

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:
Perf. Cycling, Studio Cycle, Tri-Fit, & Energized Duathlon

CLASS DESCRIPTIONS

50/50 30 minutes of a variety of any cardio including step, hi/low followed by 30 minutes of Total Body Strength. 60 minutes

Ab Lab Express & effective abdominal and back exercises designed to strengthen and define your core. 15 minutes

Balance Challenge Express This class may incorporate discs, balls bosu, tubing and hand weights as you are challenged on balance improving exercises. 30min

Body Blast An hour of strength, cardio and core to really jump start your exercise routine. A total body workout with a push!! All levels will be challenged with a variety of equipment! 60minutes

Bar Force Using 4-6lb body bars to sculpt your body as you integrate cardio boxing intervals to get pumped up. The energy this format creates is outrageous!

ATAC (Athletic Training and Conditioning) A variety of cardio intervals, sport-transfer drills, cycling, strength & core. Unbelievable cross-training workout and calorie burner. 45-60 min.

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. 45-60 minutes

Cardio Ballroom Dance This Dance class features all the classic ballroom styles that you know and love put together into an aerobic class sure to get your heart pumping. No partner required! 45 min

Cardio Mix Cardio, Cardio, Cardio. This class will be a mixture of any & all forms of cardio; step, bosu, hi/lo, etc. 60 minutes

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. 45 or 60 minutes

Creative Step & Strength (*INT/*ADV) Stylized movements utilizing one or more benches in any arrangement combined with total body strength. Innovative choreography and FUN. 90 min

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

Cycle Express 30minutes of Studio Cycling

Glutes, Guns and Guts Add strength, power and endurance to your assets with this calorie burning, muscle defining format! All levels will be challenged with this intense workout! 45 or 60minutes

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 and Pump Challenge yourself with a combination of boxing cardio and body strength, 3 minutes segments: boxing, jump rope, squats/push ups

Interval Strength High intensity strength class using intervals of high intensity with recovery. You can work at your own pace. 60 min

Minute to Win It Working at your own level/pace to complete the 3 different blocks of 1 minute exercises of cardio, upper body, lower body and core Repeat 3 times then move on to the next block of exercises! (45 Min)

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 minutes

Performance Cycle Intervals of speed and/or strength work that will build endurance and burn serious calories. Extended riding time offered for your cardiovascular fitness! This cycling class can to simulate outdoor open road riding. 60 minutes

Pilates Express Enjoy exercises based on the teachings of Joseph Pilates. Pilates exercises will improve posture, balance, awareness and core strength.

Pilates/Restorative Yoga Start off with lengthening & strengthening your core (mat pilates) followed by restorative yoga poses. 60 min

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

R.I.P.P.E.D. Resistance. Interval. Power. Polymetric. Endurance. Diet tip. Total body, high /low intensity style program, utilizing free weights, resistance and body weight, masterfully combines the components for "The One Stop Body Shock™".

Rhythm Ride Motivated by the beat & energized by the music, this 45 minute cycle focuses on burning fat & improving heart health through a series of short burst interval drills, load work & endurance.

Studio Cycle Cardiovascular benefits galore! Calorie and fat burning collide in this indoor cycling class simulating outdoor open road riding. 45 minutes

Step & Strength 30 min. of single bench step class consisting of easy to follow choreography and 30 min. of total body strength.

Slow Flow This class allows you to take your time in each pose still incorporating the flow technique. It will include all your favorite postures, bends and openers, but at a slower flowing pace. 60 minutes

Street Vibes Dance to the rhythm of the streets! Hip hop, dancehall, reggaeton and more!

Strength Express This class offers effective strength training in a group setting. Balanced focus on all muscle groups to improve muscular strength and/or endurance. 30 minutes

Super Interval Cardio The cardio interval times and challenges may vary but this class will burn some serious calories!! Go at your own pace (low options are offered) during the hi/lo, jump rope, BOSU, burpees, mountain climbers and more.

T.N.T. Punch it out & pump it up. Huge energy, endless fun and challenges galore in store for everyone. 75 minutes (Box & Core)

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

TBS + Core Galore A large group effective strength training class to improve muscle strength and endurance with more focus on core. 45 or 60 minutes

Tri Fit Swim, bike, run. Coaches lead you through fun challenges and benefits for all levels. **Bring swimsuit for the water portion.** 90 min

Triple Play Three 20 minute segments 2 cardio and 1 strength. Total body workout designed to increase overall fitness level. 60 min

Walking Strong is for all levels This class low impact walking class has a focus on fat burning, posture and added interval strength challenges for toning. Beneficial for all levels. 45 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. 60min

*BEG=Beginner level *INT=Intermediate Level *ADV=Advanced

Yoga Develop outer and inner strength through poses, alignment and breath. Each teacher brings their unique style and experience to the class. All Levels welcome. Dress in layers 60 or 90 minutes

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

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

Zumba Toning This class combines the Zumba workout with light weight Zumba Toning Sticks, for a whole body strengthening experience.

Mature Adult and/or Novice Class

Energized Yoga (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). 45 minutes of movement with 15 minutes core and flexibility for a balanced workout. 60 minutes

Energized Circuit (55+) This class is for the mature adult with intervals stations of cardiovascular and strength exercise with rest. Variety in exercises and good energy. 60 minutes

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

Energized Cycle & Strength (55+) Bike and strength intervals for the mature adult (or novice exerciser). Experienced coaches will guide you through this challenging workout. 90 minutes

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

Energized Studio Cycle (55+) Indoor cycling benefiting the most important muscle in your body, your heart! 30/60 minutes

Energized Triple Play (55+) Cardio, strength and stretch are put together in an easy to follow 20 min segmented class. 60 minutes

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Zumba and Zen This class is the classic Zumba workout with a stretch at the end. Taught with easy to follow moves that will keep you toned and flexible.

Zumba Gold The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination for the active older adult.

CLASS LOCATION KEY:	
NS = Naperville Studio	7S=7Bridges Studio
NSS = Naperville Spin	7SS=7Bridges Cycle Studio
NT = Naperville Track	7T = 7Bridges Track

Winter

Land Group

Exercise Schedule

January 2—June 4, 2017

Edward-Elmhurst

HEALTH & FITNESS