

Fall 2018 Group Exercise Schedule

Schedule Effective **NOVEMBER 19th**

FALL-Updated 11/13/18

Monday

5:45-6:45a	Cycle/Warrior*	Cancelled
8:00-8:50a	TRX Circuit Ω	Sheri
8:30-9:20a	Aqua	Amy
9:00-9:50a	Pilates •	Sheri
9:00-10:00a	Yoga Flow*	Susan
9:30-10:30a	Indoor Cycle*	Ellen
9:30-10:20a	Cardio Dance ▲	Ali
9:30-10:20a	Fit/Bar Fusion ♣	Amy H
5:40-6:30p	Strength Fusion•	Kris
6:00-7:15p	Yoga*	Lisa Devi
6:40-7:40p	Warrior 450*•	Craig

Tuesday

5:50-6:50a	FitBar Fusion •	Lisa H
8:00-8:50a	Warrior 450* •	Tim
9:15-10:05a	Warrior 450* •	Tim
9:00-10:15a	Yoga*	Elly
10:00-11:15a	Yoga Tone*▲	Nicole W
10:15-11:05a	Zumba •	Lucy
12:15-1:05p	Cycle @ Lunch*	Susan
5:45-7:00p	Yoga Plus*	Steve
5:40-6:30p	Pulse Barre •	Cheryl
7:15-8:15p	Yoga*	Steve

Wednesday

5:50-6:50a	Indoor Cycle*	Carol
8:00-8:50a	FitBar •	Amy
8:50-9:20a	Tread It ♪	Stacey
9:00-10:00a	Aqua	Amy H
9:30-10:20a	Tabata Fusion •	Stacey
9:30-10:20a	WERQ® ▲	Lee
9:30-10:45a	Yoga Flow*	Masha
9:30-10:30a	Indoor Cycle*	Gilda
11:00-12:00p	Yin Restorative Yoga*	Rachel
12:15-1:05p	Hatha Yoga*	Rachel
12:15-1:05p	Warrior 450* •	Amy H
1:30-2:30p	Pilates •	Sheri
2:40-3:10p	Stretch It Out •	Sheri
6:00-7:00p	Indoor Cycle*	Carol
6:00-6:50p	Zumba ▲	Lucy

Thursday

5:30-6:30a	Yoga*	Steve
8:00-8:45a	Cycle Express*	Gilda
8:30-9:20a	Zumba •	Lucy
8:45-9:45a	Aqua	Diane
9:00-10:15a	Yoga Flow*	Tatiana
9:30-10:20a	Warrior 450* •	Ellen
9:30-10:45a	Yoga Tone ▲	Nicole W
10:30-11:45a	Yoga 101*	Lisa Devi
12:15-1:05p	Cycle @ Lunch*	Cancelled
5:30-6:20p	Warrior 450* •	Amy H
6:30-7:30p	WERQ® ▲	Camilla/ Bianca
6:00-7:00p	PiYo*	Nicole B

Friday

5:45-6:35a	Warrior 450*•	Tim
8:00-8:50a	Total Cond.•	Sheri
8:45-9:45a	QiGong*	Lisa Devi
9:00-9:50a	Pilates •	Sheri
9:10-10:10a	Interval Conditioning ▲	Gilda
9:30-10:30a	Indoor Cycle*	Ellen
9:30-10:15a	Tread It/Core ♪/Ω	Stacey
10:00-10:30a	Stretch It Out •	Sheri
10:00-11:00a	Yoga*	Lisa Devi

Saturday

7:45-8:45a	Indoor Cycle*	Carol
8:00-9:15a	Yoga Plus*	Steve
8:45a-9:45a	Pilates ▲	Susan
9:30-10:30a	Zumba •	Lucy
9:15-10:30a	Yoga*	Steve
9:30-10:30a	Tabata Fusion ♥	Jodi B
10:45-12:00p	QiGong/Yoga Fusion*	Lisa Devi

Sunday

7:45-8:35a	Warrior 450*•	Gilda/Cheryl
8:00-9:00a	Triple Threat ♣	Craig
8:00-9:00a	Indoor Cycle*	Ellen
8:50-9:45a	Pulse Barre•	Gilda
9:30-10:45a	Yoga*	Tatiana
9:50-10:45	WERQ®/Zumba▲	Camilla/Lucy
12:45-2:00p	Yoga*	Nicole B



Sachs Recreation Center

Class Information

* 24 Hour advance sign-up for this class is highly recommended

★ New Class

Instructor, time, or format change noted in red

Lite Classes are designed to also welcome active older adults, those new to group exercise, and those getting back into an active lifestyle

Class Locations

All Indoor Cycle classes will be held in the Cycle Studio

All Yoga and QiGong classes will be held in the Mind Body Studio

All Aqua classes will be held in the Pool

- Bulls Gym
- Ω Jungle Gym Studio
- ♥ Gym A
- ▲ Group X 2
- Group Exercise Studio
- ♪ Fitness Floor
- ♣ Gym B
- ◆ W24



Deerfield Park District

Aqua • A total body water workout designed to improve cardiovascular endurance, strength, and flexibility.

Body Sculpt • A creative interval class using light weights and cardio intervals to sculpt various body parts.

Cardio/Strength • A variety of cardio and strength components, which will vary each week. (ie. Tabata, circuits, hi/Lo, etc)

Core Fusion • This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. The instructor may include a variety of equipment in this great workout.

Cycle/Jungle Gym • 35 minutes of cycling combined with 25 minutes of TRX Suspension Training.

Cycle @ Lunch • 50 minutes of Indoor Cycling. What a great way to spend your lunch hour.

Dance,Cardio • A high energy, dance-inspired cardio workout involving continuous movements to today's current hits.

Dance,Dance,Tone • A high energy, dance-inspired cardio workout involving continuous movements to today's current hits. Strength and core exercises will also be added at the end of this class.

FIT/BAR Fusion • Challenge your muscular strength with a bar while integrating muscular endurance with balance and coordination.

Hatha Yoga • Hatha Yoga is moderately paced and suitable for all levels.

Indoor Cycle • An addictive high energy workout! Build strength and endurance during a non-impact ride on a stationary bike. A great component of cross training.

Interval Conditioning • Total Body workout will keep you coming back for more. Challenge yourself using free weights and your body weight.

Mindful Flow Yoga • Yoga practice that synchronizes breath with movement, flowing smoothly to re-energize the body and relax the mind.

Pilates • A mat based exercise class designed to improve core strength and stability. Emphasis on muscular balance and flexibility.

Pulse Barre • This is an innovative and challenging barre experience that seamlessly weaves together traditional muscle-sculpting barre with exhilarating cardio segments to define and challenge the body in a whole new way!

PiYo • A dynamic workout that incorporates the conditioning and core-firming elements of Pilates with the mind & body focus of Yoga. In this class we will flow between flexibility centric yoga poses and strengthening Pilates exercises.

QiGong • Come learn how to balance intent with relaxation through standing meditation, smooth continuous movements, and self-massaging techniques.

QiGong/Yoga Fusion • Revitalize your body's energy system with a blend of Qigong and Yoga practices that restore life's rhythm and harmony. Both yoga and qigong nurture through meditative breathing, gentle stretches and attention training. Learn how to move with freedom, calm the nervous system and release habitual holding while strengthening the body. This class will increase your energy level and help you feel more grounded, intuitive and creative.

Strength Fusion • This class uses various resistance-training techniques (Tabata, intervals, circuit and strength programming), as well as a variety of equipment, and some cardio to improve muscular strength and endurance. Increase muscle definition and elevate the body's metabolism by developing lean muscle mass. Proper technique and form are emphasized.

Stretch It Out • A 30 minute class designed to help stretch and lengthen the body. Participants will learn to use various props such as bands, Pilates rings, and the much needed foam roller! Come to learn how to better stretch on your own!

TABATA FUSION • This high intensity interval training class will focus on combinations of strength and cardio intervals using the Tabata format of training. Each exercise requires 20 seconds of work followed by 10 seconds of rest repeated 8 times through. This class is a perfect fusion of strength and cardio to give you a full body workout.

Total Conditioning • Challenge your muscular strength and cardiovascular endurance during this circuit style class.

Tread It/Core • A cardio & core class combining intervals of treadmill training (hills, flats, intervals, and sprints) followed with sets of various core exercises.... You do not need to be a runner to participate... all levels welcome!

Triple Threat • This class combines three great workouts conveniently in one hour. Triple Threat is a combination of strength training, core conditioning, and cardio exercises, all wrapped into one!

TRX Circuit • Suspension training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously. This class is appropriate for all fitness levels.

Warrior 450 • This 50 minute high energy workout has participants working "Circuit Style" in groups of 4. TRX and Water Rowers will be staples in this class. Instructors will use other fitness "toys" (Battle Ropes, Heavy Bags, Sandbells...) based on their plan for you that day. Bring your A Game every time!

WERQ® • WERQ® is the fiercely fun dance fitness workout class based on Pop, Rock, and Hip Hop music taught by Certified Fitness Professionals. The WERQ® warmup previews the dance steps used in class and the WERQ® cooldown includes balance and yoga-inspired poses. Are you ready to WERQ®?

Yoga & Meditation • Yin Yoga targets the deeper more visceral connective tissues of the hips, pelvis, and lower spine. The yin poses are done almost entirely on the floor and are held for 3-5 minutes. A challenging but quiet practice which prepares one for sitting in meditation.

Yoga • Relax, strengthen, and soothe the mind. Focus is on flexibility, balance, and strength through postures and breathing. Beginners through Level II.

Yoga 101 • Learn all of the Yoga basics in a very comfortable setting. No previous Yoga experience necessary.

Yoga Flow • A challenging Yoga class designed for those with prior Yoga experience.

Yoga Plus • Focus is on flexibility, balance, and strength through postures and breathing. Intermediate to advanced participants.

Yoga Tone • Traditional Yoga poses combined with light weights for definition and tone with a focus on breathwork and alignment all set to energizing music for a full body workout.

Yin Restorative Yoga • This Yoga class focuses on stretching and relaxation. All levels welcome.

Zumba • A fun dance based cardio workout set to great motivating music. A feel happy workout adaptable to all fitness levels.