meditation	Diane	Studio 4
	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
	12:10 - 12:55 p.m.	Pilates Stretch and Springs	Joe	Pilates Studio

Masters Practice and SwimFit will be back when the West Pool reopens.



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.

Class Descriptions

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:**   

Aqua Barre/Pilates: A blend of Aqua Barre and Aqua Pilates. Get the best of both classes in a small group setting. Dance based barre exercises and Pilates movements will help increase flexibility while challenging core stabilization, balance and postural alignment.

Level: Intermediate **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!

Level: Intermediate **Type:**   

Boot Camp Express: Join us for a condensed version of our regular Boot Camp class. In 30 minutes you will alternate intervals of strength and cardio to improve your fitness! Get stronger and move your fitness to another level!

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:** 

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.

Level: All levels **Type:** 

Pilates Stretch & 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 or 60 minute circuit workouts incorporating the Synrgy360 - a workout station including dynamic exercises 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:**   

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

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:**  


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:** 

ViPR: The ViPR workout 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:**   

Yoga for Athletes: Tailored for individuals training for sport/athletic events. It is intended for self care and active recovery to allow you to continue to train hard for your event. Similar to a vinyasa flow, with warming up the body for deep stretching and static poses. Some yoga experience recommended.

Level: All levels **Type:** 

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. Class begins with 10 minutes of gentle asana, with the majority of the practice performed in savasana (corpse pose).

Level: All levels **Type:** 

Zen Yoga: This class combines the deep relaxation of classic Restorative Yoga and the deep stretching of Yin Yoga into a beautiful practice that will soothe the body and soul. Deeply supported poses are held for a longer time allowing for full release of the tensions stored in the physical body.







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 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).

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 is 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