

LAND GROUP EXERCISE SCHEDULE EFFECTIVE JUNE 1, 2021

MON	TUE	WED	THU	FRI	SAT
<p>5:30 Total Body Strength 7S Mina</p> <p>7:30 Total Body Strength NS Ylona</p> <p>7:45 Studio Cycle & Core 7MP2 Paula</p> <p>8:30 Muscle Pump 7S Yi-Jin</p> <p>8:30 Perf Cycle NSS Tammy</p> <p>8:45 30/30 (HI-LO AND STRENGTH) NS Kathy L</p> <p>9:45 Yoga 7S Adrienne Ann</p> <p>10:15 Zumba NS Tracey</p> <p>11:15 Ener. Yoga 7S Sally T.</p> <p>11:30 Ener Strength & Cardio NS Lana</p> <p>12:30 Total Body Strength 7S Meg O.</p> <p>4:15 Yoga NS Nicole</p> <p>4:30 Total Body Strength 7S Julie G.</p> <p>5:30 Studio Cycle 7MP2 Denise</p>	<p>5:30 Perf. Cycle NSS Laura L</p> <p>6:30 Yoga NS Sally</p> <p>7:45 ATAC 7T/BB Paula</p> <p>8:15 Yoga 7S Lana B.</p> <p>8:30 Body Blast NS Renee</p> <p>9:00 ATAC 7T/BB Paula</p> <p>9:30 Jab, Jump & Pump (Boxing & Strength) 7S Laurie W.</p> <p>10:00 Zumba NS Danielle</p> <p>11:15 Ener. Circuit 7S Ylona C.</p> <p>11:15 Energized Cycle NSS Sally</p> <p>12:15 Yoga NS Sally</p> <p>12:30 Chair Yoga 7S Mary Kay</p> <p>4:30 Cardio Shake Up! 7S Karen N.</p> <p>5:30 Zumba (45 min) NS Thomas</p> <p>5:30 Studio Cycle NSS Carolyn</p> <p>5:30 Yoga 7S Mina</p> <p>6:30 Yoga NS Nicole</p>	<p>5:30 Studio Cycle 7MP2 Carolyn</p> <p>5:30 Total Body Str. NS Laura L</p> <p>7:30 Total Body Strength NS Karen</p> <p>8:30 Perf. Cycle 7MP2 Tammy</p> <p>8:30 Cycle /Core NSS Paula</p> <p>8:45 Ult. Interval NS Kathy L</p> <p>9:00 Total Body Strength 7S Lana</p> <p>10:15 Zumba 7S Tracey C.</p> <p>11:15 Ener. Chair yoga NS Nancy</p> <p>12:30 Midday 20/20 7S Ylona C./ Paula <i>(Low Impact Cardio & Strength - 45 min)</i></p> <p>5:30 *NEW* Zumba NS Dara (45 min)</p> <p>5:45 Pilates Barre 7S Jessie G. <i>Fusion</i></p>	<p>5:30 Perf. Cycle NSS Laura L</p> <p>5:30 Ult. Interval NS Mina</p> <p>6:15 Yoga 7S Adrienne Ann</p> <p>8:30 Cardio Boxing NS Renee</p> <p>8:30 Total Body Strength 7S Laurie W.</p> <p>11:00 Ballroom Dance NS Nichelle</p> <p>11:15 Ener. Total Body Strength 7S Meg O.</p> <p>11:15 Eng. Cycle NSS Mary</p> <p>4:30 Total Body Strength(45min) 7S Mandy</p> <p>5:30 Yoga NS Lana</p> <p>5:30 ZUMBA (45min) 7S Thomas</p>	<p>6:30 Perf. Cycle NSS Bonnie</p> <p>7:30 Total Body Strength NS Kathy L</p> <p>7:30 Glutes, Guns & Guts (45min.) 7S Deanna</p> <p>8:30 Yoga 7S Maria / Mina</p> <p>8:45 Cardio Shake up! (45min.) NS Karen N</p> <p>9:00 Studio Cycle 7MP2 Denise</p> <p>9:45 Muscle Pump 7S Yi-Jin</p> <p>10:00 Werq! NS Jepharya</p> <p>11:00 Ener. Total Body Strength NS Lana</p> <p>11:15 Energized Yoga 7S Nancy</p> <p>12:15 Energized Yoga NS Lana</p> <div style="border: 1px dashed black; padding: 5px; margin-top: 10px;"> <p>NS = Naperville Studio NT = Naperville Track NM = Naperville Mezz NBB = Naperville BBall</p> <p>7S = 7Bridges Studio 7MP2 = 7Bridges Spin Studio 7T = 7Bridges Track 7B-BB = 7Bridges BBall Ct</p> </div>	<p>7:15 High Voltage Cardio NS Karen N</p> <p>7:30 Studio Cycle 7MP2 Mina</p> <p>8:30 Body Blast 7S Mina</p> <p>8:00 Perf. Cycle NSS Bonnie</p> <p>8:30 Boxing Fitness NS Carol/ Renee</p> <p>9:45 TBS Express 7S Julie G.</p> <p>10:00 Pilates Barre Fusion NS Lana</p> <p>10:30 Yoga 7S Julie G.</p> <p style="text-align: center;">SUN</p> <p>8:00 Creative Step NS Jennifer</p> <p>8:00 Studio Cycle NSS Mina S</p> <p>9:30 Total Body Strength (45 Min) 7S Jessie G.</p> <p>10:30 Yoga 7S Nancy</p> <div style="border: 1px dashed black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">Group Exercise Supervisors: Seven Bridges— Paula McBride 630-646-7929 Naperville—Renee Nelson 630-646-5922</p> </div>

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 Cardio Boxing for 30 minutes combined with 30 minutes of strength. The best of both worlds!

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)

Mid-day 20/20 *This is a quick midday work out. 20 minutes of strength with 20 minutes of cardio. 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.) Returns in the Fall*

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*

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

Strength Exp. *A focus on upper or lower body each week.30 min.*

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

Summer Land Group Exercise Schedule

Starting June 1, 2021

Capacity Limits Per Room:

7B Main Studio—30
7B Spin in MP2—16

NV Main Studio—35
NV Spin Studio—15

First Come—First Serve

No reservations needed

Limits will be strictly enforced

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 Circuit (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*

NS = Naperville Studio 7S=7Bridges Studio
NT = Naperville Track 7MP2=7Bridges Spin Studio
NM = Naperville Mezz 7T = 7Bridges Track
NBB = Naperville BBall 7B-BB=7Bridges BBall Ct
7YPT = 7 Bridges Yoga Pilates Studio

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

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