

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

MON				TUE				WED				THU				FRI				SAT			
5:30	<b>Total Body Strength</b>	<b>7S</b>	<i>Mina</i>	5:30	Perf. Cycle	NSS	Laura L	5:30	Total Body Str.	NS	Laura L	5:30	Perf. Cycle	NSS	Laura L	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 T.</i>	6:00	<b>Yoga</b>	<b>7S</b>	<i>Nicole</i>		<b>*NEW*</b>			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 T.</i>	7:30	Pilates (45 min)	NS	Sally	5:30	Studio Cycle	NSS	Bonnie	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	NS	Karen	8:30	Cardio Boxing	NS	Renee	7:30	Total Body Strength	NS	Kathy L	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>	8:30	Body Blast	NS	Renee	8:15	<b>Pilates Barre Fusion (45min)</b>	<b>7S</b>	<i>Lana</i>	8:30	<b>Total Body Strength</b>	<b>7S</b>	<i>Laurie W.</i>	7:30	<b>Glutes, Guns &amp; Guts (45min.)</b>	<b>7S</b>	<i>Deanna</i>	8:35	Boxing Fitness	NS	Carol/Renee
8:30	Perf Cycle	NSS	Tammy	9:00	<b>ATAC</b>	<b>7T/BB</b>	<i>Paula</i>	8:30	<b>Perf. Cycle</b>	<b>7MP2</b>	<i>Tammy</i>	8:45	<b>Perf. Cycle</b>	<b>7MP2</b>	<i>Yi-Jin</i>	8:30	<b>Yoga</b>	<b>7S</b>	<i>Lana</i>	9:30	<b>ZUMBA (45min)</b>	<b>7S</b>	<i>Dara</i>
8:35	Hi/lo and Strength (45 min each)	NS	Kathy L	9:30	<b>Jab, Jump &amp; Pump (Boxing &amp; Strength)</b>	<b>7S</b>	<i>Laurie W.</i>	8:30	Cycle /Core	NSS	Paula	10:00	Yoga	NS	Lana	8:35	Cardio Shake up!	NS	Karen	10:00	Pilates Barre Fusion/yoga (90 min)	NS	Lana
9:45	<b>Yoga</b>	<b>7S</b>	<i>Adrienne Ann</i>	10:00	Zumba	NS	Danielle	8:45	Ult. Interval	NS	Kathy L	10:15	<b>Minute to Win It (45 min)</b>	<b>7S</b>	<i>Meg O.</i>	8:45	<b>Studio Cycle</b>	<b>7MP2</b>	<i>Tammy</i>	10:30	<b>Yoga</b>	<b>7S</b>	<i>Julie G.</i>
10:15	Zumba	NS	Jepharya					9:15	<b>Total Body Strength</b>	<b>7S</b>	<i>Lana</i>					9:45	<b>Muscle Pump</b>	<b>7S</b>	<i>Yi-Jin</i>				
								10:30	<b>Zumba</b>	<b>7S</b>	<i>Danelle</i>					10:00	Werq!	NS	Jepharya				
								11:15	Ener. Chair yoga	NS	Mary Kay												
11:15	<b>Ener. Yoga</b>	<b>7S</b>	<i>Sally T.</i>	11:15	<b>Ener. Interval</b>	<b>7S</b>	<i>Karen</i>					11:00	ZUMBA	NS	Dara	11:00	Ener. Total Body Strength	NS	Lana				
11:30	Ener Strength & Cardio (90 min)	NS	Lana	11:15	Energized Cycle	NSS	Sally		<b>*NEW*</b>			11:15	<b>Ener. Total Body Strength</b>	<b>7S</b>	<i>Meg O.</i>	11:15	<b>Energized Yoga</b>	<b>7S</b>	<i>Katie</i>	8:00	Creative Step (90 Min)	NS	Jennifer
12:30	<b>Total Body Strength</b>	<b>7S</b>	<i>Meg O.</i>	12:15	Pilates/Rest. Yoga	NS	Sally	12:30	<b>BeMoved Dance</b>	<b>7S</b>	<i>Annie K.</i>	11:15	Ener. Cycle	NS	Mary	12:15	Energized Yoga	NS	Lana	8:00	Studio Cycle	NSS	Mina S
				12:30	<b>Energized Chair Yoga</b>	<b>7S</b>	<i>Mary Kay</i>					12:15	Ener. Total Body Strength	NS	Sally					9:30	<b>Total Body Strength (45 Min)</b>	<b>7S</b>	<i>Jessie</i>
4:15	Yoga	NS	Nicole					4:30	<b>Yoga</b>	<b>7MP3</b>	<i>Adrienne Ann</i>	1:30	<b>Restorative Yoga</b>	<b>7S</b>	<i>Nicole</i>	12:15	Energized Yoga	NS	Lana	10:00	Zumba	NS	Dara
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>	5:30	<b>Pilates Barre Fusion</b>	<b>7S</b>	<i>Ylona</i>	4:30	<b>Total Body Strength (45min)</b>	<b>7S</b>	<i>Mandy</i>					10:30	<b>Yoga</b>	<b>7S</b>	<i>Katie</i>
5:30	Pilates Barre Fusion	NS	Lana	5:30	Dynamic Duo Zumba (45 min)	NS	Thomas & Danielle	5:30	Body Blast	NS	Jennifer	5:30	Yoga	NS	Lana								
5:30	<b>Studio Cycle</b>	<b>7MP2</b>	<i>Eileen J.</i>	5:30	Studio Cycle	NSS	Carolyn					5:30	<b>ZUMBA</b>	<b>7S</b>	<i>Thomas</i>								
6:30	<b>ZUMBA (45 min)</b>	<b>7S</b>	<i>Dara</i>	5:30	<b>Yoga</b>	<b>7S</b>	<i>Mina</i>																
				6:30	Yoga	NS	Nicole																

**SUN**

8:00 Creative Step (90 Min) NS Jennifer

8:00 Studio Cycle NSS Mina S

9:30 **Total Body Strength (45 Min)** 7S Jessie

10:00 Zumba NS Dara

10:30 **Yoga** 7S Katie

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**Group Exercise Supervisors:**

7B— Paula McBride 630-646-7929

Naper—Renee Nelson 630-646-5922

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**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

**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!"

**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, jump rope, BOSU, core strength and flexibility. Very challenging and athletic. 60 min unless otherwise noted

**Cardio Boxing & Strength** Cardio boxing with strength intervals. (60 min)

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

**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

**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, jump rope, BOSU, core strength and flexibility. (60 min)

**Mid-day 20/20** This is a quick midday work out. 20 min of strength with 20 min of cardio. Mix and match-Done!!

**Minute to Win It** This is a multi-level functional movement strength and cardio class that will challenge you to achieve your next level of fitness. Modifications will be offered, work at your own pace. (45 min) Low Impact

**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. 60 min

**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. 30 min

**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.

**Simple Step and Strength** Let's have fun with challenging cardio while doing simple to follow combinations using step. 30 min of step combinations followed by 25 min of strength. The best of both worlds. 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.

**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.

**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  
7MP2 = 7Bridges Spin Studio  
7T = 7Bridges Track  
7B-BB = 7Bridges BBall Ct  
7YPT = 7 Bridges Yoga Pilates Studio

NS = Naperville Studio  
NT = Naperville Track  
NSS = Naperville Spin Studio  
NM = Naperville Mezz  
NBB = Naperville BBall

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

# SUMMER Land Group Exercise Schedule

June 6, 2022—Sept 4, 2022



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