



# Libertyville Class Schedule October 2011

Day	Time	Class	Instructor	Location
<b>Monday</b>	5:15am	Spin	Pam	Spin Studio
	8:30am	Aero Dance	Karen	Gym Floor
		Muscle Works	Linda	Studio
	9:30am	Spin (1 Hour Class)	Laura F.	Spin Studio
		Step	Maggie	Studio
		Senior Cardio	Kit	Club Room
		Zumba	Leslie	Gym Floor
	10:00am	Water Works	Cindy	Pool
	10:30am	Low Impact Aerobics	Kit	Studio
		Yoga II (75 minute class)	Linda	Club Room
	5:00pm	Spin / Core	Laura F	Spin Studio / Studio
	6:00pm	Aqua	Lysa	Pool
		Step	Brenda	Studio
6:30pm	Spin	Jenkins	Spin Studio	
<b>Tuesday</b>	5:15am	Spin	Jay	Spin Studio
	7:30am	Yogalates	Linda	Club Room
	8:30am	Multi-Step	Linda	Studio
		Spin	Rhoni	Spin Studio
		Pilates	1&2/John Chambers 3&4/Yvonne	Club Room
	9:00am	Water Works	Nora	Pool
	9:30am	Muscle Works	Maggie	Studio
		Senior Strength / SilverSneakers	Rhoni	Club Room
	10:30am	Yoga I (Restoration on Tues, 10/4)	Martha	Club Room
	5:00pm	Spin Express 25 minutes	Laura F	Studio
	5:30pm	Pilates	April	Club Room
		Total Body Conditioning	Laura F	Studio
	6:30pm	Aero Dance	Angela	Studio
Spin (1 hour class)		Steve R.	Spin Studio	
<b>Wednesday</b>	6:00am	Spin	Anne	Spin Studio
		Yoga I	Kim	Club Room
	7:30am	Bike, Buff & Balance	Linda / Rhoni	Studio
	8:30am	Cardio Warm Up (15 minute class)	Rhoni	Studio
		Power Yoga	Karen H.	Club Room
	8:50am	Muscle Works (55 minute class)	Rhoni	Studio
	9:30am	Senior Cardio	Kit	Club Room
		Spin (1 Hour Class)	Laura F	Spin Studio
	9:45am	Stretch & Relaxation (15 minute class)	Rhoni	Studio
	10:00am	Water Works	Cindy	Pool
	10:30am	Low Impact Aerobics	Kit	Studio
	5:00pm	Yoga I	Melita	Club Room
	6:00pm	Zumba 5 <sup>th</sup> & 19 <sup>th</sup>	Angela	Studio
Zumba Toning 12 <sup>th</sup> & 26 <sup>th</sup> Water Works		Beth	Pool	

Day	Time	Class	Instructor	Location
<b>Thursday</b>	5:15am	Spin	Jay	Spin Studio
	7:30am	Yogalates	Linda	Club Room
	8:30am	Kickboxing	Ashley	Studio
		Spin	Linda	Spin Studio
	9:00am	Water Works	Nora	Pool
	9:30am	Muscle Works	Maggie	Studio
		Senior Strength / SilverSneakers	Ashley	Club Room
	10:30am	Yoga I	Martha	Club Room
	5:30pm	Pilates	Linda B.	Club Room
Total Body Conditioning		Brenda	Studio	
6:30pm	Spin	Steve	Spin Studio	
<b>Friday</b>	6:00am	Iyengar Yoga	Lorene	Club Room
	8:15am	Gentle Yoga	Allison	Club Room
	8:30am	Power In Motion	Chris	Studio
		Aero Dance	Angela	Gym Floor
	9:30am	Zumba	Angela	Studio
		Yoga I (Restoration on Fri, 10/7)	Martha	Club Room
		Spin (1 Hour Class)	Maggie	Spin Studio
	10:00am	Water Works	1 & 3/Amy 2/TBD 4/JoEllen	Pool
	10:30am	Low Impact Aerobics	Kit	Studio
FL-AB (15 minute class)		Maggie	Spin Studio	
<b>Saturday</b>	8:00am	Spin	1/ Anne 2/ Rhoni 3, 4 & 5/ Jenkins	Spin Studio
	8:30am	Muscle Works	1,3 & 5/ Rhoni 2 & 4/ Brenda	Studio
		Pilates - (Coreology on Oct. 22nd)	1, & 5/ Linda 2/ Laura M. 3/ Linda B. 4/ Deena	Club Room
	9:00am	Water Works	1/ Beth 2/ Theresa 3 & 4/ Lysa	Pool
		Spin	1/ Anne 2/ Rhoni 3,4 & 5/ Jenkins	Spin Studio
	9:30am	Step	1, 3 & 4/ Brenda 2 / Jodi 5/ Laura F	Studio
Yoga I		1/ Linda 2/ Lorene 3/ Sharon B. 4 & 5/ Martha	Club Room	
<b>Sunday</b>	7:00am	Spin	1/ Anne 2 & 5 / Ashley 3 & 4/ Jenkins	Spin Studio
	8:00am	Spin	1/ Steve R 2 & 5/ Laura F 3/ Jenkins 4/ Sue	Spin Studio
	9:00am	Spin	1/ Steve R 2 & 5/ Laura F 3 & 4/ Jenkins	Spin Studio
		Yoga II (75 minutes)	1,3 & 5/ Linda 2 & 4/ Sharon B	Club Room
		Piloxing	1,3 & 5/ Ashley 2 & 4/ Jodi	Studio

Some Spin classes may ride outside, weather permitting. Those not wishing to ride outside have the option to ride inside. Please note that the club room heat is turned up for the Wednesday morning Power Yoga class. The room will be quite a bit warmer than normal during this time.

Classes are 55 minutes unless otherwise stated. Spinning classes are 40 minutes except Journey rides. Classes that do not maintain a minimum of 8 participants will be reviewed for cancellation.

For more information, please call Steve Allen (Fitness Supervisor) at (847) 990-5740 or the front desk at (847) 990-5750.

## NEW CLASSES

~ **Restorative Yoga, Tues, Oct. 4 at 10:30 and Fri, Oct. 7 at 9:30am** – Restorative Yoga is a gentle form of yoga that uses props to encourage a deep state of relaxation. By supporting the various parts of your body, you can fully surrender into the pose and relax every part of your body. This practice relieves the effects of chronic stress and activates the parasympathetic nervous system which can lower blood pressure and heart rate; and it stimulates the immune and endocrine systems in a healthy way. A restorative practice is an internal retreat.