



For more info please contact Group Exercise Supervisor Paula McBride at Seven Bridges (630) 646-7929 or Renee Nelson at Naperville (630) 646-5922.  
REGISTER ONLINE [www.eehealth.org/fitness-classes](http://www.eehealth.org/fitness-classes) OR BY CALLING Registration Coordinators Seven Bridges at (630) 646-7913 OR Naperville at (630) 646-5917.

## Pilates/Reformer Circuit

A new Pilates Reformer class that will focus on core and cardio, and will hit all major muscle groups. This class will help to improve your range of motion, flexibility, circulation, & posture, while decreasing back, neck & joint pain.

**At Seven Bridges:** 6 week sessions (S Conf. Room)

**Wed. 9-10am** with Yi-Jin Wu, RYT. Cert Pilates instr.

Jan. 8 – Feb. 12, 2020 Feb. 26 – April 1, 2020

April 15 – May 20, 2020 June 3 – July 8, 2020

**At Naperville:** 6 week sessions

**Wed. 6-7am or 7-8am or 11:15-12:15pm** with Sally Tumilty, RYT

Jan 8—Feb 12, 2020 Feb 26—April 1, 2020

April 15—May 20, 2020 June 6—July 8, 2020

**Thurs. 10—11am or 5:00—6:00pm** with Sally Tumilty, RYT

Jan 9—Feb 13, 2020 Feb 27—April 2, 2020

April 16—May 21, 2020 June 4—July 9, 2020

## Standing Tall Functional Posture and Strength

Let's take some time to fine-tune deep postural muscles in order to correct muscular imbalances. Exercises to stabilize the core and hips are blended with yoga postures to assist participants in creating functionally aligned, stronger posture. Equal emphasis is placed on stability, strength and flexibility.

**At Seven Bridges:** 6 week sessions

**Tues. 12:30-1:30pm** Nancy Klotz, RYT (YPT Room)

Jan 7—Feb 11, 2020 Feb 25—March 31, 2020

April 14—May 19, 2020 June 2—July 7, 2020

**At Naperville:**

**Wed. 9:30—10:30am** Nancy Klotz RYT

Jan 8—Feb 12, 2020 Feb 26—April 1, 2020

April 15—May 20, 2020 June 3—July 8, 2020

## Peace and Calm Guided Meditation (45min)

Bring more clarity, joy and peace to your daily life. Enjoy a calmer mind with our guided meditation experience will enable you to transfer these tools into your daily routines.

**At Seven Bridges:** \*6 week sessions (YPT Room)

**Tues. 5-6:15pm** with Julie Groves, RYT

Jan. 7 – Feb. 11, 2020 Feb. 25 – March 31, 2020

April 14 – May 19, 2020 June 2 – July 7, 2020

July 21 – Aug. 25, 2020 Sept. 8 – Oct. 13, 2020

Oct. 27 – Dec. 15, 2020 (8wk)

Fee: Member 6wk \$30.00/\*8wk \$40 Non-Member 6wk \$71.25/ \*8wk \$95

## Advanced Pilates Props

This class requires a minimum of 4 sessions of previous Basic Pilates Props classes, or equivalent Personal Training (YPT). Taken to the next level, you will continue to build on the foundations of basic Pilates work. Previous experience needed.

**At Naperville:** 6 week sessions

**Sat. 9:35-10:35am** Sally Tumilty, certified Pilates instructor, E-RYT 200

Jan 4—Feb 8, 2020 Feb 22—March 28, 2020

April 4—May 16 (no class 4/11) May 30 – July 11 (no class 7/4)

## Pilates with Props Express (6-12wks 30min)

In this slimming 30 minute pilates class you will learn to engage the core functionally with careful attention to form. Using the Pilates circle, BOSU, dyna-bands, resist-a-balls, and more for added challenges and benefits! A match for everybody and is excellent for athletes of every discipline.

**12 Week Sessions (YPT Room) with Julie Groves**

**Mon. 5:20-5:50pm**

Jan. 6 – March 23, 2020 April 6 – June 29, 2020 (no class 5/25)

July 13 – August 17, 2020 Aug. 24–Oct. 5, 2020

(\*6wks) (no break) (\*6wks) (no class 9/7) (no break)

Oct. 12 – Dec. 14, 2020 (10 week)

Fee: Member 12wk \$40 Non-Member 12wk \$95

\*6wk \$20 \*6wk \$47.50

\*10wk \$33.30 \*10wk \$79.16

## Strength and Stretch

Focus on core! This 55-minute class is the best of both worlds. A 30-minute Pilates inspired strength training session will focus solely on functional and core stability of the abdominals and back muscles, both to increase your strength, tone your body and decrease your chance of injury.

**At Seven Bridges:** 6 week sessions (S Conf. Room)

**Thurs. 5:30-6:30pm** with Mandy Bakas RYT

Jan. 9 – Feb. 13, 2020 Feb. 27 – April 2, 2020

April 16 – May 21, 2020 June 4 – July 9, 2020

**Sat. 11-12pm** with Mandy Bakas RYT

Jan. 11 – Feb. 15, 2020 Feb. 29- April 4, 2020

April 18 – May 30, 2020 June 6-July 18, 2020  
(no class 5/23) (no break) (no class 7/4) (no break)

Fee: Member 6wk \$40 Non-Member 6wk \$95

## Springs and Things: Reformer/Pilates

A combination of mat, props, and the reformer will shake up and shape up your Pilates experience. All levels are welcome.

**At Seven Bridges:** 6 week sessions (S Conf. Room)

**Thurs. 12:30-1:30pm Adv. 1:30-2:30 w/Tracey Carr**

Jan. 9 – Feb. 13, 2020 Feb. 27 – April 2, 2020

April 16 – May 21, 2020 June 4 – July 9, 2020

## 7B-Workshops & One-Day Events

### RESTORATIVE YOGA WORKSHOP w/Gina Cox RYT500

Relax and Renew in this workshop designed to restore energy and release deeply held tensions from the body. In deliberate stillness, props are used to gently support positions of ease and comfort to facilitate relaxation and improving overall health and wellbeing. All levels

**At Seven Bridges:** Sunday, March 22, 2020 1-2:30pm (YPT Rm)

Sunday, May 3, 2020 1-2:30pm

Fee: Mem: \$15 Non-Mem: \$20

### Pelvic Floor & Core Workshop Ladies only

Deanna Murray, Pelvic floor specialist, is offering a special workshop focused on strengthening and coordinating the muscles of the core and the pelvic floor for all women. Feel confident after child birth.

**At Seven Bridges:** Saturday, April 11, 2020 1-2:30pm

Fee: Member \$20 Non-Member \$30

## 7B-Workshops & One-Day Events

### \*NEW\* VISION BOARD & GUIDED YOGA /MEDITATION

**\*New Year, Spring and Fall\*\* WORKSHOP\* Seven Bridges**

Set intention for each season by creating your personal Vision Board followed by mindful guided yoga /meditation. (A vision board is a collage of images, pictures, and affirmations of one's dreams and desires, designed to serve as a source of inspiration and motivation.) materials are supplied, feel free to bring any pictures of your own.

**At Seven Bridges:** (YPT Rm) \*NEW\* SEASONAL EVENT

**New Year -Sunday, Jan.,12, 2020 1:30-3:30pm w/Julie Groves**

**Spring - Saturday, March 21, 2020 1:30-3:30pm w/Gina Cox**

**Fall - Saturday, Sept 19, 2020 1:30-3:30pm w/Gina Cox**

Fee ea. : Member \$20 Non-Member \$30

**\*NEW\* MY YOGA JOURNEY WORKSHOP w/Gina Cox**

Yoga is a journey. Wherever you are on your journey allow yourself to enjoy adjustments in your pose that can take your practice to a refreshing new level and comfort zone. Learn placement, alignment breath and more.

**At Seven Bridges:** Sunday, Feb. 9, 2020 1-2:30pm (YPT Rm)

Sunday, June 7, 2020 1-2:30pm

Fee: Mem: \$15 Non-Mem: \$20

**\*NEW\* CANDLELIGHT YOGA WORKSHOP w/Gina Cox**

Join Gina Cox-500RYT for Yin-style yoga. Find yourself in self-acceptance while melting into meditative breathing with long connective tissue stretches and for greater mobility in surrender to self. You will hold passive yoga poses with use of props for a period of time for flexibility and mobility by candlelight and salt lamps. (YPT Rm)

**Seven Bridges:** Friday, January 31, 2020 7-8:45pm

Friday, May 8, 2020 7-8:45pm

Fee: Member \$20 Non-Member \$30

**FREE YOUR SHOULDERS-Workshop w/Julie Groves RYT**

Stress reduction, increased flexibility, strength, better balance, posture, body awareness and enhanced overall sense of well-being. Explore yoga poses (asana) designed to create more freedom in the areas of the shoulders, upper back, neck and chest. These areas of the body hold a great deal of tension. Open the gateway to the heart by freeing the shoulders. All levels welcome. (YPT Rm)

**At Seven Bridges:** Sunday, Feb. 16, 2020 1:30-3:30pm

Sunday, May 31, 2020 1:30-3:30pm

Fee: Members \$20 Non Members \$30

**HIP OPENER-Workshop w/Julie Groves RYT**

Do tight hips, back pain, & stiff hamstrings plague you? Through gradual and progressive sequencing, Julie Groves, RYT 200, will move you slowly and deeply into the hips and adjoining muscles from various directions. Move more efficiently and reduce pain in the low back, legs, and hips!

**At Seven Bridges :** Sunday, March 8, 2020 1:30-3:30pm (YPT Rm)

Sunday, June 14, 2020 1:30-3:30pm

Fee: Members: \$20 Non-Members: \$30

**MEDITATION & YOGA CHAKRAS Workshop w/Julie Groves**

Just the right blend of gentle chakra yoga with guided meditation to create your relaxing mind and body experience. This combo will warm you from within. Essential oils may be used. Enjoy...

**At Seven Bridges:** Sunday, April 26, 2020 1:30-3:30pm

Fee: Members: \$20 Non-Members: \$30

# Mind/Body

## Specialty Programs

### January-June 2020

**Fees:**

**\$40 for Members**

**\$95 for Non-members**

\*Unless otherwise noted

# Healthy Driven™

**Edward-Elmhurst**  
HEALTH & FITNESS