

LIBERTYVILLE SPORTS & FITNESS COMPLEX

GROUP FITNESS



JANUARY 2017

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

MON	TUE	WED	THU	FRI	SAT	SUN																					
5:15AM CYCLE <i>Marsha</i>	5:15AM ANYTHING GOES! <i>Marsha</i>	5:15AM CYCLE: Strength <i>Marsha</i>	5:15AM KB POWER <i>Marsha</i>	5:15AM CYCLE <i>Marsha</i>	<p>I HOPE THAT IN THIS YEAR TO COME, YOU MAKE MISTAKES. Because if you are making mistakes, THEN YOU ARE: making new things, TRYING NEW THINGS, learning, living, PUSHING YOURSELF, changing yourself, CHANGING YOUR WORLD. Neil Gaiman</p>																						
	7:30AM CARDIO & CORE <i>Lisa</i>		7:30AM BASIC TRAINING <i>Lisa</i>																								
8:30AM BASIC TRAINING <i>Donna</i>	8:30AM STRENGTH & FLEXIBILITY <i>Jodi</i>	8:30AM CYCLE <i>Lisa</i>	8:30AM CYCLE <i>Lisa</i>	8:30AM CYCLE <i>Cassie</i>	8:00AM H.I.I.T. <i>Cassie</i>	8:45AM STEP & CORE <i>Pam</i>																					
9:00AM CYCLE <i>Dina</i>		8:30AM MOVING STRENGTH <i>Donna</i>	8:30AM ZUMBA® <i>Carol</i>	9:00AM CARDIO & CORE <i>Katie</i>	8:15AM CYCLE <i>Lissa/Cori</i>	10:00-11:15AM YOGA <i>Pam</i>																					
9:35AM DANCE JAM <i>Cara</i>	9:35AM ZUMBA® <i>Kim</i>	9:35AM YOGA <i>Liz</i>	9:35AM STRENGTH (Barre w/out Barres) <i>Marsha</i>	10:00AM BARRE SCULPT <i>Liz</i>	9:15AM STRENGTH & FLEXIBILITY <i>Jodi</i>																						
10:40-11:30AM SENIORCIZE <i>Donna</i>	10:40-11:30AM SENIORCIZE <i>Kim</i>	10:40-11:30AM SENIORCIZE <i>Liz</i>	10:40-11:30AM SENIORCIZE <i>Jodi</i>	6:00PM jazzercise® <i>Cheri</i>	NO jazzercise® Thu, 1/19 @ 7:15PM	4:00PM jazzercise® <i>Cheri</i>																					
11:45AM-12:45PM GENTLE YOGA <i>Ruth Ann</i>	11:45AM-12:45PM YOGA <i>Ruth Ann</i>		11:45AM-12:45PM GENTLE YOGA <i>Sharon</i>	<table border="1"> <thead> <tr> <th>MON</th> <th>TUE</th> <th>WED</th> <th>THU</th> <th>FRI</th> </tr> </thead> <tbody> <tr> <td colspan="4" rowspan="2">PICKLEBALL</td> <td>8-10 AM Women's Competitive & Recreational</td> </tr> <tr> <td>9-10 AM Competitive & Recreational</td> </tr> <tr> <td>9:30-Noon Competitive & Recreational</td> <td>9:30-Noon Competitive & Recreational</td> <td>9:30-Noon Open Play</td> <td>9:30-Noon Competitive & Recreational</td> <td>10- Noon Competitive & Recreational</td> </tr> <tr> <td>1-3 PM Recreational</td> <td></td> <td>1-3 PM Recreational</td> <td></td> <td></td> </tr> </tbody> </table>			MON	TUE	WED	THU	FRI	PICKLEBALL				8-10 AM Women's Competitive & Recreational	9-10 AM Competitive & Recreational	9:30-Noon Competitive & Recreational	9:30-Noon Competitive & Recreational	9:30-Noon Open Play	9:30-Noon Competitive & Recreational	10- Noon Competitive & Recreational	1-3 PM Recreational		1-3 PM Recreational		
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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 ZUMBA® <i>Angela</i>	6:05PM CARDIO & CORE <i>Cassie/Katie</i>		6:00PM H.I.I.T. <i>Lisa</i>																								
6:00PM CYCLE <i>Lissa</i>	7:15PM jazzercise® <i>Judy</i>	6:15PM YOGA <i>Ruth Ann/Amy</i>	7:15PM jazzercise® <i>Judy</i>	<p>Pickleball FREE with Fitness Membership!</p>																							



Anything Goes! - The early AM class will start in the Group Ex. room: work on core, then move on to cardio, strength, plyometrics, etc. using various equipment/locales: Group Ex. room, Fitness Center, free weight room, running track, cycle room. Be prepared for ANYTHING! ☺

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 your cardio fitness. **You must sign in at the Fitness Desk to reserve your bike.** (If you are new to Cycle, please allow 10 minutes before class to set up your bike.)

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! Each 60-minute class includes a gentle warm-up, 30 minute aerobic workout, muscle toning and strengthening segment with weights and a stretch finale. (Classes are free for our members but you will be asked to sign in with the Jazzercise instructor prior to class.)

KB POWER - Training with **kettlebells** to perform ballistic exercises in high repetition and some low rep strength work to increase muscle endurance, flexibility and balance. Tighten your glutes, quads, abs and arms and train your body to work as one unit and explode into a new fitness level.

Moving Strength - *No running! Minimal Impact! Non-stop movement combining cardio conditioning with strength training. Multi-joint, multi-muscle moves that focus on functional strength, body weight exercises and core stability.*

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 Interval – A fun step class (without overly complex choreography) mixed w/strength & cardio drills for a total body workout.

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.

YOGA - *Yoga helps build flexibility, tone muscle and prevent back pain. Best of all, if you're feeling stressed, yoga can put your mind at ease. 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.*

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:		KIDS' CLUB (<i>Babysitting</i>) HOURS:	
Monday-Thursday	5:00AM - 10:00PM	Monday-Friday AM	8:15AM - 11:15AM
Friday	5:00AM - 9:00PM	Saturday AM	7:45AM - 11:00AM
Saturday	7:00AM - 6:00PM	Monday-Thursday PM	4:30PM - 7:30PM
Sunday	8:00AM - 5:00PM		

For questions about Fitness Memberships, Group Fitness Classes, Personal Training or Kids' Club, contact Jodi Thors at (847) 367-6890 or jthors@libertyville.com