

LAND GROUP EXERCISE SCHEDULE EFFECTIVE MARCH 1, 2021

MON				TUE				WED				THU				FRI				SAT			
5:30	Total Body Strength	7S	Mina	5:30	Perf. Cycle	NSS	Laura L	5:30	Studio Cycle	7MP2	Carolyn	5:30	Perf. Cycle	NSS	Laura L	6:15	Yoga	NS	Adrienne Ann	7:30	Studio Cycle	7MP2	Mina
5:30	Perf. Cycle	NSS	Bonnie	6:15	Tabata	7S	Mina	5:30	Total Body Str.	NS	Laura L	5:30	Ult. Interval	NS	Mina	7:30	Total Body Strength	NS	Kathy L	7:15	High Voltage Cardio	NS	Karen N
7:30	Total Body Strength	NS	Ylona	6:30	Yoga	NS	Sally	7:30	Total Body Strength	NS	Karen	6:15	Yoga	7S	Adrienne Ann	7:30	Glutes, Guns & Guts (45min.)	7S	Deanna	8:30	Body Blast	7S	Mina
7:45	Studio Cycle & Core	7MP2	Paula	7:45	ATAC	7T/BB	Paula	8:30	Perf. Cycle	7MP2	Tammy	8:30	Cardio Boxing	NS	Renee	8:30	Yoga	7S	Gina C.	8:00	Perf. Cycle	NSS	Bonnie
8:30	Muscle Pump	7S	Yi-Jin	8:15	Yoga	7S	Lana B.	8:30	Cycle /Core	NSS	Paula	8:30	Total Body Strength	7S	Laurie W.	8:30	Boxing Fitness	NS	Carol/Renee				
8:30	Perf Cycle	NSS	Tammy	8:30	Body Blast	NS	Renee	8:45	Ult. Interval	NS	Kathy L	9:45	Minute to Win it (45 Min)	7S	Paula	9:45	TBS Express	7S	Julie G.				
8:45	30/30 (HI-LO AND STRENGTH)	NS	Kathy L	9:00	ATAC	7T/BB	Paula	9:00	Total Body Strength	7S	Lana	8:45	Cardio Shake up! (45min.)	NS	Karen N	10:00	Pilates Barre Fusion	NS	Lana				
9:45	Yoga	7S	Adrienne Ann	9:30	Jab, Jump & Pump (Boxing & Strength)	7S	Laurie W.	10:15	Zumba	7S	Tracey C.	9:00	Studio Cycle	7MP2	Denise	10:30	Yoga	7S	Julie G.				
10:15	Zumba	NS	Tracey	10:00	Zumba	NS	Danielle	11:15	Ener. Chair yoga	NS	Nancy	9:45	Muscle Pump	7S	Yi-Jin								
												10:00	Werq!	NS	Jepharya	SUN							
												11:15	Energized Yoga	7S	Nancy	8:00	Creative Step	NS	Jennifer				
11:15	Ener. Yoga	7S	Sally T.	11:15	Ener. Circuit	7S	Ylona C.	11:15	Ener. Total Body Strength	7S	Meg O.	11:00	Ener. Total Body Strength	NS	Lana	8:00	Studio Cycle	NSS	Mina S.				
11:30	Ener Strength & Cardio	NS	Lana	11:15	Energized Cycle	NSS	Sally	11:00	Ballroom Dance	NS	Nichelle	12:15	Energized Yoga	NS	Lana	8:30	Studio Cycle	7MP2	Tammy				
				12:15	Yoga	NS	Sally	12:30	Midday 20/20 (Cardio & Strength - 45 min)	7S	Ylona C.					9:30	Total Body Strength (45 Min)	7S	Jessie G.				
12:30	Total Body Strength	7S	Meg O.	12:30	Chair Yoga	7S	Mary Kay	4:30	Cardio Shake up! (45min.)	7S	Karen N.					10:30	Yoga	7S	Nancy				
4:15	Yoga	NS	Nicole	4:30	Cardio Shake up! (45min.)	7S	Karen N.	5:30	Yoga	NS	Lana	4:30	Total Body Strength(45min)	7S	Mandy								
4:30	Total Body Strength	7S	Julie G.	5:30	Zumba (45 min)	NS	Thomas	5:30	Pilates Barre Fusion	7S	Jessie G.												
5:30	Studio Cycle	7MP2	Denise	5:30	Studio Cycle	NSS	Mina	5:30	30/30 (cardio and strength)	NS	Jennifer												
				6:30	Yoga	NS	Nicole	5:30	ZUMBA (45min)	7S	Thomas												

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*

Body Blast A total body strength workout with a cardio thrown in for an added “blast!”

Boxing Fitness Cardio Boxing for 30 minutes combined with 30 minutes of strength. The best of both worlds!

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*

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

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 & 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 minutes of strength with 20 minutes of cardio. 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.)*

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 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*

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. (60min.)*

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. *45-60minutes*

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.*

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 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*

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	7YPT = 7 Bridges Yoga Pilates Studio

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

WINTER Land Group Exercise Schedule

Starting March 1, 2021

Capacity Limits Per Room:

7B Main Studio—30
7B Spin in MP2—16

NV Main Studio—35
NV Spin Studio—15

First Come—First Serve

No reservations needed

Limits will be strictly enforced

Healthy Driven™
Edward-Elmhurst
HEALTH & FITNESS