

GROUP EXERCISE SCHEDULE

June 6-September 2

Beach classes begin Friday, June 3

Monday	8:00-9:00am	Total Body Conditioning	Danielle	Studio 1
	9:15-10:00am	Fit Forever	Danielle	Studio 1
	6:00-7:00pm	Sunset Yoga	Areta	Forest Park Beach
Tuesday	7:30-8:30am	Sunrise Yoga	Areta	Forest Park Beach <i>Beginning June 14</i>
	8:10-9:00am	Piloxing	Danielle	Studio 1
	9:05-10:10am	Power Hour	Kim	Studio 1
Wednesday	7:00-8:00am	Vinyasa on the Beach	Eleanor	Forest Park Beach <i>NEW!!</i>
	8:00-9:00am	Strength & Core	Melissa	Studio 2
	9:00-10:00am	Cycle/TRX	Denisa	Studio 1 <i>*Sign Up Required*</i>
	6:00-7:00pm	Sunset Yoga	Areta	Forest Park Beach
Thursday	7:30-8:30am	Sunrise Yoga	Areta	Forest Park Beach <i>Beginning June 14</i>
	8:10-9:00am	Cardio Core Remix	Danielle	Studio 1
	9:05-10:10am	Power Hour	Kim	Studio 1
Friday	8:00-9:00am	Rise & Shine Yoga	Amy	Forest Park Beach
	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	Forest Park Beach
	8:30-10:00am	30.30.30. 30-minute Cycle 30-minute TRX 30-minute Bosu Core	Denisa	Studio 1 <i>*Sign Up Required*</i>

Babysitting is available via reservation.

Please visit us at the Lake Forest Fitness Center to obtain your class punch pass or to ensure your All Access Membership is current in order to attend any of the above listed classes.

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



400 HASTINGS ROAD, LAKE FOREST, IL 60045 • 847.810.3932

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30.30.30: This class is designed to build strength and power. 30 minutes of cycle to focus on the lower body while increasing and decreasing our heart rates, followed by 30 minutes of TRX work for upper body training and finally 30 minutes of toning the entire core and obliques on the Bosu Ball. This class is unlike any other and the time is sure to fly by! ***Sign Up Required***

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/TRX: 30 minute cycle work and 30 minute full body strength work with our TRX bands! Come challenge your strength and endurance in this fun and fast format. ***Sign Up Required***

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 Intervals: 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.

Vinyasa on the Beach: A Vinyasa yoga practice connects individual poses or "asanas" with deep breaths or "pranayama" in a series of flowing sequences of movement. ***New Class***

*Updated 6/2/2022



LAKE FOREST PARKS AND RECREATION

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