


THE CENTRE OF ELGIN

SPRING - GF - SCHEDULE

MAY 1, 2017 - JUN 30, 2017

TIME	Studio	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Studio	Saturday	Sunday
5:15AM	Spin		*Cycle DAWN	*Cycle TAMMY	*Cycle DAWN	*Cycle TAMMY	7:30 AM	Spin Studio	*Cycle FRANKLIN	
5:15AM	Aerobic	Reps & Sets DAWN		Reps & Sets DAWN		Core Exrteme DAWN				
8:15AM	Aerobic		*Kettle-Core KATHY				8:00 AM	Aerobic Studio	CoreRAGEous Rounds Dr SWEAT	
9:15AM	Spin	Yoga BOONTIVA	Cycle-Sculpt SARAH	Yoga BOONTIVA	*Cycle SARAH					
9:15AM	Aerobic	Cross-Training CARRIE	Yoga BILL	CoreRAGEous Rounds Dr SWEAT	Yoga BILL	Reps & Sets CARRIE	8:15 AM	Spin Studio	*Reps & Sets FRANKLIN	
9:15AM	Dance	TAI-CHI CHARLENE			TAI-CHI CHARLENE	*Senior Fit DEBBY				
10:05AM	Spin				*BARRE n Body SARAH		8:15 AM	Aerobic Studio		*TRX Circuit DEBBY
10:30AM	Dance					Yoga DEBBY				
10:30AM	Aerobic	*Senior Fit DANAE	*Active Adults DAWN	*Senior Fit DANAE	*Active Adults DAWN	Qigong w/Weights CHARLENE	9:00 AM	Spin Studio		*Cycle SARAH
11:30AM	Aerobic		# CoreRAGEous Dr SWEAT		# CoreRAGEous Dr SWEAT					
11:30AM	Dance	* Chair Yoga DANAE		* Chair Yoga DANAE			9:15 AM	Aerobic Studio	^YOGA BILL	
12:15PM	Aerobic	* Tucking Tummies DAWN	* Rip-Tuc-Cut (C-B) DAWN	* Rip-Tuc-Cut (L-B) DAWN	* Rip-Tuc-Cut (A-S) DAWN	*Reps & Sets KATHY				
12:15PM	Dance					*ZUMBA ELIZABETH	9:15 AM	Spin Studio	Latin en Fuego KAREN	
4:15PM	Aerobic	*TRX Basic Training SARAH	*Cross Training ALETHA	* Tabata Challenge CARRIE	Reps & Sets ALETHA					
5:00PM	Spin	Cycle Sculpt FRANKLIN		* Cycle Express SARAH	* Cycle FRANKLIN		9:50 AM	Spin Studio		*BARRE n Body SARAH
5:00PM	Aerobic					*Tabata Challenge CARRIE				
5:00PM	Dance		BARRE Fusion LIZ B				10:30 AM	Aerobic Studio		YOGA DANAE
5:15PM	Aerobic	Kickbox Cardio Camp SARAH	Reps & Sets KATHY	*Core Extreme KATHY						
5:30PM	Aerobic				*Hard Core CARRIE		10:45 AM	Aerobic Studio	CoreRAGEous Rounds Dr SWEAT	
6:00PM	Spin		ZUMBA STEPHANI	* BARRE n Body LIZ B						
6:15PM	Aerobic			*KettleBell KATHY			<p style="text-align: center;">All classes are 60-minutes except # = 30 minutes * = 45 minutes ^ = 75 minutes www.centrefelgin.org</p>			
6:30PM	Spin	Core-Yoga BOONTIVA			Yoga BOONTIVA					
6:30PM	Aerobic	Cardio Blast & Burn KATHY	CoreRAGEous Rounds Dr SWEAT		Cross-Training CARRIE					
6:45PM	Spin			Yoga LIZ B						
7:45PM	Aerobic	CoreRAGEous Rounds TAMMY								

ZUMBA switched to Tuesdays at 6pm! DANAE returns to Yoga on Sundays! TRX Circuit on Sundays!

Yoga BILL (Kvistad) returns on Tuesdays, Thursdays and Saturdays at 9:15am starting Tuesday, May 16th.

"Dr. SWEAT" Ron Anderson (Health & Fitness Supervisor) 847-531-7023 or ANDERSON_R@CITYOFELGIN.ORG



GROUP FITNESS **SPRING** SESSION FEES

SPRING Session Starts APR 1st – Jun 30th, 2017

SPRING Punch Passes are available Thursday, Mar 9th

	<u>MEMBER</u>	<u>RESIDENT</u>	<u>NON-RESIDENT</u>
Daily Drop In Fee	\$8	\$8	\$9
12 punches/classes	\$72	\$78	\$90
24 punches/classes	\$138	\$150	\$162

The options listed above will be based on a 3 month session, coinciding with the Parks and Recreation Department seasonal program brochure. Expiration dates will apply. Passes are non-transferable and non-refundable. There is no credit or refund for unused punches. Punches expire at the end of each session and the punches cannot be transferred to the next session.

All Spring punch passes expire on June 30, 2017. Participants must be at least 14 years of age.

Quarterly Unlimited*	\$150	\$162	\$182
1 Year Unlimited*	\$394	\$426	\$478

* The 1 Year Unlimited pass, is valid for one year from the date of purchase. The Quarterly Unlimited pass is valid for three months from the date of purchase. Passes are non-transferable, non-extendable and non-refundable.

GROUP FITNESS CLASS DESCRIPTIONS

Active Adults-All levels! Seniors aren't getting older. They're getting better with L.I.I.T. – Low Intensity Interval Training.

BARRE & Body-All levels! Using a Ballet Barre, strengthen & lengthen arms/legs; increase core strength, flexibility, & muscle endurance like a Ballet Dancer!

BARRE Fusion-All levels! A unique blend for the entire body – Barre and Pilates for core strengthening & balance training, and Yoga to soothe the mind and body.

Cardio Blast & Burn-All levels! Cardio & strength training intervals! Boost your metabolism! Sculpt your body!

Chair Yoga-All levels! Balance issues are gone, but you'll still challenge yourself to have better flexibility, posture, etc.

Core Yoga-All levels! Core strength & Balance (Pilates) are added to the flexibility, breathing & posture training of Yoga

Core-Boxing-All Levels! With Boxing (with a heavy-bag and/or a partner) and specific core work, you'll get yours!

Core Extreme-All levels! Tone & sculpt Core, Glutes & Thighs with total body exercises.

CoreRAGEous-Intermediate/Advanced! Our own H.I.I.T. mix of "Insanity", "P90-X"! 30-exercises in 30-minutes!

CoreRAGEous Rounds-Intermediate/Advanced! "Insanity", "P90-X" & Kickboxing w/Heavy-bags. MMA Gloves preferred.

Cross Training-All levels! The ultimate in cross-fitness interval training; Combines Boot-Camp & Sport-Specific Drills.

Cycle-All levels! Stationary Biking featuring hill-climbs, jumps, sprints & more; Towel & water bottle needed.

Cycle Sculpt-All levels! Stationary Biking with strength training for a great combo of cardio-resistance training.

Cycle Express-All levels! Stationary Biking & Serious Core!

Hard Core-All levels! Learn to include your Core in all standing & floor exercise - with resistance & bodyweight drills.

Kettlebell-Intermediate! Blasts calories, sculpts muscles, strengthens core & improves posture & balance.

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Kettle-Core-Intermediate! Intervals of Kettlebell & Core work utilizing Stability Ball, Bosu & more. Blast calories, sculpt lean muscles & whittle that middle all in one class!

Kickbox Cardio Camp-All levels! Kickboxing & boot-camp drills- heavy-bag, weights, medicine ball & footwork drills. MMA Gloves preferred.

Latin En Fuego-All Levels! Dance (Baila) for fun-fitness with Bachata, Salsa, etc...energetic, action-dancing!

Qigong w/Weights-All Levels! Based on traditional medicine, movements are designed to open energy channels to enhance well-being, & prepare you for Tai-Chi.

Reps and Sets-All levels! Muscle conditioning w/weights; Intervals of 3-5 minutes for each muscle group.

Rip-Tuc-Cut-All levels! Tues-Chest & Back; Wed-Legs & Buns; Thurs-Arms & Shoulders! Core in every class!

Senior Fit-50 years and older. Low impact movements & resistance training; Pilates, Tai-Chi & Step.

Tabata Challenge-All levels! Work hard 20-seconds...Rest 10-seconds; Repeat 8-times! Sounds easy right?

Tai-Chi-All levels! Tai-Chi is gentle-physical exercise & stretching-Yoga in motion. Reduce stress, increase flexibility & energy; improve muscle strength, stamina & agility.

TRX Basic Training-Beginner-Level! Learn how to use one of the most effective training tools in the fitness industry!

TRX Training – All levels! Next-level of suspension training with a lot of extras for a total-body experience!

Tucking Tummies-All levels! 30-minutes of Core-work, plus 15-minutes cool down / stretching.

Yoga-All levels! Reduce stress; increase strength, flexibility & balance with poses...healing body, mind & spirit.

Zumba-All Levels! The original dance party revs up your cardio engines-melting fat/inches from buns, thighs & core!