

LIBERTYVILLE SPORTS COMPLEX GROUP EXERCISE SCHEDULE



September 2019



Peterson Rd & Hwy 45, Libertyville, IL 60048 * Fitness Desk: (847) 367-1504

MON	TUE	WED	THU	FRI	SAT	SUN
	5:15AM STRENGTH/CORE <i>Maribeth</i>	5:15AM CYCLE <i>Lisa</i>	5:15AM BARRE SCULPT <i>Maribeth</i>	5:15AM CYCLE <i>Becky</i>	NO 7:30AM HIIT on 8/31	
7:00AM STRENGTH/CORE <i>Lisa</i>	7:00AM CARDIO & CORE <i>Lisa</i>		7:00AM BASIC TRAINING <i>Lisa</i>			
8:30AM TOTAL BODY CONDITIONING <i>Carol</i>	8:30AM STRENGTH & FLEXIBILITY <i>Jodi</i>	8:30AM BASIC TRAINING <i>Katie</i>	8:30AM ZUMBA® <i>Carol</i>	8:30AM CARDIO & CORE <i>Katie</i>	8:00AM H.I.I.T. <i>Katie</i>	8:15-9:05AM CYCLE <i>Lisa</i>
8:30AM CYCLE <i>Dina</i>		8:30AM CYCLE <i>Christin</i>		8:30AM CYCLE <i>Kathy</i>	<i>Later start times beginning Saturday, 9/07</i>	10:00-11:15AM YOGA <i>Pam/Ruth Ann</i>
9:35AM DANCE JAM <i>Cara</i>	9:35AM ZUMBA® <i>Tasha</i>	9:35AM YOGA <i>Liz</i>	9:35AM BARRE SCULPT <i>Jodi</i>	9:35AM DANCE JAM <i>Cara</i>	9:15AM STRENGTH & FLEXIBILITY <i>Jodi</i>	4:00PM jazzercise® (No class 9/01)
10:40-11:30AM SENIORCIZE <i>Cara</i>	10:40-11:30AM SENIORCIZE <i>Tasha</i>	10:40-11:30AM SENIORCIZE <i>Liz</i>	10:40-11:30AM SENIORCIZE <i>Anna</i>	LABOR DAY WEEKEND: Saturday, 8/31: *NO 7:30AM HIIT *There will be a 9:00AM Strength class (Saturday classes will go back to pre-summer times: 8:00 & 9:15 on 9/07) Monday, 9/02: *Fitness is open 7:00AM-Noon *8:30AM Basic Training w/ <i>Lisa</i>		
11:45AM-12:45PM GENTLE YOGA <i>Ruth Ann</i>	11:45AM-12:45PM CHAIR YOGA <i>Tasha</i>		11:45AM-12:45PM GENTLE YOGA <i>Sharon</i>			
5:00PM STRENGTH & FLEXIBILITY <i>Maribeth</i>	5:00PM YOGA <i>Liz</i>	5:00PM STRENGTH & FLEXIBILITY <i>Jodi</i>	5:00PM BARRE SCULPT <i>Liz</i>			
6:05PM STEP <i>Maribeth</i>	7:15PM jazzercise®		7:15PM jazzercise®			

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The question isn't who's going to let me; it's who is going to stop me?

AYN RAND

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When we strive to become better than we are, everything around us becomes better too.

PAULO COELHO

Barre Sculpt - Tone & lengthen your muscles in this ballet/Yoga/Pilates-inspired class using light-to-no resistance and utilizing a chair or step or wall as your ballet barre. Barre sculpt exercises rely mainly upon bodyweight for resistance, and the moves challenge core stability and balance.

Basic Training - A fun, challenging way to get your cardio and muscle workouts all in one! Intervals of strength (squats, lunges, push-ups, etc.), and aerobics (running, cycling, sports drills, jumping rope, plyometrics) are all part of this “no frills” boot camp designed to improve your cardiovascular fitness, enhance your athletic performance and accelerate weight loss. Intended for all fitness levels—work at your own pace.

Cardio & Core – Jump start your metabolism with this high energy class! Anything goes with cardio intervals followed by core building strength exercises.

Cycle - Group cycling is an awesome way to burn fat, increase strength, and improve cardio fitness. **Sign in at the Fitness Desk to reserve your bike.** (Please do not sign in for anyone else.) If you are new to Cycle, allow 10 minutes before class to set up your bike. **NO cell phone conversations during class, please.**

Dance Jam! - Hi/low impact aerobics with a dance twist and simple choreography. Athletic movement combined with a little stylized flair makes this a fun and great workout for everyone!

H.I.I.T (High Intensity Interval Training) - short periods of high intensity training with just below maximum effort followed by a recovery period of low intensity.

jazzercise® - the original dance-exercise phenomenon! (Classes are free for our members but you will be asked to sign in with the Jazzercise instructor prior to class.)

Seniorcize - It's never too late to start exercising—especially when it's so FUN! Low impact aerobics followed by exercises designed to increase strength and flexibility and enhance posture and balance.

Step – A fun step cardio class. Choreography will be introduced and broken down, then fused together in a 55-min. class that will fly by!

Strength & Flexibility - Non-aerobic class that will improve muscular strength, endurance, flexibility and balance. Using a variety of equipment (Resist-a-Balls, Body Bars, weights, bands, Xertubes, Xercuffs), you'll challenge all major muscle groups.

TBC (Total Body Conditioning) - Functional, efficient training. Burn fat and tone your body with this non-stop cardio, core, and strength training class. A fun, energetic interval workout using the principles of interval training to increase your cardio and muscle endurance. Easy to follow moves! Equipment use will vary. Class is intended for all fitness levels--work at your own pace. Modifications will be shown.

YOGA - Yoga helps build flexibility, tone muscle and prevent back pain. This is a multi-level, non-competitive class designed to introduce beginners to the benefits of yoga, yet challenge continuing students. **GENTLE YOGA** - Ideal for beginners or those looking for a more restorative practice. Emphasis on breathing, stretching, balance & relaxation as well as learning basic yoga poses.

CHAIR YOGA - No matter what age you are or what condition you are in, you can experience the health benefits of yoga; many yoga postures, breathing techniques, meditation, and relaxation techniques can be done using a chair for support.

Zumba® - ZUMBA is the largest Latin-inspired dance fitness brand in the world. It incorporates moves such as merengue, mambo, salsa, rumba, cha-cha and others into an amazing workout! Ditch the workout—join the party!

FITNESS CENTER HOURS:

Monday-Thursday	5:00AM - 9:30PM
Friday	5:00AM - 9:00PM
Saturday	7:00AM - 6:00PM
Sunday	8:00AM - 5:00PM

For questions about Group Fitness Classes : Jodi Thors at jthors@libertyville.com
For questions about Fitness Memberships : Eric Freidenfelds at efreidenfelds@libertyville.com