

**LAND GROUP EXERCISE SCHEDULE EFFECTIVE SEPTEMBER 6, 2022**

MON				TUE				WED				THU				FRI				SAT			
5:30	<b>Total Body Strength</b>	<b>7S</b>	<i>Mina</i>	5:15	Perf. Cycle	NSS	Laura	5:15	Total Body Str.	NS	Laura	5:15	Perf. Cycle	NSS	Laura	5:30	Power Yoga	NS	Mina	7:15	<b>Studio Cycle</b>	<b>7MP2</b>	<i>Mina</i>
5:30	Yoga	NS	Sally	6:30	Yoga	NS	Sally	6:15	<b>Pilates (45min)</b>	<b>7YPT</b>	<i>Sally</i>	6:00	<b>Yoga</b>	<b>7S</b>	<i>Nicole</i>	5:30	<b>Studio Cycle</b>	<b>7SS</b>	<i>Bonnie</i>	7:30	High Voltage Cardio	NS	Karen
7:30	Total Body Strength	NS	Ylona	7:30	Pilates (45 min)	NS	Sally	7:15	<b>Yoga</b>	<b>7YPT</b>	<i>Sally</i>	7:00	Balance Exp. (30 min)	NS	Sally	7:30	Total Body Strength	NS	Kathy	8:00	Perf. Cycle	NSS	Bonnie
7:45	<b>Studio Cycle &amp; Core</b>	<b>7MP2</b>	<i>Paula</i>	7:45	<b>ATAC</b>	<b>7T/BB</b>	<i>Paula</i>	7:30	Body Blast(45 min)	NS	Karen	7:30	Pilates (45 min)	NS	Sally	7:30	<b>Glutes, Guns &amp; Guts (45min.)</b>	<b>7S</b>	<i>Deanna</i>	8:15	<b>Body Blast</b>	<b>7S</b>	<i>Mina</i>
8:30	<b>Muscle Pump</b>	<b>7S</b>	<i>Yi-Jin</i>	8:15	<b>*NEW* Yoga</b>	<b>7S</b>	<i>Amanda</i>	8:15	<b>Pilates Barre Fusion (45min)</b>	<b>7S</b>	<i>Lana</i>	8:30	Cardio Boxing	NS	Renee	8:35	Boxing Fitness	NS	Carol/Renee				
8:30	Cycle Plus	NSS	Tammy	8:30	Body Blast	NS	Renee	8:30	<b>Perf. Cycle</b>	<b>7MP2</b>	<i>Tammy</i>	8:30	<b>Total Body Strength</b>	<b>7S</b>	<i>Laurie</i>	9:30	<b>Zumba (45min)</b>	<b>7S</b>	<i>Dara</i>				
8:35	Hi/lo and Strength (45 min each)	NS	Kathy	9:00	<b>ATAC</b>	<b>7T/BB</b>	<i>Paula</i>	8:30	Cycle /Core	NSS	Paula	8:45	<b>Perf. Cycle</b>	<b>7MP2</b>	<i>Yi-Jin</i>	8:35	Cardio Shake up (45 min)	NS	Karen	10:00	Pilates Barre Fusion/yoga (90 min)	NS	Lana
9:45	<b>Yoga</b>	<b>7S</b>	<i>Adrienne Ann</i>	9:30	<b>Jab, Jump &amp; Pump (Boxing &amp; Strength)</b>	<b>7S</b>	<i>Laurie W.</i>	8:45	Ult. Interval	NS	Kathy	10:00	Yoga	NS	Lana	9:25	Core & Stretch (20 min)	NS	Karen	10:30	<b>Yoga</b>	<b>7S</b>	<i>Julie G.</i>
10:15	Zumba	NS	Jepharya	10:00	Zumba	NS	Danielle	9:15	<b>Total Body Strength</b>	<b>7S</b>	<i>Lana</i>	10:15	<b>Minute to Win It (45 min)</b>	<b>7S</b>	<i>Meg</i>	8:45	<b>Studio Cycle</b>	<b>7MP2</b>	<i>Tammy</i>				
								10:30	<b>Zumba</b>	<b>7S</b>	<i>Danielle</i>					9:45	<b>Muscle Pump</b>	<b>7S</b>	<i>Yi-Jin</i>				
																10:00	Werq!	NS	Jepharya				
																<b>SUN</b>							
11:15	<b>Ener. Yoga</b>	<b>7S</b>	<i>Sally</i>	11:15	<b>Ener. Interval</b>	<b>7S</b>	<i>Karen</i>	11:15	Ener. Chair yoga	NS	Mary Kay	11:00	Ballroom (it's back!)	NS	Nichelle	11:00	Ener. Strength	NS	Lana	8:00	Creative Step (90 Min)	NS	Jennifer
11:30	Ener TBS & Cardio (90 min)	NS	Lana	11:15	Energized Cycle	NSS	Sally	12:30	<b>BeMoved Dance</b>	<b>7S</b>	<i>Annie K.</i>	11:15	<b>Ener. Total Body Strength</b>	<b>7S</b>	<i>Meg</i>	11:15	<b>Energized Yoga</b>	<b>7S</b>	<i>Katie</i>	8:00	Studio Cycle <b>*NEW*</b>	NSS	Mina
12:30	<b>Total Body Strength</b>	<b>7S</b>	<i>Meg O.</i>	11:15	<b>*NEW* Ener. Yoga</b>	NS	Lana	12:30	<b>*NEW* Balance Express (30 min)</b>	NS	Carol	11:15	Ener. Cycle	NS	Mary	8:30	<b>Cycle Plus</b>	<b>7MP2</b>	<i>Tammy/Yi-Jin</i>				
1:30	<b>*NEW*(15min) Balance Exp.</b>	<b>7S</b>	<i>Meg O.</i>	12:15	Pilates/Rest. Yoga	NS	Sally					12:15	Ener. Strength	NS	Sally	9:30	<b>Total Body Strength (45 Min)</b>	<b>7S</b>	Jessie				
1:15	<b>*NEW* Chair Yoga (45 min)</b>	NS	Amanda	12:30	<b>Energized Chair Yoga</b>	<b>7S</b>	<i>Mary Kay</i>					1:30	<b>Restorative Yoga</b>	<b>7YPT</b>	<i>Nicole</i>	10:00	Zumba	NS	Dara				
4:15	Yoga	NS	Nicole									4:30	<b>*NEW* Body Blast (45min)</b>	<b>7S</b>	<i>Mandy</i>	10:30	<b>Yoga</b>	<b>7S</b>	Katie				
4:30	<b>Total Body Strength</b>	<b>7S</b>	<i>Julie G.</i>	4:30	<b>Ultimate Interval (45 min)</b>	<b>7S</b>	<i>Mina</i>	4:15	<b>Yoga *NEW TIME*</b>	<b>7S</b>	<i>Adrienne Ann</i>												
5:30	Pilates Barre Fusion	NS	Jessie	5:30	Dynamic Duo Zumba (45 min)	NS	Thomas & Danielle	4:30	<b>*NEW* Zumba</b>	NS	Dara												
5:30	<b>*NEW*ATAC</b>	NMP	Jennifer	5:30	Studio Cycle	NSS	Carolyn	5:30	<b>Pilates Barre Fusion</b>	<b>7S</b>	<i>Ylona</i>	5:30	Yoga	NS	Lana								
5:30	<b>Studio Cycle</b>	<b>7MP2</b>	<i>Carolyn V.</i>	5:30	<b>Yoga</b>	<b>7S</b>	<i>Mina</i>	5:30	Body Blast	NS	Jennifer	5:30	<b>Zumba</b>	<b>7S</b>	<i>Thomas</i>								
6:00	<b>Zumba *New Time* (45 min)</b>	<b>7S</b>	<i>Dara</i>	6:30	Yoga	NS	Nicole																

**Group Exercise Supervisors:**  
**7B—** Paula McBride 630-646-7929  
**Naper—** 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 min

### **Balance Express**

a class designed to keep us upright and steady. 15 or 30 min.

**BeMoved Dance** movement expressed through dance and music with the power to enhance your well being. 60 min

**Body Blast** A total body strength workout with a cardio thrown in for an added "blast!" 45-60 min

**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, core strength and flexibility. Very challenging and athletic. 60 min

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

**Core & Stretch** a deeper dive into core exercises and a nice stretch to finish the workout.

**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 min of Studio Cycling followed by 15 min of focused core work. 60 min

**Cycle Plus** 45 min of Cycling followed by 15 min of focused core, strength or stretch. 60 min

**Glutes, Guns and Guts** a total body workout with focus on your lower body and core. 60 min

**Hi/Lo & Strength** A 45 min blast of high and low impact aerobics followed by 45 minutes of upper and lower body strength. 90 min

**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 min

**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,

**Minute to Win It** Enjoy a total body conditioning on the minute. Focusing on all muscle groups for a class to improve your strength. 45-60 min

**Muscle Pump:** Using a body bar and dumbbells working 4 min 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 min

**Pilates Barre Fusion** The perfect blend of challenging Pilates exercises and barre exercises, with a focus on precision and mindful movement. 45-60 min

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

**Pilates/Restorative Yoga** Mat Pilates exercises that will improve posture, balance, awareness and core strength followed by restorative yoga. 60min

**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. 60 min

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

**Tabata Ult. Interval** High intensity interval training of 4 min 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. (60 min)

**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. 45-60min

**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. 60 min unless otherwise stated

**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 min

## 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 min

### **Energized Cardio (55+)**

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

**Energizer Chair Yoga ( 55+)** Using a chair to help balance and modify and yoga poses. 60 min

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

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

7S = 7Bridges Studio  
7T = 7Bridges Track  
7MP2 = 7Bridges Spin Studio  
7B-BB = 7Bridges Basketball Court  
7YPT = 7 Bridges Yoga Pilates Studio

NS = Naperville Studio  
NT = Naperville Track  
NSS = Naperville Spin Studio  
NM = Naperville Mezzanine  
NBB = Naperville Basketball Court  
NMP = Naperville Multi-Purpose Room

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

# FALL Land Group Exercise Schedule

September 6, 2022—January 8, 2023



**Healthy Driven™**  
Edward-Elmhurst  
HEALTH & FITNESS