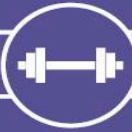


# LAKE FOREST

FITNESS CENTER



LAKE FOREST PARKS AND RECREATION

## *Group Exercise Schedule* October 7 - December 30 FINAL

Monday	8:00-8:50 am 8:10-9:00 am 9:00-10:00 am 9:05-10:35 am	TBC Power TBC Sunrise Yoga Super Charged Circuit & Core	Jen Brody Danielle Knighton Brook Ayyad Gillian Goodfriend	Studio 1 Studio 2 <i>New Time!</i> Studio 3 <i>Time Change!</i> Studio 1
Tuesday	6:15-7:00 am 8:10-9:00 am 9:05-10:05 am 6:00-7:00 pm	LF HIIT Piloxing Power Hour Yin Yoga Flow	Gillian Goodfriend Danielle Knighton Kim Lyszczarczyk Brook Ayyad	Studio 1 <i>New Class!</i> Studio 1 Studio 1 Studio 2 <i>New Class &amp; Time!</i>
Wednesday	6:15-7:00 am 8:00-8:50 am 8:10-9:00 am 9:00-10:00 am 9:05-10:00 am 10:05-10:35 am	Pure Sculpt Strength & Core TRX & Cycle Express Sunrise Yoga Strength & Cardio Mix Straight Up Core	Brook Ayyad Melissa Blake Danielle Knighton Areta Verschoor Gillian Goodfriend Gillian Goodfriend	Studio 1 <i>New Class!</i> Studio 2 Studio 1 <i>New Time!</i> Studio 3 <i>New Time!</i> Studio 1 Studio 1
Thursday	6:15-7:00 am 8:10-9:00 am 9:05-10:05 am	LF HIIT Cardio Mix Power Hour	Gillian Goodfriend Danielle Knighton Kim Lyszczarczyk	Studio 1 <i>New Class!</i> Studio 1 <i>New Time!</i> Studio 1
Friday	8:00-9:00 am 8:00-9:00 am 8:00-9:00 am 9:05-10:05 am	LF HIIT Sunrise Yoga Strength & Core Barre	Danielle Knighton Brook Ayyad Melissa Blake Kim Lyszczarczyk	Studio 1 <i>New Time!</i> Studio 3 <i>Instructor Change!</i> Studio 2 Studio 1
Saturday	8:00-9:00 am	Sunrise Yoga	Sandi Goller	Studio 3 <i>Instructor Change!</i>

Any questions, please contact Danielle Knighton, Group Exercise Coordinator at  
[knightond@cityoflakeforest.com](mailto:knightond@cityoflakeforest.com)

*\*Registration at the front desk required for Cycle Express attendance.*

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**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.

**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.

**TRX & Cycle Express:** Strength training with suspended straps. Use your body weight to lean out every muscle in your body. Finish this class off with 30 minute sprint intervals and challenging climbs on our stationary bikes.

**LF HIIT:** This high-energy cardio and weight workout that will help build stamina, improve coordination and burn calories. This class is formatted in intervals in order to get the most out 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.

**Pure Sculpt:** You'll tone and strengthen your entire body as you activate your core

**Straight Up Core:** Improve your posture and build core muscle groups through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility. Walk taller, feel stronger.

**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!

**Super Charged Circuit:** This fast paced, high energy, total body workout will take you through a series of stations that target your whole body.

**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.

**YIN Yoga:** a slow-paced, meditative yoga style that focuses on connective tissues in the body and aims to improve flexibility and range of motion.

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

**Sculpt:** a high-energy class that combines cardio and strength-training moves to build lean muscle and burn calories

10/3/2024