

LAND GROUP EXERCISE SCHEDULE EFFECTIVE SEPTEMBER 7, 2021

MON				TUE				WED				THU				FRI				SAT			
5:30	Total Body Strength	7S	<i>Mina</i>	5:30	Perf. Cycle	NSS	Laura L	5:30	Studio Cycle	7MP2	<i>Carolyn</i>	5:30	Perf. Cycle	NSS	Laura L	5:30	Power Yoga	NS	Mina	7:30	High Voltage Cardio	NS	Karen N
5:30	Yoga *NEW*	NS	Sally	6:30	Yoga	NS	Sally	5:30	Total Body Str.	NS	Laura L	6:00	Yoga	7S	<i>Nicole</i>	5:30	*NEW*	NS		7:15	Studio Cycle	7MP2	<i>Mina</i>
7:30	Total Body Strength	NS	Ylona	7:30	Pilates *NEW* (45 min)	NS	Sally	7:15	Yoga	YPT	<i>Eve</i>	7:30	Pilates *NEW* (45 min)	NS	Sally	7:30	Total Body Strength	NS	Kathy L	8:15	Body Blast	7S	<i>Mina</i>
7:45	Studio Cycle & Core	7MP2	<i>Paula</i>	7:45	ATAC	7T/BB	<i>Paula</i>	7:30	Body Blast	NS	Karen	8:30	Cardio Boxing	NS	Renee	7:30	Studio Cycle	7MP2	<i>Bonnie</i>	8:15	Body Blast	7S	<i>Mina</i>
8:30	Muscle Pump	7S	<i>Yi-Jin</i>	8:15	Yoga	7S	<i>Debbie</i>	8:15	Pilates Barre Fusion	7S	<i>Lana</i>	8:30	Total Body Strength	7S	<i>Laurie W.</i>	7:30	Glutes, Guns & Guts (45min.)	7S	<i>Deanna</i>	8:00	Perf. Cycle	NSS	Bonnie
8:30	Perf Cycle	NSS	Tammy	8:30	Body Blast	NS	Renee	8:30	Perf. Cycle	7MP2	<i>Tammy</i>	8:30	Yoga	7S	<i>Maria / Mina</i>	8:35	Boxing Fitness	NS	Renee	8:35	Boxing Fitness	NS	Renee
8:35	Hi/lo and Strength (45 min each)	NS	Kathy L	9:00	ATAC	7T/BB	<i>Paula</i>	8:30	Cycle /Core	NSS	Paula	9:15	Studio Cycle	MP3	<i>Tammy/ Yi-Jin</i>	8:45	Cardio Shake up! (45min.)	NS	Karen N	9:30	ZUMBA (45min) *NEW*	7S	<i>Dara</i>
9:45	Yoga	7S	<i>Adrienne Ann</i>	9:30	Jab, Jump & Pump (Boxing & Strength)	7S	<i>Laurie W.</i>	8:45	Ult. Interval	NS	Kathy L	10:00	Yoga	NS	Lana	10:00	Perf. Cycle	7MP2	<i>Denise</i>	10:00	Pilates Barre Fusion/yoga (90 min)	NS	Lana
10:15	Zumba	NS	Tracey	10:00	Zumba	NS	Danielle	9:15	Total Body Strength	7S	<i>Lana</i>	10:15	Minute to Win It *NEW* (45 min)	7S	<i>Meg O.</i>	9:45	Muscle Pump	7S	<i>Yi-Jin</i>	10:30	Yoga	7S	<i>Julie G.</i>
11:15	Ener. Yoga	7S	<i>Sally T.</i>	11:15	Ener. Interval	7S	<i>Karen</i>	10:30	Zumba	7S	<i>Tracey</i>	11:00	Ballroom Dance	NS	Nichelle	10:00	Werq!	NS	Jepharya	11:00	Ener. Total Body Strength	NS	Lana
11:30	Ener Strength & Cardio (90 min)	NS	Lana	11:15	Energized Cycle	NSS	Sally	11:15	Ener. Chair yoga	NS	Mary Kay	11:15	Ener. Total Body Strength	7S	<i>Meg O.</i>	11:00	Ener. Total Body Strength	NS	Lana	8:00	Creative Step (90 Min)	NS	Jennifer
12:30	Total Body Strength	7S	<i>Meg O.</i>	12:15	Pilates/Rest. Yoga	NS	Sally	12:30	Mid-day 20/20 (45 min -Low impact)	7S	<i>Paula</i>	11:15	Eng. Cycle	NS	Mary	11:15	Energized Yoga	7S	<i>Katie</i>	8:00	Studio Cycle	NSS	Mina S
4:15	Yoga	NS	Nicole	12:30	Energized Chair Yoga	7S	<i>Mary Kay</i>	12:30	Zumba *NEW*	NS	Dara	12:15	Eng. Total Body Strength	NS	Sally	12:15	Energized Yoga	NS	Lana	9:30	Total Body Strength (45 Min)	7S	<i>Jessie G.</i>
4:30	Total Body Strength	7S	<i>Julie G.</i>	4:30	Ultimate Interval (45 min)	7S	<i>Mina</i>	4:30	Yoga *NEW*	7S	<i>Adrienne Ann</i>	1:30	Restorative Yoga *NEW*	7S	<i>Nicole</i>	12:30				10:00	Zumba *NEW*	NS	Dara
5:30	Pilates Barre Fusion *NEW*	NS	Jessie	5:30	Dynamic Duo Zumba (45 min)	NS	Thomas & Danielle	5:30	Simple Step and Strength *NEW*	NS	Jennifer	4:30	Total Body Strength (45min)	7S	<i>Mandy</i>	10:30	Yoga	7S	<i>Katie</i>				
5:30	Studio Cycle	7MP2	<i>Denise</i>	5:30	Studio Cycle	NSS	Carolyn	5:30	Pilates Barre Fusion	7S	<i>Jessie G.</i>	5:30	Yoga	NS	Lana	10:30	Yoga	7S	<i>Katie</i>				
6:30	ZUMBA *NEW* (45 min)	7S	<i>Dara/Tiauna</i>	5:30	Yoga	7S	<i>Mina</i>	6:45	Jump Rope Transformation *NEW* (30 min)	7S	<i>Mandy</i>	5:30	ZUMBA	7S	<i>Thomas</i>								
				6:30	Yoga	NS	Nicole					6:30	Studio Cycle *NEW*	MP2	<i>Carolyn/ Denise</i>								

7S = 7Bridges Studio
 7MP2 = 7Bridges Spin Studio
 7T = 7Bridges Track
 7B-BB = 7Bridges BBall Ct
 7YPT = 7 Bridges Yoga Pilates Studio

NS = Naperville Studio
 NT = Naperville Track
 NSS = Naperville Spin Studio
 NM = Naperville Mezz
 NBB = Naperville BBall

Group Exercise Supervisors:
 Seven Bridges— Paula McBride
 630-646-7929
 Naperville— Renee Nelson
 630-646-5922

NOTE** Pre-registration on the day is **required in person** at the service desk to reserve a bike due to class size limits for these classes:
BoCycle, Perf. Cycle, Studio Cycle, Tri-Fit, Energized Duathlon.

CLASS DESCRIPTIONS

ATAC (Athletic Training and Conditioning) A variety of cardio intervals, sport-transfer drills, cycling, strength & core.

Unbelievable cross-training workout! 60 minutes

Body Blast A total body strength workout with a cardio thrown in for an added "blast!"

Boxing Fitness Boxing and strength combined for a total body challenge.

Cardio Boxing This format features a powerful series of combinations that may include punches, blocks and kicks, plyometric exercises, drills, jump rope, BOSU, core strength and flexibility. Very challenging and athletic. 60 minutes unless otherwise noted

Cardio Boxing & Strength Cardio boxing with strength intervals. (60 min)

Cardio Shake Up: Keep your cardio shaking with a variety of formats each week including hi/low, basic step, intervals or circuits.

Creative Step (INT/ADV) Stylized movements utilizing one or more benches in any arrangement combined with instructors' creativity and flair to bring you contagious energy, innovative choreography and FUN. **Step experience required.** 60 minutes

Cycle & Core 45 minutes of Studio Cycling followed by 15 minutes of focused core work. 60 minutes

High Voltage Cardio A marvelous mix of high and low impact aerobics. Movements are strong, safe and innovative with style and energy. Motivating and exciting, plenty of options shown. 60 minutes

Jab, Jump & Pump (Boxing) High energy Cardio boxing and strength that includes a series of combinations that may include punches, blocks and kicks, plyometric exercises, drills, jump rope, BOSU, core strength and flexibility. (60 min)

Jump Rope Transformation Great way to burn calories fast! Jump rope and strength intervals.

Mid-day 20/20 This is a quick midday work out. 20 minutes of strength with 20 minutes of cardio. Mix and match-Done!!

Minute to Win It This is a multi-level functional movement strength and cardio class that will challenge you to achieve your next level of fitness. Modifications will be offered, work at your own pace. (45 min.) Low Impact

Muscle Pump: Using a body bar and dumbbells working 4 minutes of structured strength exercises followed by a 1 minute break, helping to increase lean muscle and endurance. 60 min.

Performance Cycle Indoor cycling class designed to simulate outdoor open road riding. Intervals of speed and/or strength work may be explored. 60 minutes

Pilates Barre Fusion The perfect blend of challenging Pilates exercises and barre exercises, with a focus on precision and mindful movement. 60 minutes

Pilates Mat Express Enjoy exercises based on the teachings of Joseph Pilates. Flowing mat Pilates exercises that will improve posture, balance, awareness and core strength. 30minutes

Power Yoga well suited for all levels, power yoga is a physical exercise that improves muscle strength and endurance. 60 min

Restorative Yoga Rest, relax, and recover in comfortable yoga poses that will help to restore your body.

Simple Step and Strength Let's have fun with challenging cardio while doing simple to follow combinations using step. 30 min of step combinations followed by 25 min of strength. The best of both worlds. 60 minutes

Studio Cycle Indoor cycling class designed to simulate outdoor open road riding. Cardiovascular benefits galore! 45 minutes

Total Body Strength (TBS) This class offers effective strength training in a group setting. Balanced focus on all muscle groups to improve muscular strength and/or endurance. 45 or 60 minutes

Tabata Ult. Interval High intensity interval training of 4 minutes segments. That is designed improved their cardiovascular and strength fitness with 20 seconds of work and 10 seconds of rest repeated 4-8 times per segment. (60min.)

Ultimate Interval Various intervals of intensity. Could be cardio (step, hi/lo, jump rope, BOSU, Gliding™ discs) or focused strength training or both. Plenty of options shown for all fitness levels. 45-60minutes

Yoga Develop outer and inner strength through poses, alignment and breath. Each teacher brings their unique style and experience to the class. Most commonly taught is Vinyasa or Iyengar styles.

30/30 A great workout combining 25-30 minutes of cardio (step, hi/lo or whatever) and 25-30 minutes of strength for a perfect combination. 60min.

Werg! A new dance class with a hip hop vibe. Easy to follow and full of energy! Get ready to dance!

Zumba HOT Latin dance based work out. Salsa, rumba and tango those calories away. All levels are welcome. 60 minutes

Mature Adult and/or Novice Class Options!

Yoga Energizers (55+) Calm your nerves, ease stiffness, improve muscle tone and focus your mind. The Iyengar method is followed (use of props and precise alignment) to safely guide each participant toward enhanced flexibility, strength and stamina. Great at any age. 60 minutes

Energized Cardio (55+)

A variety of low impact movements that are fun for the mature adult (or novice exerciser). 40 minutes of movement with 15 minutes core and flexibility for a balanced workout. 60 minutes

Energizer Chair Yoga (55+) Using a chair to help balance and modify and yoga poses.

Energized Interval (55+) This class is for the mature adult with intervals of cardiovascular exercise and weight training. Loads of fun and variety. 60 minutes

Energized Strength (55+) Effective resistance, balance and core training. Challenges and benefits for all levels. 60 minutes

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Classes subject to minimum/maximum participants, instructor/location changes, and/or cancellation.

FALL Land Group Exercise Schedule

Starting September 7, 2021

Healthy Driven™
Edward-Elmhurst
HEALTH & FITNESS