THE CENTRE OF ELGIN — WINTER - GF - SCHEDULE — JAN 1, 2017 - MAR 31, 2017

TIME	Studio	Monday	Tuesday	Wednesday	Thursday	Friday
5:15AM	Spin		*Cycle DAWN	*Cycle TAMMY	*Cycle DAWN	*Cycle TAMMY
5:15AM	Aerobic	Reps & Sets DAWN		Reps & Sets DAWN		Core Exrteme DAWN
8:15AM	Aerobic		*Kettle-Core KATHY			
9:15AM	Spin	Yoga BOONTIVA	Cycle-Sculpt SARAH	Yoga BOONTIVA	*Cycle SARAH	*Senior Fit DEBBY
9:15AM	Aerobic	Cross-Training CARRIE	Yoga DEBBY	CoreRAGEous Rounds Dr SWEAT	Yoga DANAE	Reps & Sets CARRIE
9:15AM	Dance	TAI-CHI CHARLENE			TAI-CHI CHARLENE	
10:05AM	Spin				*BARRE n Body SARAH	
10:30AM	Dance					Yoga DEBBY
10:30AM	Aerobic	*Senior Fit DANAE	*Active Adults DAWN	*Senior Fit DANAE	*Active Adults DAWN	Qigong w/Weights CHARLENE
11:30AM	Aerobic		# CoreRAGEous Dr SWEAT		# CoreRAGEous Dr SWEAT	
11:30AM	Dance	* Chair Yoga DANAE		* Chair Yoga DANAE		
12:15PM	Aerobic	* Tucking Tummies DAWN	* Reps & Sets DAWN	* Core Extreme DAWN	* Tucking Tummies DAWN	*Reps & Sets KATHY
12:15PM	Dance					*Zumba ELIZABETH
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	
5:00PM	Aerobic					*Tabata Challenge CARRIE
5:00PM	Dance		BARRE Fusion LIZ B			
5:15PM	Spin					
5:15PM	Aerobic	Kickbox Cardio Camp SARAH	Reps & Sets KATHY	*Core Extreme KATHY		
5:30PM	Aerobic				*Hard Core CARRIE	
6:00PM	Spin			* BARRE n Body LIZ B		
6:15PM	Aerobic			*KettleBell KATHY		
6:30PM	Spin				Yoga BOONTIVA	
6:30PM	Aerobic	Cardio Blast & Burn KATHY	CoreRAGEous Rounds Dr SWEAT		Cross-Training CARRIE	
6:45PM	Spin	Yoga DEBBY		Yoga LIZ B		
7:00PM	Dance	Zumba ELIZABETH				
7:45PM	Aerobic	CoreRAGEous Rounds TAMMY				

TIME	Studio	Saturday	Sunday
7:30 AM	Spin Studio	*Cycle FRANKLIN	
8:00 AM	Aerobic Studio	CORE Boxing Dr SWEAT	
8:15 AM	Spin Studio	*Reps & Sets FRANKLIN	
8:15 AM	Aerobic Studio		*TRX Training DEBBY
9:00 AM	Spin Studio		*Cycle SARAH
9:15 AM	Aerobic Studio	^YOGA DEBBY	
9:15 AM	Spin Studio	Latin en Fuego KAREN	
9:50 AM	Spin Studio		*BARRE n Body SARAH
10:30 AM	Aerobic Studio		YOGA LIZ B
10:45 AM	Dance Studio		ZUMBA ELIZABETH
10:45 AM	Aerobic Studio	CoreRAGEous Rounds Dr SWEAT	

All classes are 60-minutes except
 # = 30 minutes
*** = 45 minutes**
^ = 75 minutes
www.centreofelgin.org

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

115 DAYS

centre OF ELGIN

GROUP FITNESS WINTER SESSION FEES

WINTER Session Starts Jan 1st – Mar 31st, 2017

WINTER Punch Passes are available Thursday, Dec 8th

	MEMBER	RESIDENT	NON-RESIDENT
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 Winter punch passes expire March 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-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-Boxing-All Levels! The best Boxers have the strongest cores! With Boxing (with a heavy-bag and with 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.

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!

Qigonq 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.

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!