

## **6-Pack Abs 30 Focus on CORE!**

A 30 minute blast to strengthen your core muscles: including abdominal, back and oblique muscles. You may use a variety of equipment, with a hint of Pilates to reach every part of your core.

**At Seven Bridges:** 12 week sessions

**Thurs. 6:35-7:05pm** with **Mandy Bakas, RYT (YPT Room)**

Jan. 9 – March 26, 2020      April 9 – June 25, 2020

July 9 – August 13, 2020      August 20-Sept. 24, 2020

(\*6wks, no break)      (\*6wks, no break)

Oct. 8-Dec. 17, 2020 (\*10wks no class 11/26)

**Fee: Member \$40.00      Non-member \$95.00**

**\*6wk \$20.00      \*6wk \$47.50**

**\*\*10wk \$33.30      \*\*10wk \$79.16**

## **Strength and Stretch**

Focus on core! This 55-minute class is the best of both worlds. A 30-minute Pilates inspired strength training session will focus solely on functional and core stability of the abdominals and back muscles, both to increase your strength, tone your body and decrease your chance of injury.

**At Seven Bridges: 6 week sessions (S Conf. Room)**

**Thurs. 5:30-6:30pm** with **Mandy Bakas RYT**

Jan. 9 – Feb. 13, 2020      Feb. 27 – April 2, 2020

April 16 – May 21, 2020      June 4 – July 9, 2020

**Sat. 11-12pm** with **Mandy Bakas RYT**

Jan. 11 – Feb. 15, 2020      Feb. 29- April 4, 2020

April 18 – May 30, 2020      June 6-July 18, 2020

(no class 5/23) (no break)      (no class 7/4) (no break)

**Fee: Member 6wk \$40      Non-Member 6wk \$95**

**\*NEW\***

## **Jump Rope Transformation (30Min)**

### **YOUR PACE - YOUR TRANSFORMATION**

Jump Rope Transformation is a 30 minute class that will work your entire body in a short amount of time. Jump Rope Transformation works on your strength, conditioning and cardio in timed rounds while increasing your metabolism. With the use of a jump rope and body weight drills we will train speed, skill and agility for a total body workout.

**At Seven Bridges:** 6wk session 45 min.

**Wed. 6-7:30pm** with **Mandy Bakas**

Jan. 8 – March 25, 2020      April 8 – June 24, 2020

July 8 – Sept. 23, 2020 (no break)      Sept 30 – Dec. 16, 2020

**Fee: Member \$40      Non-Member \$95**

## **Glorious Glutes- 30 min**

Achieve and maintain your “Glorious Glutes” with the added benefits of improving posture, athletic performance and help to reduce back pain as you fight gravity. We’ve got your back-side!

**At Seven Bridges:** 12 week sessions **(S Conf. Room)**

**Tues. 10:10-10:40am w/ Tracey or Paula**

Jan. 7–March 24, 2020      April 7–June 23, 2020

July 7–Sept. 29, 2020 (no break)      Oct. 6–Dec. 22, 2020

## **BARRE Method Body Sculpting \*New Times\***

Barre Workout is a total body, non impact workout that uses light weights and high reps . Join for muscle shaping isometric exercises to quickly and safely reshape the entire body.

**At Seven Bridges:** 6 week sessions : (YPT Room)

**Sun. 10:35-11:35am– w/Jessie Gilligan**

Jan. 5 – Feb. 9, 2020      Feb.16 – March 29, 2020

(no break)      (no class 2/23) (no break)

April 5 – May 17, 2020<sup>(no class 4/12)</sup>      May 31-July 12, 2020<sup>(no class 7/5)</sup>

**Mon. 10:45-11:45pm w/Ylona Cavalier**

Jan. 6 – Feb. 10, 2020      Feb. 24 – March 30, 2020

April 13 – May 18, 2020      June 1- July 6, 2020 (no break)

**Wed. 6:45-7:30pm (45min) w/Mandy Bakas**

Jan. 8 – Feb. 12, 2020      Feb. 26 – April 1, 2020

April 15 - May 20, 2020      June 3 – July 8, 2020

**Fee: Member (45) 6wk \$30      Non-Member 6wk \$71.25**

**Member (60)6wk \$45      Non-Member 6wk \$95**

**At Naperville:** 6 week sessions

**Mon.** 10:00—11:00am with Lana Bassetto, E-RYT 500

**Mon.** 4:30—5:30pm with Jessie Gilligan

Jan 6—Feb 10, 2020      Feb 24—March 20, 2020

April 13—Ma 18, 2020      June 1—July 6, 2020

**Sat:** 8:30—9:30am with Jessie Gilligan

Jan 4—Feb 8, 2020      Feb 22—March 28, 2020

April 4—May 16, 2020      May 30—July 11, 2020

## **Standing Tall Functional Posture and Strength**

Let’s take some time to fine-tune deep postural muscles in order to correct muscular imbalances. Exercises to **stabilize the core and hips** are blended with yoga postures to assist participants in creating functionally aligned, stronger posture. Equal emphasis is placed on stability, strength and flexibility.

**At Seven Bridges: 6 week sessions**

**Tues. 12:30-1:30pm Nancy Klotz, RYT (YPT Room)**

Jan 7—Feb 11, 2020      Feb 25—March 31, 2020

April 14—May 19, 2020      June 2—July 7, 2020

**At Naperville:**

**Wed. 9:30—10:30am Nancy Klotz RYT**

Jan 8—Feb 12, 2020      Feb 26—April 1, 2020

April 15—May 20, 2020      June 3—July 8, 2020

## **Skills & Drills**

Drills, strength, bosu, jump rope, Pilates work and yoga to name a few of the things offered in this 45 min. fat burning and intensity grabbing workout. Be ready to sweat.

**At Naperville**

**Tues. 5:30—6:16pm with Nicole Shamo**

Jan 7—Feb 11, 2020      Feb 25—March 31, 2020

April 14—May 19, 2020      June 2—July 7, 2020

## **TRX for BEGINNERS (12wks 30min)**

Add something new and effective to your workout! The TRX concept involves pulling and pushing your own body weight (suspension training) using angles and gravity to adjust load and intensity. Blast your major muscle groups while engaging your core!! This class is designed for the beginner with a focus on form. For more information, please contact Paula McBride at (630) 646-7929.

**At Seven Bridges: 12 week sessions**

**Wed. 5:15-5:45pm** with **Paula McBride**

**Wed. 6:45-7:15pm** with **Paula McBride**

Jan. 8 – March 25, 2020      April 8 – June 24, 2020

July 8 – Sept. 23, 2020 (no break)      Sept 30 – Dec. 16, 2020

**Fri. 9:30-10am** with **Paula McBride**

Jan. 10- March 27, 2020      April 3 – June 26, 2020

(no break)      (no class 4/10)

July 10 – Sept. 25, 2020      Oct. 9 – Dec. 18, 2020

(no break)      (10wk, no class 11/27)

**Fee: Member \$40.00      Non-Member \$95.00**

**\*10wk \$33.30      \*10wk \$79.16**

## **TRX-Express (12wks 30min.)**

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. In addition to the primary muscle groups the core muscles are recruited in all exercises. This class can be adjusted for **all fitness levels** and is excellent cross-training for athletes.

**At Seven Bridges: 12 week sessions**

**Mon. 9-9:30am w/Denise Davern**

Jan. 6 – March 23, 2020      April 6 – June 29, 2020 <sup>(no class 5/25)</sup>

July 13 – Oct. 5, 2020 <sup>(no break)</sup>      Oct. 12 – Dec. 14, 2020 <sup>(10 wks.)</sup>

**Wed. 6–6:30pm** with **Paula McBride**

Jan. 8 – March 25, 2020      April 8 – June 24, 2020

July 8 – Sept. 23, 2020 (no break)      Sept 30 – Dec. 16, 2020

**Thurs. 5:30-6:00am w/ Dan Johnson**

**Thurs. 8:15-8:45am w/ Denise Davern**

Jan. 9 – March 26, 2020      April 9 – June 25, 2020

July 9 – Sept. 24, 2020      Oct. 8 - Dec. 17, 2020

(no break)      (10wk, no class 11/26)

**Fri. 8:45-9:15am w/Paula McBride**

**Fri. 6:20-6:50pm w/Denise Davern**

Jan. 10- March 27, 2020(no break)      April 3 – June 26, 2020

(no class 4/10)      (no class 4/10)

July 10 – Sept. 25, 2020      Oct. 9 – Dec. 18, 2020

(no break)      (10wk, no class 11/27)

**Sat. 8:30-9am w/Dan Johnson**

Jan. 11- March 28, 2020      April 11-June 27, 2020

July 11- Sept. 26, 2020 (no break)      Oct. 3-Dec 19 2020

(No class 11/28)      (No class 11/28)

**Fee: Member \$40.00      Non-Member \$95.00**

**\*10wk \$33.30      \*10wk \$79.16**

## **TRX-Express 6 Week (30 minutes)\***

**At Naperville:** 6 week sessions

**Mon. 9:45—10:15am** with **Laura Lipuma**

Jan 6—Feb 10, 2020      Feb 24—March 30, 2020

April 13—May 18, 2020      June 1—July 6, 2020

**Wed. 5:30—6:00am** with **Trisha Hutton**

Jan 8—Feb 12—2020      Feb 26—April 1, 2020

April 15 - May 20, 2020      June 3—July 8, 2020

## **TRX Circuit Challenge \*New Time\***

Using the TRX for the strength portion and adding cardio intervals makes this class a great challenge. Drills, jump rope, battling rope, ladders and much more for the cardio challenge portion of this hour class. It is suggested to take TRX classes prior taking TRX Circuit Challenge. All levels are welcome and modifications are given when needed. (Meets in front of the YPT Room)

**At Seven Bridges: 6 week sessions**

**Sunday 9:15-10:15am** with **Denise (60min)**

Jan. 5 – Feb. 9, 2020 (no break)      Feb.16 – March 29, 2020

(no class 2/23) (no break)

April 5 – May 17, 2020      May 31-July 12, 2020

(no class 4/12)      (no class 7/5)

**Monday 5-5:45pm** with **Paula (45min) \*New Time\***

Jan. 6 – Feb. 10, 2020      Feb. 24 – March 30, 2020

April 13 – May 18, 2020      June 1- July 6, 2020 (no break)

**Fee: (60min) 6wk Member \$40      6wk Non-Member \$95**

**(45min) 6wk Member \$30      6wk Non-Member \$71.25**

**At Naperville:**

**Sat:** 7:30—8:30am with Jeff Hall

Jan 4—Feb 8, 2020      Feb 22—March 28, 2020

April 4—May 16, 2020      May 30—July 11, 2020

## **Glorious Glutes- 30 min**

Achieve and maintain your “Glorious Glutes” with the added benefits of improving posture, athletic performance and help to reduce back pain as you fight gravity. We’ve got your back-side!

**At Seven Bridges:** 12 week sessions **(S Conf. Room)**

**Tues. 10:10-10:40am w/Tracey or Paula**

Jan. 7 – March 24, 2020      April 7 – June 23, 2020

July 7 – Sept. 29, 2020 (no break)      Oct. 6 – Dec. 22, 2020

## **Improve Your Pelvic Floor Strength** Ladies only

Ladies regain your confidence with special pelvic floor muscle exercises. This class is designed to help women who want/ need to improve bladder control. These exercises have the purpose of strengthening the muscles below the uterus, bladder, and large intestine. Join others with similar concerns in this small group setting . (45min)

**At Seven Bridges:** 6 week sessions **(YPT Room)**

**Sun. 9:45-10:30am w/Jessica Banaszek, RN**

Jan. 5–Feb. 9, 2020 (no break)      Feb.16–March 29, 2020

(no class 2/23) (no break)

April 5–May 17, 2020      May 31-July 12, 2020

(no class 4/12)      (no class 7/5)

**Mon. 9:50-10:35am w/Jessica Banaszek, RN**

Jan. 6 – Feb. 10, 2020      Feb. 24 – March 30, 2020

April 13 – May 18, 2020      June 1- July 6, 2020 (no break)

**Fee: Members: \$50\*      Non-Members: \$95**

**\*8wk) M\$66.67      NM\$126.66**

## **Basic Training (BOOTCAMP)**

Be challenged, energized and motivated in this drill filled cross-training workout which changes every week! Basic Training will ensure that you are utilizing your time for maximum results. All workouts will be modified to individual fitness levels and ability. Our focus will be on high intensity interval training for positive results in attitude and waistline!! Come prepared to sweat! For more information contact Paula McBride at (630) 646-7929.

**At Seven Bridges: 6 week sessions 60 min (Track/BB Court)**

**Thurs. 6:30-7:30pm with Paula McBride**

Jan. 9 – Feb. 13, 2020 Feb. 27 – April 2, 2020

April 16 – May 21, 2020 June 4 – July 9, 2020

## **B-Fit for Beginners**

B-Fit for Beginners is ideal for those who are new to working out or getting back into the groove. You'll learn the foundational movements, while breaking a sweat, toning your body and burning calories!! This 45 minute drill-style cross-training workout will help you focus on the new you. Your instructor, Carla Day, will motivate you through a self-challenging pace to make a change!! All workouts modified to individual fitness levels and ability.

**At Seven Bridges: 6wk session 45 min.**

**Sunday 11:15am-12pm with Carla Day**

Jan. 5 – Feb. 9, 2020 (no break) Feb.16 – March 29, 2020

(no class 2/23) (no break)

April 5 – May 17, 2020 May 31-July 12, 2020

(no class 4/12) (no class 7/5)

**Wed. 6:15-7pm with Carla Day**

Jan. 8 – Feb. 12, 2020 Feb. 26 – April 1, 2020

April 15 - May 20, 2020 June 3 – July 8, 2020

## **Myofascial Roll and Release Foam Roller**

Learn to use the Foam roller and foam balls to release tension in your body.

**At Naperville: with Karen Newkirk on BB Court**

**Fridays, 8:45—9:15am**

Jan 10—Feb 14, 2020 Feb 28—April 3, 2020

April 17—May 22, 2020 June 5—July 10, 2020

**Fee: Member \$20 Non-Member \$55**

## **1 Day Workshop at Seven Bridges**

### **Myofascial Release with Foam Rollers**

Learn the proper use of foam rollers and balls to help relieve muscle tightness and tension in your body. This one day workshop will cover many main body parts in the 75 minutes.

**At Seven Bridges: with Mandy Bakas**

**Saturday, Feb. 15, 2020 12:15-1:30pm**

**Saturday, May 30, 2020 12:15-1:30pm**

**Saturday, Oct. 17, 2020 12:15-1:30pm**

**Fee: Member \$15 Non-Member \$20**

## **Boxing Fitness 101 (Good place to start)**

Boxing form is the focus while challenging your endurance, hand-eye coordination, timing, agility, power, speed and strength. Increase your balance, body awareness and self confidence during this powerful total body workout. Hand wraps are a must and are available at the pro-shop. (Teens Welcome)

**At Seven Bridges: 6 week sessions (Track-Boxing Area)**

**Mon. 7:30-8:30pm with Mandy Bakas**

Jan. 6 – Feb. 10, 2020 Feb. 24 – March 30, 2020

April 13 – May 18, 2020 June 1- July 6, 2020 (no break)

**Sat. 7:15-8am with Dan Johnson, PT \*(45 min)**

Jan. 11 – Feb. 15, 2020 Feb. 29- April 4, 2020

April 18 – May 30, 2020 June 6-July 18, 2020

(no class 5/23) (no break) (no class 7/4) (no break)

**Fee: Member (60min) \$40 Non-member \$95**

**Fee: Member \*(45min) \$30 Non-Member \$71.25**

## **Boxing Challenge Xtreme \*ADDED TIME \*(45 min)**

A “no-frills”, high-energy, workout that combines cardiovascular conditioning, boxing, strength training, calisthenics, plyometric, and more! You will run, jump, sit-up, push-up, squat down, & lunge your way to results. For all fitness levels & workout experiences! Hand wraps are a must and are available at the pro-shop.

**At Seven Bridges: 6 week sessions (Track-Boxing Area)**

**Mon. 6:30-7:30pm with Mandy Bakas**

Jan. 6 – Feb. 10, 2020 Feb. 24 – March 30, 2020

April 13 – May 18, 2020 June 1- July 6, 2020 (no break)

**Fee: Member \$40 Non-member \$95**

## **Boxing Fitness**

This class caters to all kickboxing fanatics. Your skills will be enhanced while performing realistic punching and kicking combinations challenging your entire body. Maximum 8 participants, unless approved by instructor. Hand wraps are a must and are available at the pro-shop.

**At Naperville: 6 week sessions (Multi-Purpose Room)**

**Fri. 8:30—9:30am with Renee nelson**

Jan 10—Feb 14, 2020 Feb 28—April 3, 2020

April 17—May 22, 2020 June 5—July 10, 2020

## **Bootcamp Fitness**

Drills, cardio and strength to increase endurance and make you stronger than ever! Equipment will vary week to week and so will the intervals.

**At Naperville: 6 week sessions (bb court)**

**Wed 8:30—9:30am with Kathy Lee**

Jan 8—Feb 12, 2020 Feb 26—April 1, 2020

April 15—May 20, 2020 June 3—July 8, 2020

## **B.A.S.I.C.S. Fitness Program (For Back Health)**

**Breath \* Alignment \* Strength \* In Motion\* Core \* Spirit\***

Are you ready for a completely different Mind-Body Exercise Program? Grab a mat, lie down and journey inward into your body, mind and energy. Using strengthening, stretching and balancing exercises, explore the body's language. In this Mind-Body discipline, learn thru awareness when to push the body harder, when to be gentle and when to rest. Featuring rhythmic rocking techniques unique to this program, self-massage the body as needed while challenging it to the next level. Learn the difficult skill of deep relaxation, the power of proper breathing and core work. Appropriate for all fitness levels and a powerful support for any sport. Guided by creator, Jutta Spanke RYT, Personal Trainer and Group Fitness Instructor.

**At Seven Bridges: 6 week sessions**

**Tues. 11:15-12:15 (YPT Room) with Jutta Spanke, RYT**

Jan. 7 – Feb. 11, 2020 Feb. 25 – March 31, 2020

April 14 – May 19, 2020 (no break) May 26- June 30, 2020 (5wk)

No July / August session Sept. 8 – Oct. 13, 2020

Oct. 27 – Dec. 15, 2020 (8wk)

**Fee: Member \$50\* Non-member \$95**

**5wks \$41.67 5wks \$79.17**

**8wk \$66.66 8wks \$126.66**

## **LOW BACK SOLUTIONS**

Bridget will help relieve some of the discomfort of low backpain by teaching you stretches and strengthening techniques to help alleviate pain.

**At Naperville: Tues. 11:00—12:00pm with Bridget Lenard**

Jan 7—Feb 11, 2020 Feb 25—March 31, 2020

April 14—May 19, 2020 June 2—July 7, 2020

## **Ultimate Cycling \*SEASONAL\* NEW\*IC7 BIKES!!!**

Welcome to the Ultimate Cycling Experience! This is a unique training program dedicated to improving your power on the bike. Our bikes are equipped with computers that provide riders with consistent communication of their workout, which allows the users to measure their progress and performance. The class will begin with testing to get your baseline power wattage and then you will complete drills that will improve wattage, rpms, speed and distance over the course of 8 weeks. This 90 minute class is designed to improve your performance on the bike and to achieved your goals faster. Ultimate Cycling is excellent for tri-athletes and cyclists.

**At Seven Bridges: 8 week sessions (Cycle Studio)**

**Saturday 10:30-12:00 with Connie Truesdale, PT**

**Jan 11—March 3, 2020**

**Fee: Member \$80\* Non-member \$126.60**

### **Class Registration Policies**

Classes are subject to minimums/maximms, instructor/location changes, and/or cancellation at supervisor's discretion. To ensure that we do not mistakenly cancel classes that appear to not meet our minimum numbers, please register at least 3 days prior to the start of class. There will be no make up classes unless EEHF cancels a class due to a holiday, instructor absence or building issue. Refunds are only given for medical reasons and require a doctor's note. Per approval, class fee prorated only if starting session late.

# Adult Specialty Classes

January– June 2020

**Fees:**

**\$40 for Members\***

**\$95 for Non-members**

**\*Unless otherwise noted**

***Healthy Driven***<sup>™</sup>  
**Edward-Elmhurst**  
HEALTH & FITNESS