

LAKE FOREST

FITNESS  CENTER

CHANGE YOUR BODY • CHALLENGE YOUR MIND • LIFT YOUR SPIRIT

November 1 - December 6

Monday	8:00-8:55am	Total Body Conditioning	Danielle	Studio 1
	8:30- 9:30am	Gentle Yoga	Adrienne	Studio 3
	9:00-10:00am	Zumba	Milana	Studio 1
Tuesday	8:00-8:55am	Piloxing	Danielle	Studio 1
	9:00-10:00	Power Hour	Kim	Studio 1
Wednesday	8:00-8:55am	Strength & Core	Melissa	Studio 1
	9:00-9:30am	Cycle Express	Melissa	Studio 1
	6:00-7:00pm	Candle Light Yoga	Areta	Studio 3
Thursday	8:00-8:55am	Total Body Conditioning	Danielle	Studio 1
	8:30-9:30am	Gentle Yoga	Adrienne	Studio 3
	9:00-9:30am	Athletic Stretch & Core	Danielle	Studio 1
Friday	8:00-9:00am	Rise & Shine Yoga	Amy	Studio 3
	8:00-8:55am	Tabata Bootcamp	Jen	Studio 1
Saturday	8:00-9:00am	Sunrise Yoga	Amy	Studio 3

*Masks are required for all participants entering the building and while exercising.

*Masks are not required for outdoor classes.

*Babysitting is available via reservation.

Any questions, please contact Danielle Knighton, Group Exercise Coordinator, at knightond@cityoflakeforest.com

2021/2022 Class Descriptions

Athletic Stretch and Core: 30 minutes of an ab and stretch focused workout that will recover your muscles and be sure to have you feeling that 6 pack as you leave the class.

Cardio & Strength: Pull out the steps, bands and weights! This class is a full combination of all things cardio and weight training while using our most fun equipment. Each class is designed to challenge and educate you on the most effective and safe movements while burning calories!

Cycle Express: A 30 minute high intensity class to get your heart rate going with sprint intervals and challenging climbs. This is a quick ride for those with places to go!

Full Body HIIT: This high-energy cardio and weight workout that will help build stamina, improve coordination and burn calories.

Piloxing: This class blends Pilates, boxing and dance. It's a high-energy interval workout that involves heart-pumping, powerful boxing combinations and sculpting and lengthening Pilates-influenced movements. In classes you wear weighted gloves to add extra resistance.

Power Hour: A music led, barbell-based workout that's specifically designed to help you get lean, toned and fit.

Strength & Core: This is a great basics class covering all over body resistance training with concentration on core/abdominal work.

Strictly Strength: You'll experience a full-body strength workout that utilizes the beat of the music to motivate you to have fun while increasing your muscular strength and endurance.

Sunset/Sunrise Yoga: Enjoy your day with sun salutations and deep breathing to warm the body and prepare it for a deeper stretch.

Tabata: Tabata interval training is one of the most effective types of high intensity interval training. This class is designed to increase your balance, strength and cardio endurance

Total Body Conditioning: A multi-level, full body workout that targets all major muscle groups. This workout is designed to contain challenging exercises that will increase strength and get your heart pumping.

Zumba: This fitness program combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.