

THE CENTRE OF ELGIN

FALL - GF - SCHEDULE

OCT 1, 2017 - DEC 31, 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	Rip-Tuc-Cut (C-B) DAWN		Rip-Tuc-Cut (A-S) DAWN		Rip-Tuc-Cut (L-B) 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 DEBBY	CoreRAGEous Rounds Dr SWEAT	Yoga DANAE	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		
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 Rounds Dr SWEAT		#CoreRAGEous Rounds Dr SWEAT					
11:30AM	Dance	* Chair Yoga DANAE		* Chair Yoga DANAE			9:15 AM	Aerobic Studio	^YOGA DEBBY	
12:15PM	Aerobic	* Tuc & Twist 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			9:50 AM	Spin Studio		*BARRE n Body SARAH
5:00PM	Aerobic					*Tabata Challenge CARRIE				
5:00PM	Dance		BARRE Fusion LIZ B		Starting on October 19th		10:30 AM	Aerobic Studio		YOGA DANAE
5:15PM	Aerobic	Kickbox Cardio Camp SARAH	Reps & Sets KATHY	*Core Extreme KATHY						
5:15PM	Spin						ZUMBA EMILY	10:45 AM	Aerobic Studio	CoreRAGEous Rounds Dr SWEAT
5:30PM	Aerobic				*Hard Core CARRIE					
6:00PM	Spin		ZUMBA STEPHANI	* BARRE n Body LIZ B			 <p>All classes are 60-minutes except # = 30 minutes * = 45 minutes ^ = 75 minutes www.centrefelgin.org</p>			
6:15PM	Aerobic			*KettleBell KATHY						
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								

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



GROUP FITNESS FALL SESSION FEES

FALL Session Starts OCT 1st - DEC 31st, 2017

FALL Punch Passes are available Friday, September 8th

	<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 Fall punch passes expire on December 31, 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 (45min)-All levels! Seniors aren't getting older. They're getting better with L.I.I.T. - Low Intensity Interval Training.

BARRE & Body (45-60min)-All levels! Using a Ballet Barre, strengthen & lengthen arms/legs; increase core strength, flexibility, & muscle endurance like a Ballet Dancer!

BARRE Fusion (60min)-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 (60min)-All levels! Cardio & strength training intervals! Boost your metabolism! Sculpt your body!

Chair Yoga (45min)-All levels! Balance issues are gone, but you'll still challenge yourself for better flexibility, posture, etc.

Core Yoga (60min)-All levels! Core strength & Balance (Pilates) are added to the flexibility, breathing & posture training of Yoga

Core Extreme (45min)-All levels! Tone & sculpt Core, Glutes & Thighs with total body exercises.

CoreRAGEous Rounds (30/60min) - Intermediate / Advanced! "Insanity", "P90-X" & Kickboxing w/Heavy-bags. MMA Gloves preferred.

Cross Training (60min)-All levels! The ultimate in cross-fitness interval training; Combines Boot-Camp & Sport-Specific Drills.

Cycle (45min)-All levels! Biking featuring hill-climbs, jumps, sprints & more; Towel & water bottle needed.

Cycle Sculpt (60min)-All levels! Biking with strength training for a great combo of cardio-resistance training.

Cycle Express (45min)-All levels! Biking & Serious Core!

Hard Core (45min)-All levels! Include your Core in all standing & floor exercise - with resistance & bodyweight drills.

Kettlebell (45min)-Intermediate! Blasts calories, sculpts muscles, strengthens core & improves posture & balance.

Kettle-Core (45min)-Intermediate! Kettlebell & Core work utilizing Stability Ball, Bosu & more. Blast calories, sculpt lean muscles & whittle that middle all in one class!

Kickbox Cardio Camp (60min)-All levels! Kickboxing & boot-camp drills- heavy-bag, weights, medicine ball & footwork drills. MMA Gloves preferred.

Latin En Fuego (60min)-All Levels! Dance (Baila) for fun-fitness with Bachata, Salsa, etc...energetic, action-dancing!

Qigong w/Weights (45min)-All Levels! Movements are designed to open energy channels to enhance well-being, & prepare you for Tai-Chi.

Reps and Sets (60min)-All levels! Muscle conditioning w/weights; Intervals of 3-5 minutes for each muscle group.

Rip-Tuc-Cut (45min)-All levels! Specific muscle conditioning in every class - Chest & Back; Legs & Buns; Arms & Shoulders! Core in every class!

Senior Fit (45min)-50 years and older. Low impact movements & resistance training; Pilates, Tai-Chi & Step.

Tabata Challenge (45min)-All levels! Workout for 20-seconds...Rest 10-seconds; Repeat 8-times! Sounds easy?!

Tai-Chi (60min)-All levels! Tai-Chi is gentle exercise & stretching-Yoga in motion. Reduce stress; increase flexibility, energy, muscle strength, stamina & agility.

TRX Basic Training (45min)-Beginner-Level! Learn Suspension Training-one of the most effective training tools in the fitness industry!

TRX Circuit (45min) - All levels! Suspension training, tire flipping, battling ropes, etc. for a total-body experience!

Tuc & Twist (45min)-All levels! Core-Specific dancing!

Yoga (60/75min)-All levels! Body, mind, spirit. Reduce stress; increase strength, flexibility & balance...healing.

Zumba (45/60min)-All Levels! This dance party revs up your engines-melting fat/inches from buns, thighs & core!