

# LAKE FOREST

FITNESS



CENTER

CHANGE YOUR BODY • CHALLENGE YOUR MIND • LIFT YOUR SPIRIT

## Outdoor Group Exercise Schedule June 8-July 6

<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 Cardio Kickboxing <i>Jen</i>	8:30am Total Body Conditioning <i>Danielle</i>	7:30am Gentle Sunrise Yoga* <i>Marian</i>	7:30am Sunrise Yoga* <i>Amy</i>	7:30am Sunrise Yoga* <i>Amy</i>
8:30am Total Body Conditioning <i>Danielle</i>	10:00am Strictly Strength <i>Danielle</i>	10:00am Cardio Blast <i>Gillian</i>	8:30am Cardio Kickboxing <i>Jen</i>	8:30am Strength & Core <i>Danielle/ Melissa</i>	8:00am Strictly Strength <i>Milana</i>
10:00am Cardio Blast <i>Gillian</i>		6:00pm Sunset Yoga* <i>Areta</i>	10:00am Strictly Strength <i>Danielle</i>	10:00am Bootcamp <i>Joey</i>	9:00am Zumba™ <i>Milana</i>
6:00pm Sunset Yoga* <i>Areta</i>					

\*Yoga classes will be held at Forest Park Beach, South end, near cell 4 boat launch.

## Restore Illinois - Phase 3 Outdoor Group Exercise Classes

- ❖ Masks are to be worn when not exercising;
- ❖ All cardio and strength classes will be held, weather permitting, outside of the Lake Forest Fitness Center;
- ❖ Yoga classes will be held at Forest Park Beach, South end, Cell 4 near the boat launch. You will gather at the North Pavilion;
- ❖ Equipment will be provided but members are strongly encouraged to bring their own;
- ❖ Members must bring their own towels and water bottles (water fountains will NOT be available);
- ❖ Public restrooms will NOT be available at this time.

**Bootcamp:** An interval training class that mixes calisthenics and bodyweight exercises with cardio and strength training designed to push yourself harder than you thought you could.

**Cardio Kickboxing:** This high-energy cardio workout that will help build stamina, improve coordination and burn calories.

**Cardio & Strength:** This class includes cardio exercise, body weight exercises and dumbbells. We will finish with core training and stretching for a complete workout.

**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 Yoga:** Enjoy the sounds of the crashing waves and let the beautiful sunset inspire you as we move with intention from posture to posture.

**Sunrise Yoga:** Begin your day with sun salutations and deep breathing to warm the body and prepare it for a deeper stretch as the sun rises over Lake Michigan.

**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:** Check out the dance craze that is sweeping the nation! Inspired by Latin dance and music, Zumba uses a variety of styles in its routines guaranteed to make you sweat!