

# GROUP EXERCISE

## LAND CLASSES

Updated: Jan. 8th 2024



### MONDAY

Class	Time	Location
Rise & Ride (MJ)	5:15 - 6:00am	2
Step & Strength (DB)	8:15 - 9:00am	1
Six Zones (BD)	9:15 - 10:15am	G
Mat Pilates (DB)	9:15 - 10:00am	Y
Strength & Balance *** (NK)	10:30 - 11:15am	1
Rock Steady Boxing + (PB)	11:30 - 12:30pm	1
Rock Steady Boxing + (PB)	1:00 - 2:00pm	1
Group Power (CB)	4:30 - 5:30pm	1
Yoga & Sculpt (AG)	5:35 - 6:35pm	Y
Zumba (DA)	6:00 - 7:00pm	1

### TUESDAY

Class	Time	Location
Strictly Strength (AG)	5:15 - 6:15am	1
Fitness Boxing (PB)	8:15 - 9:00am	B
Group Centergy (MJ)	9:15 - 10:15am	1
Chair Yoga *** (DA)	12:30 - 1:15pm	Y
PWR! Moves + (NPK)	12:30 - 1:30	1
Strength Fusion (BD)	4:30 - 5:30pm	1
Power Pedal (KR)	5:30 - 6:15pm	2

### WEDNESDAY

Class	Time	Location
Rise & Ride (JY)	5:15 - 6:00am	2
Group Power® (MJ)	8:15 - 9:15am	1
Vinyasa Flow (NK)	9:20 - 10:20am	Y
Rock Steady Boxing + (MJ)	11:30 12:30am	1
Rock Steady Boxing + (MJ)	1:00 - 2:00pm	1
Strength & Core ** (AB)	4:30 - 5:30pm	1
Vinyasa Flow (MJ)	5:30 - 6:30pm	Y

### THURSDAY

Class	Time	Location
HIIT Fit (KR)	5:15 - 6:15am	1
Power Pedal (PB)	8:15 - 9:00am	2
Six Zones (NK)	9:15 - 10:15am	G
Gentle Yoga (MJ)	10:30 - 11:15am	Y
Gentle Joints *** (CB)	11:30 - 12:15	1
Group Power® (CFW)	4:30 - 5:30pm	1
Power Pedal (PB)	5:30 - 6:15pm	2

### FRIDAY

Class	Time	Location
Cycle 30 (KR)	5:15 - 5:45am	2
Group Power® (CB)	8:15 - 9:15am	1
Group Centergy® (NK)	9:20 10:20am	1
Chair Yoga *** (DA)	12:30 - 1:15pm	Y
PWR! Moves Cardio® (NPK)	12:30 - 1:30pm	1

### SATURDAY

Class	Time	Location
Rise & Ride (JY)	7:15 - 8:15am	2
Group Power® (CB)	8:15 - 9:15am	1
Stretch & Flow (AG)	9:30 - 10:30am	Y

### INSTRUCTORS

Kyle Rybolt (KR) Casey Babinski (CB) Amanda Blanchett (AB) Bobby Delira (BD) Peyton Bovie (PB) Michele Janota (MJ) Deisy Anderson (DA) DeAnn Bruggert (DB) Amy Glassford (AG) Cindi Westphal (CFW) Nathan Kersey (NK) Jen Yeates (JY)

### SCHEDULE KEY

1: Studio 1  
 2: Studio 2  
 Y: Yoga Studio  
 B: Boxing Studio  
 G: Gym Floor  
 \*\*\* Senior Level  
 \*\* Begins 2/7/24  
 + Parkinson Program

### PLEASE NOTE

- Classes consistently below an average of 8 participants are subject to format changes or cancellation.
- Vouchers required for cycling classes, which are up at the Front Desk.
- Participation for some classes will be limited
- Instructors may change without notice.
- \$3.00 fee for yoga mats.
- + Parkinson's Program classes require pre-registration **please contact Nicole 815-929-1200 ext 43008**

# LAND CLASS DESCRIPTIONS

## **Power Pedal/Rise & Ride**

saddle up and experience these classes to burn calories and increase endurance! Pedal through hill climbs, sprints and other challenging drills.

## **Strength & Balance**

Improve range of motion and posture while alleviating some everyday aches and pains. These exercises include flexibility, balance, pliability and strength.

## **Mat Pilates**

Work to improve balance, strength and flexibility, with an emphasis on challenging core muscles with each movement. Mat Pilates is a challenging yet safe method to sculpt your body and feel increased agility in everyday movements.

## **Gentle Flow**

This class will consist of breathwork, basic poses moving in a slow, low pose to pose or you may find yourself holding poses for longer periods of time. Yoga poses will consist of standing as well as floor, kneeling, seated or lying poses.

## **Group Power**

This class will blast your muscles with high-rep weight training using adjustable barbells, weight plates and body weight.

## **Step & Strength**

This class provides a full body sculpting workout. Each class will focus on all your major muscle groups and teach proper form and technique for everyday use.

## **Fitness Boxing**

This class will work your body and mind! Class will include cardio warm-up, traditional punch combos and intervals of strength and core work.

## **Gentle Joints**

This class is designed for individuals with arthritis or joint issues. Low-impact activities help you maintain overall muscle strength, improve joint flexibility and increase range of motion.

## **Group Centergy**

Become stronger with an invigorating 60-minute mind/body workout. This class incorporates Yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and core.

## **Strength & Core**

Build muscle and endurance through intense movements and drills using a variety of equipment, class will finish with exercises to blast your core for a complete workout!

*\*\*Class begins Feb. 6th*

## **Six Zones**

In this non-stop workout you will have tools and technology to use while training in six different zones during five minute intervals.

## **Vinyassa Flow**

Participants will focus on linking conscious breath with mindful movement. The class will awaken your strength, energy and flexibility.

## **HIIT FIT**

A rigorous interval training sequence with high intensity exercises. Builds cardiovascular fitness while improving muscular strength and endurance.

## **Chair Yoga**

This is a gentle form of Yoga that is performed while seated and/or with the aid of a chair. It is a great form of Yoga for beginners or anyone who wants to focus on a gentle practice.

## **Strength Fusion**

This class is a training style that combines powerlifting, functional movements, circuit HIIT training and core strength in a small group setting.

## **Strictly Strength**

This class provides a full body sculpting workout. Each class will focus on all your major muscle groups and teach proper form and technique for every exercise.

## **Rock Steady Boxing and PWR! Moves**

These two classes require a pre-assessment,

**+ please contact Nicole to schedule an appointment at 815-929-1200 ext 43008**

# GROUP EXERCISE

## AQUATIC CLASSES

Updated: Jan. 8th 2024



### MONDAY

<u>Class</u>	<u>Time</u>	<u>Location</u>
Ultimate Intervals (MR)	9:30 - 10:15am	L
Senior Fit*** (AB)	11:30 - 12:15pm	T
Aqua Power (CR)	5:30 - 6:15pm	L

### TUESDAY

<u>Class</u>	<u>Time</u>	<u>Location</u>
20/20 (AB)	9:00 - 9:45am	L

### WEDNESDAY

<u>Class</u>	<u>Time</u>	<u>Location</u>
Senior Fit*** (CB)	11:30 - 12:15pm	T

### THURSDAY

<u>Class</u>	<u>Time</u>	<u>Location</u>
Deep Water (CR)	9:30 - 10:15am	L
Ultimate Intervals (AB)	5:30 - 6:15pm	L

### FRIDAY

<u>Class</u>	<u>Time</u>	<u>Location</u>
Aqua Bootcamp (KR)	9:00 - 9:45am	L
Senior Fit*** (BD)	11:30 - 12:15pm	T

### SATURDAY

<u>Class</u>	<u>Time</u>	<u>Location</u>
Ultimate Intervals	9:30 - 10:15am	L

## INSTRUCTORS

Kyle Rybolt (KR) Casey Babinski (CB) Amanda Blanchett (AB)

Carrie Rink (CR) Bobby Delira (BD) Madyson Rogers (MR)

## SCHEDULE KEY

**L: Lap Pool**

**T: Therapy Pool**

**\*\*\*Senior Level**

## PLEASE NOTE

- Classes consistently below an average of 8 participants are subject to format changes or cancellation.
- Participation for some classes will be limited.
- Instructors may change without notice.
- Instructors will rotate for the Saturday Interval class.

# ***AQUATIC CLASS DESCRIPTIONS***

## **Aqua Boot Camp**

High intensity training to target every part of your body! Be prepared to sweat even in the pool!

## **Aqua Power**

Power up in the water with dynamic cardio and strength training moves in this fun and fast paced 45-minute class.

## **Ultimate intervals**

Various aquatic training options are utilized to create a challenging, advanced fitness workout!

## **Deep Water**

In this class you will be challenged with deep water running and traveling which is guaranteed to challenge your body, core muscles and stamina.

## **20/20**

Class begins with a warmup to get the heart pumping, followed by a strength workout using weights, noodles and boards. Class will end with core blasting moves and cooldowns!

## **Senior Fit**

An enjoyable, a safe exercise program that focuses on muscular and joint strength to improve the performance of daily activities.