

## 12 week sessions 30 minute classes

\*Unless otherwise noted

### Just Breathe! (Pranayama Yoga Breathing)

Most of us are unaware of the benefits of breath: Increased circulation, lower blood pressure & more! Let us teach you to breath properly to get the most out of each breath!

At Naperville: 12 week sessions

**Wed. 7:30—8:00pm** with Lana Bassetto, RYT

Jan 6—March 23, 2016

April 6—June 22, 2016

July 6—Sept 21, 2016

Oct 5—Dec 21, 2016

### Glorious Glutes

This 30 minute express glutes class will also **improve posture**, improve athletic performance and may even reduce some back pain. We have listened to your requests and have the “gluteus only” workout, developing and/or maintain your shapely bottom is still something to work on.

At Seven Bridges: 12 week sessions (YPT Room)

**Fri. 8-45-9:15am** with Deanna Murray

Jan 8—March 25, 2016

April 8—June 24, 2016

July 8—Sept 23, 2016

Oct 7—Dec 23, 2016

### Pilates 101 Express

Devote just 30 minutes to Increase range of motion, flexibility core strength as you retrain your **muscles to a leaner, longer** look. This Pilates class may include work with the Pilates circle, BOSU, dynabands, resistaballs, and more!

At Naperville: (Studio)

**Wed. 7-7:30pm** with Sally Tumilty, RYT

Jan 6—March 23, 2016

April 6—June 22, 2016

July 6—Sept 21, 2016

Oct 5—Dec 21, 2016

### Easy Rider Cycle

Get a low impact cardio workout at a leisurely and comfortable pace.

This class is designed for the novice cyclist to get you on the right path and on your way to improving your cardio endurance. Come and enjoy the ride with Connie Truesdale!

(12 week session)

**Wed. 11:00-11:30am** (Cycling room)

Jan 13—March 30, 2016

April 6—June 22, 2016

July 6—Sept 21, 2016

Oct 5—Dec 21, 2016

### 6-Pack Abs

This is 30 minutes of core work for a marvelous mid-section. Core strength exercises strengthen your core muscles, including your abdominal muscles, back muscles and the muscles around the pelvis. You will work on different pieces of equipment, with a hint of Pilates to reach every part of your core. Everyone wants a tight abs!!

At Seven Bridges: 12 week sessions

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

Jan 7 – March 24, 2016

April 7 – June 23, 2016

July 7 – Sept 22, 2016

Oct 6 – Dec 29, 2016

(NO CLASS 11/24)

### Basic Training Blast

Be challenged, **energized and motivated** in this drill filled cross-training workout! 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 to burn fat** and resistance exercises to target your problem areas.

At Seven Bridges: 12 week sessions

**Wed. 5:45-6:15am** with Kristina (Track/BB court)

Jan 6—March 23, 2016

April 6—June 22, 2016

July 6—Sept 21, 2016

Oct 5—Dec 21, 2016

### \*NEW\* Improve Your Pelvic Floor Strength

This class can improve your lifestyle and rebuild confidence.

Pelvic floor muscle training exercises can help strengthen the muscles under the uterus, bladder, and bowel (large intestine). These muscles can help women who may want or need to prevent current or future bladder control.

At Seven Bridges: 6 week sessions (YPT Room)

**Mon. 9:50-10:35am** Jessica Banaszek, Pelvic Floor Specialist

Jan 11—Feb 15, 2016

Feb 22—March 28, 2016

April 11—May 16, 2016

May 23—July 11, 2016

July 18 - Aug 22, 2016 (2 WK break for Labor Day)

**Friday 9:30-10:15am** Deanna Murray, Pelvic Floor Specialist

Jan 8—Feb 12, 2016

Feb 26—April 1, 2016

April 15—May 20, 2016

June 3—July 8, 2016

July 22 – Aug 26, 2016

**Fee: Member \$50**

**Non-member \$95**

### Roll & Release—Foam Roller Mini Workshop

This instructional hands-on workshop teaching proper use of foam rollers and balls to help relieve tight muscles, tension and more.... “There’s no place like foam.” **75 min (YPT room)**

At Seven Bridges:

**Sunday, February 21, 2016 11-12:15 pm**

**Thursday, April 7, 2016 6:30-7:45pm (bb)**

**Saturday, April 9, 2016 11-12:15 pm**

**Saturday, May 7, 2016 11-12:15 pm**

Members \$15

Non Members \$30

### Roll & Release Express

Use of foam rollers, myo-release balls, etc., **eliminate tension, reduce scar tissue, inflammation**, and help with overuse or old injuries. Get rolling and you will soon find yourself clicking your heels and saying “There’s no place like foam.”

At Naperville: 12 week sessions

**Fri. 9:30-10:30am** with Karen Newkirk

Jan 8—March 25, 2016

April 8—June 24, 2016

July 8—Sept 23, 2016

Oct 7—Dec 23, 2016

### Core & Balance for Special Pops

A controlled progressive pace sets this class apart from traditional fitness classes. **Learn to engage the core functionally** with careful attention and appropriate sequencing. Will include yoga and pilates-based work, & is ideal for people with MS, Arthritis or Fibromyalgia. Please contact Renee Nelson at (630) 646-5922 for more information.

At Naperville: (MPR)

**Mon. 10:30—11:00 am** with Lisa Bailey

Jan 4—March 21, 2016

April 4—June 27, 2016

July 11—Oct 3, 2016

Oct 17—Dec 19, 2016

(no class 9/7)

### \*NEW\* “Find your Inner Peace”

**Movement and Meditation** 30 and 60 minute sessions

Take this time to connect to the sense of ease that pervades the moment. Gina Cox, 500 RYT, will take you through gentle yoga poses to open the body and prepare the mind for guided meditation. This class will explore different types of meditation that you can use at home to relax your mind, find peace and acquire calmness. Some techniques will include meditation on the breath and meditation in movement. Also see Chakra Yoga and Meditation

At Seven Bridges: **30 minutes Express sessions** (YPT room)

**Mon. 7-7:30pm** Gina Cox, 500 RYT

Jan 4 – March 21, 2016

April 4 – June 27, 2016

(NO CLASS ON 5/30)

July 11 – Oct 3, 2016

Oct 17 – Dec 19, 2016

(NO CLASS ON 9/5)

(10 WK \$33.33M/\$79.17NM)

### Belly Dance Lessons with Pearl

Learn to shimmy and shake head to toe to the classical beats of Raks Sharqi. Learn to put mind over matter in the sense of timing and creative expression broken down step by step. This is a dance for **everyone young and mature** alike and everyone learns at their own pace! **Free your spirit** and let your belly dance goddesses out!

At Seven Bridges: **6 week sessions**

**Tues. 7:45-8:45pm** with Pearl (Aerobic Studio)

Jan 12—Feb 16, 2016

Feb 23—March 29, 2016

April 12—May 17, 2016

May 31—July 5, 2016

July 19—Aug 23, 2016

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

### \*NEW\* Ballroom Dance—Private Lessons

We will be offering private lessons to members and nonmembers to learn the skills of ballroom dance. If you have an event or simply looking for something fresh and excited to do. Please contact Renee Nelson (630) 646-5922 and she will set you up with **Nichelle Kennedy** to get your lessons started. P.S. you do not need a partner.

Members: \$60 per 45 min. session

Non-members: \$72 per 45 min. session

## Yoga 101 Express

This is where to start if you have limited or zero experience with yoga. Come learn the various breathing techniques, physical poses (asanas), terminology and so much more in a nurturing environment. Improve your balance, strength, flexibility, posture and more with yoga.

At Naperville: (MZ)

Tues 10:30—11:00am with Sally Tumilty, RYT

Jan 5—March 22, 2016 April 5—June 21, 2016

July 5—Sept 20, 2016 Oct 4—Dec 20, 2016

**For more information, please contact the  
Group Exercise Supervisor:**

**Paula McBride (630) 646-7929  
at Seven Bridges  
Renee Nelson (630) 646-5922  
at Naperville**

**To Register online or call:  
[www.edward.org/classes](http://www.edward.org/classes)**

**Jenny Ibrahim (630) 646-7913  
At Seven Bridges  
Toni Kadera (630) 646-5917  
At Naperville**

*Classes are subject to minimum/maximums, instructor/  
location changes, and/or  
cancellation at Supervisor's discretion.*

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

At Naperville: 6 week sessions

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

Jan 4—Feb 8, 2016 Feb 22—March 28, 2016

April 11—May 16, 2016 May 23—July 11, 2016

July 18—Aug 22, 2016 Sept 12—Oct 17, 2016

**Fee: Member \$20\***

**Non-member \$55\***

## TRX-Express 12 week 30 min.

The 30 minute TRX suspension strength training class developed by the Navy SEALs uses your own body weight to power you through various exercises that will strengthen and tone your body. 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. For more information contact Paula McBride at (630) 646-7929.

**At Seven Bridges: 12 week sessions**

**Mon. 9-9:30am with Denise Davern**

**Mon. 5:30-6pm with Denise Davern**

Jan 4—March 21, 2016 April 4—June 27, 2016

July 11—Oct 3, 2016 Oct 17—Dec 19, 2016

(no class 9/7)

**Wed. 10-10:30 am with Dan Johnson**

**Wed. 5:30-6 pm with Dan Johnson**

**Wed. 4-4:30 pm with Dan Johnson**

Jan 6—March 23, 2016 April 6—June 22, 2016

July 6—Sept 21, 2016 Oct 5—Dec 21, 2016

**Thurs. 5:45-6:15am with Kay Page**

**Thurs. 8:15-8:45am with Denise Davern**

Jan 7—March 24, 2016 April 7—June 23, 2016

July 7—Sept 22, 2016 Oct 6—Dec 29, 2016

(NO CLASS 11/24)

**Fri. 8:15-8:45am with Deanna Murray**

**Fri. 6:20-6:50pm with Denise Davern**

Jan 8—March 25, 2016 April 8—June 24, 2016

July 8—Sept 23, 2016 Oct 7—Dec 23, 2016

**Sat. 8:30-9am with Dan Johnson**

Jan 9—March 26, 2016 April 9—June 25, 2016

July 9—Sept 24, 2016 Oct 8—Dec 31, 2016

(NO CLASS ON 12/24)

**Fee: Member \$40**

**Non-member \$95**

# Express Classes

January—December 2016

**Fees:**

**\$40 for Members**

**\$95 for Non-members**

*\*Unless otherwise noted*

**Edward-Elmhurst**  
HEALTH & FITNESS