

GROUP EXERCISE SCHEDULE

May 9 - June 6

Please note highlighted time changes

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|-----------|--------------|--------------------------|----------|----------|
| Monday | 8:00-9:00am | Total Body Conditioning | Danielle | Studio 1 |
| | 8:30-9:30am | Gentle Yoga | Adrienne | Studio 3 |
| | 9:15-10:00am | Fit Forever | Danielle | Studio 1 |
| Tuesday | 8:10-9:00am | Piloxing | Danielle | Studio 1 |
| | 8:30-9:30am | Yoga | Adrienne | Studio 3 |
| | 9:05-10:10am | Power Hour | Kim | Studio 1 |
| Wednesday | 8:00-9:00am | Strength & Core | Melissa | Studio 1 |
| | 9:00-9:20am | Cycle Express | Melissa | Studio 1 |
| | 6:00-7:00pm | Candle Light Yoga | Areta | Studio 1 |
| Thursday | 8:10-9:00am | Cardio Core Remix | Danielle | Studio 1 |
| | 8:30-9:30am | Gentle Yoga | Adrienne | Studio 3 |
| | 9:05-10:10am | Power Hour | Kim | Studio 1 |
| Friday | 8:00-9:00am | Rise & Shine Yoga | Amy | Studio 3 |
| | 8:00-9:00am | Full Body Intervals | Danielle | Studio 1 |
| | 8:00-9:00am | Strength, Core & Stretch | Melissa | Studio 2 |
| Saturday | 8:00-9:00am | Sunrise Yoga | Amy | Studio 3 |

*Babysitting is available via reservation.

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

LAKE FOREST



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GROUP EXERCISE SCHEDULE

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!

Cardio Core Remix: A fast, music lead cardio format wherein we will learn blocks of cardio choreography while engaging your core, working your lower and upper half and using body resistance to get a heart pumping sweaty workout in 50 minutes.

Cycle Express: A 20 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!

Fit Forever: This low impact class incorporates cardio, core and resistance training to build strength, improve balance, and increase range of motion. Whether you are a senior, beginner, pre/post natal or recovering from an injury, this all level fitness class will work your entire body and help you stay Fit Forever!

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.

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.