

LAND GROUP EXERCISE SCHEDULE JULY—AUGUST 2020

MON				TUE				WED				THU				FRI				SAT			
7:30	Total Body Strength	NS	Ylona	6:15	Body Blast	7S	<i>Mina</i>	7:30	Total Body Strength	NS	Karen	6:15	Yoga	7S	<i>Adrienne Ann</i>	6:30	Studio Cycle 7MP2	NS	<i>Bonnie</i>	7:15	Studio Cycle 7MP2	NS	<i>Mina</i>
7:45	Cycle/Core	7MP2	<i>Paula</i>	6:15	Perf. Cycle	NSS	<i>Laura L.</i>	8:30	Perf. Cycle	7MP2	<i>Tammy</i>	6:30	Studio Cycle	NSS	<i>Laura L.</i>	7:30	Total Body Strength	NS	<i>Kathy L.</i>	7:15	High Voltage Cardio	NS	<i>Karen N.</i>
8:30	Total Body Strength	7S	<i>Mina</i>	6:30	Yoga	NS	<i>Sally</i>	8:30	Perf. Cycle /Core	NSS	<i>Paula</i>	6:30	Ult. Interval	NS	<i>Mina</i>	7:30	Glutes, Guns & Guts (45min.)	7S	<i>Deanna</i>	8:30	Total Body Strength & Core	7S	<i>Mina</i>
8:30	Perf Cycle	NSS	<i>Tammy</i>	7:45	ATAC	7T/BB	<i>Paula</i>	8:30	Body Blast	NS	<i>Renee</i>	8:30	Cardio Boxing	NS	<i>Renee</i>	8:15	Yoga	7S	<i>Gina C.</i>	8:30	Perf. Cycle	NSS	<i>Bonnie</i>
9:00	30/30 (HI-LO AND STRENGTH)	NS	<i>Kathy L.</i>	8:30	Yoga	7S	<i>Gina C.</i>	8:45	Ult. Interval	NS	<i>Kathy L.</i>	8:30	Total Body Strength	7S	<i>Laurie W.</i>	8:30	Boxing Fitness	NS	<i>Carol/Renee</i>				
9:30	Studio Cycle	7MP2	<i>Denise</i>	9:00	ATAC	7T/BB	<i>Paula</i>	9:00	Total Body Strength	7S	<i>Lana</i>	9:00	Creative step	NS	<i>Carol</i>	9:45	Strength Exp.	7S	<i>Julie G.</i>				
9:45	Yoga	7S	<i>Adrienne Ann</i>	9:30	Jab, Jump & Pump (Strength & Boxing)	7S	<i>Laurie W.</i>	9:45	Minute to Win it (45min)	7S	<i>Paula/Meg O.</i>	9:00	Studio Cycle 7MP2	NS	<i>Denise</i>	10:00	Pilates Barre Fusion	NS	<i>Lana</i>				
10:15	ZUMBA	NS	<i>Tracey</i>	10:00	ZUMBA	NS	<i>Danielle</i>	10:15	Zumba	7S	<i>Tracey C.</i>	9:30	Tabata Ult. Interval	7S	<i>Mina</i>	10:30	Yoga	7S	<i>Julie G.</i>				
11:15	Ener. Yoga	7S	<i>Adrienne Ann</i>	11:15	Ener. Circuit	7S	<i>Ylona C.</i>	11:15	Ener. Chair yoga	NS	<i>Nancy</i>	10:15	D. JAM	NS	<i>Dion</i>	SUN							
11:30	Ener Strength & Cardio	NS	<i>Lana</i>	11:15	Energized Cycle	NSS	<i>Mary</i>	11:15	Ener. Total Body Strength	7S	<i>Meg O.</i>	11:15	Energized Yoga	7S	<i>Nancy</i>	8:00	Creative Step	NS	<i>Jennifer</i>				
12:30	Total Body Strength	7S	<i>Julie G./Meg O.</i>	12:30	20/20 (Strength & cardio) (45 min)	7S	<i>Ylona C.</i>	11:15	Energized Cycle	NSS	<i>Mary</i>	11:00	Ballroom Dance	NS	<i>Nichelle</i>	8:00	Studio Cycle	NSS	<i>Mina</i>				
4:15	Perf. Cycle	NSS	<i>Bonnie</i>	4:15	Tabata Ult. Interval (45 min.)	7S	<i>Ylona</i>	11:00	Ballroom Dance	NS	<i>Nichelle</i>	12:45	Energized Yoga	NS	<i>Lana</i>	8:15	Zumba	7S	<i>Jessica B.</i>				
4:15	Yoga	NS	<i>Nicole</i>	5:30	Yoga	NS	<i>Nancy</i>	12:30	20/20 (Strength & cardio) (45 min)	7S	<i>Ylona C.</i>	9:30	Total Body Strength (45 Min)	7S	<i>Jessie G.</i>								
4:30	Total Body Strength	7S	<i>Julie G.</i>	5:45	Studio Cycle	7MP2	<i>Carolyn</i>	5:30	Yoga/Strength	NS	<i>Lana</i>	10:30	Yoga	7S	<i>Nancy</i>								
6:00	Muscle & Movement (45 min)	7S	<i>Carol T.</i>					5:45	Pilates Barre Fusion	7S	<i>Jessie G.</i>												
								5:45	30/30 (cardio and strength)	NS	<i>Jennifer</i>	NS = Naperville Studio NT = Naperville Track NM = Naperville Mezz NBB = Naperville BBall 7S = 7Bridges Studio 7MP2 = 7Bridges Spin Studio 7T = 7Bridges Track 7B-BB = 7Bridges BBall Ct											

Group Exercise Supervisors:
Seven Bridges— Paula McBride
 630-646-7929
Naperville—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 minutes*

Boxing Fitness Taking the best of cardio boxing and adding more drills and thrills. 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. *60 minutes unless otherwise noted*

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*

DJAM A new dance class with a hip hop vibe. Easy to follow and full of energy! Get ready to dance!

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*

Job, Jump & Pump 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!!*

Muscle & Movement The next dimension of total body strength is HERE! Increase muscular strength with purposeful and effective exercises to help improve movement efficiency & neuromotor skills. (45 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*

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. *60minutes*

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. (60 min.)*

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.*

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

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.

Land Group Exercise Schedule

July—August, 2020

Healthy Driven™
Edward-Elmhurst
HEALTH & FITNESS