

LAKE FOREST

FITNESS  CENTER

CHANGE YOUR BODY • CHALLENGE YOUR MIND • LIFT YOUR SPIRIT

Group Exercise Schedule January 4-February 1

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
7:30am Sunrise Yoga <i>Marian</i>	8:30am Step and Sculpt <i>Sue</i>	8:30am Total Body Conditioning <i>Danielle</i>	7:30am Sunrise Yoga <i>Marian</i>	8:00am Sunrise Yoga <i>Amy</i>	8:00am Strictly Strength <i>Milana</i>
8:30 am Total Body Conditioning <i>Danielle</i>		6:00pm Sunset Yoga <i>Areta</i>	8:30am Cardio Bootcamp <i>Sue</i>	8:30am Strength & Core <i>Melissa</i>	8:30am Sunrise Yoga <i>Amy</i>

All classes are taught on a virtual platform. If you would like information on how to obtain access to these classes please contact the front desk at 847-810-3932.

- ❖ Mask are to be worn at all times when not actively exercising or practicing inside of the building;
- ❖ After signing in at the front door, you will proceed to the fitness center desk for check-in and temperature screen. You will be given a class pass and can then make your way to your desired work out. Please ensure that you turn your pass into the instructor so that class may begin on time. Instructors will not begin class unless the number of passes equals the number of members in the class;
- ❖ All cardio and strength classes Monday through Friday will be held in the gymnasium;
- ❖ All Yoga classes will be held in Studio 3;
- ❖ Saturday classes will be held in Studio 1;
- ❖ Classes held in studio 1 and 3 will require a sign-up to ensure we have space for proper social distancing. Please sign up by calling 847-810-3932, give your name and the class you would like to attend.

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 Bootcamp: This high-energy cardio workout that will help build stamina, improve coordination and burn 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!

Step & Sculpt: Simple, heart-pumping step aerobics routines combine with strength training intervals to give you a complete cardio and weights workout. This is an excellent cross-training class for all skill and fitness levels.

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.

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.