Group Exercise Schedule

Effective July 1 - August 31

Key: Class Locations

Pool
Zoom
Outdoor

CS = Cycle Studio
MBS = Mind Body Studio
GES = Group Exercise Studio

Sachs Recreation Center Hours:

Monday-Friday: 5am-9pm
Saturday: 7am-5pm
Sunday: 7am-3pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9-10am **Yoga** Jill - MBS	9-10am **Group Cycle** Ellen - CS	5:45-6:45am **Warrior19** Amy K. - GES	6-7am **Group Cycle** Carol - CS	6-7am **Yoga** Steve - MBS	5:45-6:45am **TRX Bootcamp** Amy K. - GES	7:15-8:15am **Group Cycle** Carol - CS
9-10am **Group Cycle** Robyn - CS	9-9:45am **Aqua** Amy - Pool	8-9am **HIIT** Nancy - Jaycee Park	**NEW!** 7:45-8:45am **Warrior** Kendall - GES	7:30-8:30am **Tabata & More** Nancy - Jaycee Park	9-10am **Group Cycle** Ellen - CS	8:30-9:45am **Yoga** Steve - MBS
NEW! 9-9:50am **Full Body Strength** Lucy - GES	9-9:55am **Pilates Fusion** Sheri - GES	9-10am **Barbell** Ellen - GES	9-10am **Full Body Strength** Ellen - GES	7:45-8:45am **Group Cycle** Carol - CS	**NEW!** 9-10am **TRX Bootcamp** Amy K. - GES	9-10am **Tabata & More** Jodi - GES *Indoor- May 13* *Brickyards Park* *May 14-Aug 31*
10-10:50am **Zumba** Lucy - GES	**NEW!** 10–10:45am **Stretch It Out** Sheri - GES	9-9:45am **Aqua** Amy - Pool *Indoor - June 13* *Deerspring Pool* *June 12-Aug 11*	10:15-11:15am **WERQ** Lee - GES	8:30-9:45am **Yoga Tone** Nicole - MBS		9-10am **WERQ** Lee - Zoom
	5:30-6:30pm **Yoga** Rachel - Zoom	10–11am **Yoga 101** Steve - MBS	5:30-6:30pm **Yin Yoga** Selima - MBS	9-10am **Total Body Conditioning** Jodi - GES		11:30am-12:15pm **Aqua** Amy - Pool
	NEW! 6:30-7:30pm **Full Body Strength** Kendall - GES	11:15am-12pm **Chair Yoga** Steve – MBS	5:30-6:15pm **Pulse Barre** Cheryl - GES	9-9:45am **Aqua** Amy - Pool *Indoor - June 13* *Deerspring Pool* *June 12-Aug 11*		
		6:15-7:30pm **Yoga** Steve - MBS	**NEW!** 6:20-7:05pm **GROOV3** Cheryl - GES	**NEW!** 6:30-7:30pm **HIIT** Kendall - GES		
		7:30-8:15pm **Yin Yoga** Steve - MBS				

Sachs Recreation Center 455 Lake Cook Road Deerfield, IL 60015 | **847-572-2600** | sachsreccenter.org

Group Exercise Class Descriptions

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Aqua: This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.
Barbell: Challenge your muscular strength with a bar while integrating muscular endurance with balance and coordination.
Chair Yoga: Chair Yoga is a gentle class adapting yoga poses with a chair. This class cultivates awareness and deep relaxation through meditation, breath work, and gentle stretches all without the stress of getting up and down off the floor.
Full Body Strength: Challenge your muscles in every possible way using hand-held weights and bands in this total-body muscle conditioning class. This simple, easy to follow strength workout challenges every major muscle using a variety of equipment. Increase your lean body mass while reducing your body fat in this full body workout.
GROOV3: Class is for everyone, whether you grew up dancing, or have always wanted to learn. A non-intimidating, non-stop dance workout. Easy-to-follow choreography and getting a great cardio workout. No dance experience necessary.
Group Cycle: Lead through an exhilarating ride designed to improve overall fitness while increasing performance with focus on endurance, strength, interval and all-terrain training..
HIIT: HIIT is a full-body workout. The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. This class combines resistance training with plyometric moves to improve your strength and power.
Pilates Fusion: Incorporates exercises from different workout styles—including barre, yoga, strength training, cardio, and dance—to give a modern twist to Mat Pilates. Similar to Mat Pilates, this style has a deep focus on the core and emphasizes moves that will tone, stretch, and elongate muscles.
Pulse Barre: This class is a total body workout that slims your hips, tightens your thighs, lifts your seat and mobilizes your metabolism utilizing ballet movements, intelligent isometrics, challenges in rhythm, range of motion and progressive core training. Your body heals, tightens, strengthens, so you look, feel and move better!
Stretch It Out: Class is designed to help stretch and lengthen the body. Participants will learn to use props such as bands, Pilates rings, and the much-needed foam roller. Come to learn how to better stretch on your own!
Tabata & More: 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. This class is a prefect fusion of strength and cardio to give you a full-body workout.
Total Body Conditioning: Get it all when you join us for this spectacular blend of cardio and strength training.
Class will consist of a full body muscle workout along with cardio intervals and finish with core work and stretching.
TRX Bootcamp: This class takes your workout to a whole new level utilizing the TRX suspension trainer along with additional tools (will vary week to week) to build total body strength and cardiovascular endurance while increasing flexibility and challenging your core all at the same time.
Warrior19: This high energy workout has participants working circuit style. Concept2 Bike ERG and Water Rowers will be the sta-ples in this class. Instructor will use other fitness toys (battle ropes, kettlebells, sand bells, etc.) based on the plan for you that day.
WERQ: This wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat.
Yin Yoga: Relax, strengthen and soothe the mind. Focus in on flexibility, balance, and strength through postures and breathing. Beginners through Level II.
Yoga: This class incorporates yoga postures, gentle movement sequences, supported silent meditation, and guided relaxation to support increased awareness and mindfulness of the body and quieting of the nervous system.
Yoga 101: Learn all of the yoga basics in a very comfortable setting. No previous yoga experience necessary.
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.
Zumba: Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.