

# GROUP FITNESS

Spring 2022 Schedule • January 17 - May 22, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 am Studio C <b>Muscle Work</b> Josh	5:45-6:15 am Studio B <b>Les Mills SPRINT™</b> Ann	5:45-6:15 am Studio A <b>Les Mills GRIT™</b> Ranin	5:45-6:15 am Studio B <b>Les Mills SPRINT™</b> Aaron	5:45-6:30 am Studio A <b>Les Mills BODYPUMP™</b> Jana	7:15-7:45 am Studio A <b>Les Mills GRIT™</b> Ranin	8:15-8:45am Studio B <b>Les Mills SPRINT™</b> Ann
8:30 am Deep Pool <b>Aqua Deep</b> Dawna	8:30 am Studio B <b>Cyclone Cycle</b> Annette	7:30 am Studio C <b>Muscle Work</b> Josh	8:30-9:15 am Studio B <b>Les Mills THE TRIP™</b> Erin A.	8:30 am Shallow Pool <b>Aqua Medley</b> Nicole/Tom	8:00 am Studio A <b>Les Mills BODYPUMP™</b> Ranin	9:00 am Studio A <b>Les Mills BODYCOMBAT™</b> Renee
9-10:00 am Fitness Floor <b>Power Hour</b> Erin A.	9:00 am Studio A <b>Hatha Yoga</b> Lin	8:30 am Shallow Pool <b>Aqua Medley</b> Ellen	9:00 am Studio A <b>Restorative Yoga</b> Beth	8:30 am Studio C <b>Cardio Fusion</b> Viviana	8:30 am Shallow Pool <b>Aqua Medley</b> Joanna	9:30-10:30 am Studio C <b>Vinyasa Yoga</b> Katie/Erin S.
9:30 am Shallow Pool <b>Aqua Tabata</b> Dawna	9:30 am Shallow Pool <b>Aqua Fusion</b> Leah	8:30 am Synrgy 360 <b>Synrgy 360</b> Erin A.	9:30 am Shallow Pool <b>Aqua Fusion</b> Leah	9-10:00 am Fitness Floor <b>Power Hour</b> Erin A.	9:00 am Studio B <b>SPINPower®</b> Mary	10:00 am Shallow Pool <b>Aqua HIIT</b> Dawna
9:30 am Studio C <b>Cardio Fusion</b> Beth	9:30 am Studio C <b>Pilates Fusion</b> Annette	9:00 am Studio C <b>Zumba®</b> Mariah	9:30 am Studio C <b>Core Fusion</b> Erin A.	9:30 am Deep Pool <b>Aqua Deep</b> Ewan	9:30 am Studio C <b>Zumba®</b> Mariah	
10:15-10:45 am Studio A <b>Les Mills CORE</b> Erin A.	10:00 am Studio A <b>Muscle Work</b> Ellen	9:30 am Shallow Pool <b>Aqua Tabata</b> Nicole	10:00 am Studio A <b>Zumba® Gold</b> Dawna	9:30 am Studio C <b>Pilates Barre</b> Viviana	<b>MODIFIED GROUP FITNESS SCHEDULE:</b> <ul style="list-style-type: none"> <li>• No classes on Sun., Feb. 27 due to Indoor Triathlon/ Duathlon</li> <li>• No classes on Sun., April 17 for Easter Sunday</li> </ul>	
11:00 am Studio C <b>Chair Yoga</b> Katie	11:00 am Studio C <b>Sit &amp; Fit</b> Melanie	9:30 am Studio B <b>SPINPower® Fusion</b> Erin A.	11:00 am Studio A <b>Sit &amp; Fit</b> Dawna	10:15-10:45 am Studio A <b>Les Mills CORE</b> Erin A.		
12:15-1:00 pm Studio B <b>Les Mills THE TRIP™</b> Agnes	12:15-1:00 pm Studio A <b>Les Mills BODYPUMP™</b> Jana	10:00 am Studio C <b>Pilates Mat</b> Sharon	5:30 pm Studio A <b>Muscle Work</b> Mariah	11-11:45 am Studio B <b>Les Mills THE TRIP™</b> Agnes		
5:15-5:45 pm Studio A <b>Les Mills GRIT™</b> Ranin	5:30 pm Studio C <b>Pilates Mat</b> Kate	12:00 pm Studio C <b>Muscle Work</b> Josh	6:30 pm Studio A <b>Zumba® Toning</b> Mariah	5:15-5:45 pm Studio B <b>Les Mills SPRINT™</b> Aaron		
6:00 pm Studio A <b>Les Mills BODYPUMP™</b> Ranin	6:30 pm Studio A <b>Zumba®</b> Mariah	5:15-6:00 pm Studio C <b>Les Mills BODYCOMBAT™</b> Renee	6:30 pm Shallow Pool <b>Aqua Medley</b> Margie			
7:00 pm Studio D <b>Hatha Yoga</b> Vanessa		6:00 pm Studio A <b>Les Mills BODYPUMP™</b> Ranin				
		6:30 pm Shallow Pool <b>Aqua Boot Camp</b> Ewan				

ALL CLASSES ARE 50-MINUTES IN LENGTH UNLESS NOTED.

ADVANCE REGISTRATION AND CHECK-IN FOR CLASSES IS REQUIRED.

## HOW TO REGISTER FOR CLASSES:

Registration opens at 12 pm; three days in advance of class.

- 1.) Stop by Membership Services to register in person.
- 2.) Download the FitRec Account app (must be a FitRec member)
  - a.) Obtain log-in information from Membership Services
  - b.) Register per class under "Classes" > "Free w/ Membership"

## HOW TO CHECK-IN FOR CLASSES:

- 1.) Check-in for your registered class at the Front Entrance desk for aqua classes or at the Fitness Floor desk on the second floor for studio classes.
- 2.) All participants MUST check-in before entry into group fitness classes, so your attendance can be recorded.

## GROUP FITNESS GUIDELINES

Classes must be reserved via the FitRec Account app or at Membership Services before start of class. Classes are subject to minimums/maximums, instructor/location changes, and/or cancellation at supervisor's discretion. Participants must adhere to current facility guidelines at all times. For the safety of all participants, it is at the instructor's discretion whether participants are allowed into studio after start of class. Please refrain from private conversations and the use of cell phones during classes. Guests must be 16 years of age to participate. 13-15 year old members must complete an orientation to attend. See FitRec app for current schedule and up-to-date changes.



LEARN MORE AT: [MORAINEVALLEY.EDU/FITREC](http://MORAINEVALLEY.EDU/FITREC)

UPDATED 1-7-2022

## LAND CLASS DESCRIPTIONS

**Cardio Fusion • Multi-Level** - A variety of low impact cardio movements that are fun for the mature adult or novice exerciser. Effective resistance, balance and core training using various equipment to keep you challenged and interested.

**Core Fusion - Multi-Level** - This workout strengthens the abs, hips, butt and lower back for a stronger core while also engaging in stability work and stretching.

**Cyclone Cycle • Multi-Level** - You will experience a variety of cycling conditions including hill climbs, fast flats and exhilarating finishes while focusing on speed, power, intensity and technique. Arrive early for bike set up and do not forget a towel and water bottle.

**Les Mills BODYCOMBAT™ • Intermediate/Advanced** - This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, t'ai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

**Les Mills BODYPUMP™ • Multi-Level** - This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

**Les Mills CORE (formerly CXWORX™) • Multi-Level** – Using resistance tubes and weight plates, this challenging 30-minute workout works the abs, hip, butt and lower back for a stronger core to make you better at all things you do.

**Les Mills GRIT™ • Intermediate/Advanced** – This 30-minute high intensity workout is designed using cardio, strength and athletic conditioning formats. This short and intense workout builds cardio fitness, trains the body to burn fat and build lean muscle, and improves athleticism while challenging endurance.

**Les Mills SPRINT™ • Intermediate/Advanced** – This 30-minute high intensity workout is designed using an indoor bike to achieve fast results. This workout is short and intense, offers faster cardio results, trains the body to burn fat and build lean muscle, and burns calories for hours after completion. Join our internationally certified instructors to learn how to smash your goals faster.

**Les Mills The TRIP™ • Multi-Level** – The TRIP™ is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally created worlds. With its cinema-scale screen and sound system, this IMMERSIVE FITNESS workout takes motivation and energy output to the next level, burning serious calories. If you want to get fit faster, with less discomfort, The TRIP™ is the way to go.

**Muscle Work • Multi-Level** - If it can make you stronger, we will use it! Build lean muscle mass and drop inches by using hand weights, bands, body bars and med balls to make you stronger than ever!

**Power Hour • Multi-Level** - In this 60-minute weightlifting class, we will use fitness floor equipment to build lean muscle and lose fat. Using barbells, dumbbells, cable machines and other strength equipment; everything in the weight room is fair game for this instructional class.

**Sit & Fit • Beginner/Mature Adult** – Get fit from your seat instead of your feet! This class targets those needing assistance with balance while seeking increased strength, endurance and flexibility.

**SPINPower® - Multi-Level** - Innovative, power-based cycling and power meter technology to train the body more efficiently and effectively in this powerful spin class. Please come 5-10 minutes early for bike set up.

**SPINPower® Fusion • Multi-Level** - A blend of the innovative, power-based cycling and power-meter technology of SPINPower®, with a variety of strength exercises, core conditioning and stretching to complete the class. Please come 5-10 minutes early for assistance with equipment setup.

**Synrgy 360 - Multi-Level** - A good mix of cardio, strength and agility exercises, this interval circuit training will leave you feeling exhilarated and expending calories for the day.

**Zumba® • Multi-Level** - Zumba® is a dance-fitness class that incorporates Latin rhythms with easy-to-follow moves. The class format combines fast and slow rhythms that tone and sculpt the body. All dance levels are welcome.

**Zumba® Gold • Beginner/Mature Adult** - Zumba® Gold offers a traditional Zumba® class, an exhilarating, Latin-inspired, calorie-burning dance fitness party, but at a pace that is just a little easier. If you love to move to upbeat, fun music, then this is the class for you!

**Zumba® Toning - Multi-Level** - Those who want to party, but put extra emphasis on toning and sculpting to define those muscles! Lightweight maraca-like toning sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

## MIND BODY CLASS DESCRIPTIONS

**Chair Yoga - Beginner/Mature Adult** - Get fit from your seat instead of your feet! This class targets those needing assistance with balance and stability while seeking the benefits of gentle movement to increase strength, endurance and flexibility of the body.

**Hatha Yoga • Multi-Level** - Hatha yoga uses body postures, breathing techniques, and meditation with the goal of bringing about a sound, healthy body and a clear, peaceful mind. Use this class to manage stress, while improving your flexibility.

**Pilates Barre • Multi-Level** – Enjoy this barre workout combining Pilates, fitness and dance-based moves while using small movements and high repetition at the barre and on the mat. A strength class that will tone and lengthen muscles, plus strengthen core while improving posture and balance.

**Pilates Fusion • Multi-Level** – Fusion style workout combining Pilates Mat and Pilates Barre that provides the benefits of both formats.

**Pilates Mat - Multi-Level** – The Pilates method of body conditioning is a unique system of stretching and strengthening exercises developed to tone muscles, strengthen core and improve posture and flexibility.

**Restorative Yoga • Multi-Level** – Restorative flow integrate moving sequences that have gentle restorative poses. During the class the use of props such as blocks and straps will be used to help students get into positions that will ultimately help them realign their bodies in their original positions. This class is open to all levels.

**Vinyasa Yoga - Multi-Level** - Vinyasa means “breath-synchronized movement,” and Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling. Vinyasa movements are smoothly flowing incorporating seamless transitions between postures.

## AQUA CLASS DESCRIPTIONS

**Aqua Boot Camp - Multi-Level** - A series of functional exercises in a circuit format around the shallow end of the pool. Some of the exercises will be athletic in nature and require the participant to perform a variety of movements. This class is a unique alternative to a traditional aqua aerobics class.

**Aqua Deep • Multi-Level** - A medium-to-high intensity deep water body workout to improve strength and endurance. This deep water class combines water resistance with no impact and uses a variety of exercises and equipment to improve overall fitness.

**Aqua Fusion – Multi-Level** – a blend of dance styles with traditional aqua fitness techniques. This safe, challenging, water-based workout focuses on cardio-conditioning and body toning. No dance skills are needed, just come to join the fun without the impact!

**Aqua HIIT • Multi-Level** - This Aqua HIIT class will strengthen and tone your muscles with High Intensity Interval Training (HIIT) to effectively burn calories, increase your endurance and strengthen your heart to a whole new level.

**Aqua Medley • Multi-Level** - This shallow water class will keep you guessing! Your instructor will create different cardio, interval or circuit workouts while you enjoy the low-impact aquatic environment.

**Aqua Tabata • Multi-Level** - Increase your aerobic and anaerobic fitness through this interval training class that combine high intensity exercise followed by bouts of rest. Spend the rest of the day expending energy recovering from this challenging workout.

## INTENSITY

**Beginner/Mature Adult Level** - Class designed for new exercisers, older adults, or individuals with movement challenges. Format may be suitable for seated activity.

**Multi-Level** - Class designed for a range of fitness levels. Instructor will offer modifications to accommodate fitness abilities.

**Intermediate/Advanced Level** - Class designed for higher fitness levels and/or prior exercise experience in similar format.

## CONTACT PERSON

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