

LAKE FOREST

FITNESS  CENTER

LAKE FOREST PARKS AND RECREATION

Group Exercise Schedule March 6 - June 5

Monday	6:15-7:00 am 8:00-8:50 am 8:00-9:00 am 8:00-9:00 am 9:15-10:00 am 9:00-9:55 am 10:00-10:30 am	Bootcamp TBC Power Total Body Conditioning Yoga Fit Forever Strength & Cardio Mix Barre & Core	Anita Todorovic Jen Brody Danielle Knighton Areta Verschoor Danielle Knighton Gillian Goodfriend Gillian Goodfriend	Studio 1 EARLY BIRD** Studio 1 NEW FORMAT Studio 2 NEW LOCATION Studio 3 Studio 2 Studio 1 NEW FORMAT Studio 1 NEW FORMAT
Tuesday	8:10-9:00 am 9:05-10:05 am	Piloxing Power Hour	Danielle Knighton Kim Lyszczarczyk	Studio 1 Studio 1
Wednesday	6:15-7:00 am 8:00-9:00 am 8:00-9:00 am 9:00-10:00 am 10:05-10:45 am	Full Body Interval Strength & Core Yoga Cycle/TRX* Circuit Training	Danielle Knighton Melissa Blake Areta Verschoor Denisa Tkacova Denisa Tkacova	Studio 1 EARLY BIRD** Studio 2 Studio 3 Studio 1 Studio 1
Thursday	8:10-9:00 am 9:05-10:05 am	Cardio Mix Power Hour	Danielle Knighton Kim Lyszczarczyk	Studio 1 Studio 1
Friday	8:00-9:00 am 8:00-9:00 am 8:00-9:00 am 9:05-10:05 am	Full Body Interval Yoga Strength & Core Barre	Danielle Knighton Amy Hepburn Melissa Blake Kim Lyszczarczyk	Studio 1 Studio 3 Studio 2 Studio 1
Saturday	8:00-9:00 am 8:30-9:30 am	Yoga Cycle/TRX*	Amy Hepburn Denisa Tkacova	Studio 3 Studio 1

**Registration at the front desk required for cycle/TRX attendance.*

****EARLY BIRD CLASSES REQUIRE SIGN-UP VIA**

<https://www.signupgenius.com/go/10C094AA5AE2CA4FCC61-615am>

Babysitting available via reservation.

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

400 HASTINGS ROAD, LAKE FOREST, IL 60045 • 847.810.3932

Barre/Barre & Core: A hybrid workout, this class combines ballet-inspired moves with elements of Pilates and strength training. Barre focuses on high reps of small range movements to awesome up-tempo music.

Bootcamp: In this class you can expect to do exercises such as push-ups, lunges, squats, crunches, burpees, but also cardio exercises like drills and shuttle runs. This class will keep you moving and guessing what's next.

Strength & Cardio Mix: 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 Mix: A great mix of cardio combinations including agility, kickboxing and HIIT. Though our class is a non-stop calorie burning workout, all movements can be low impact or high impact depending on your needs; all levels are welcomed to participate.

Circuit Training: This class consists of a consecutive series of timed exercises performed one after the other with varying amounts of rest between each exercise.

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!

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. This class is formatted in timed intervals in order to get the most of each muscle group.

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.

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 at your desired intensity level.

TBC Power: This class is all things Total Body Conditioning with a little more POWER! In this format you will be challenged from start to finish. If you are looking to take your strength training to new heights, then this class is for you.

TRX: A class that utilizes the TRX suspension equipment, TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

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