

Chesterton - Phase Three - Group Exercise Schedule

Effective July 5th - August 1st, 2020

****Pre-Registration Required for all classes****

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquatics	Lap Pool	9:00 am Water Worx Ginny Class Capacity 12	9:00 am Deep H2O Kim Class Capacity 12	9:00 am H2O Challenge Ginny Class Capacity 12	9:00 am Deep H2O Kim Class Capacity 12	9:00 am Aqua Blast Elizabeth Class Capacity 12	9:00 am Aqua Blast Rotating Class Capacity 12	
	Therapy Pool		10:15 am Aqua Flow Kim Class Capacity 8		8:00a-10:00a Pool Reserved			
Land Exercise	Group Exercise Studio	9:00 am ZUMBA Debbie Class Capacity 21	9:00 am BODYPUMP Sommer Class Capacity 21	9:00 am TBC Elizabeth Class Capacity 21	9:00 am BODYPUMP Sommer Class Capacity 21	9:00 am ZUMBA Debbie Class Capacity 21	7:30 am Yoga Flow Yolanda Class Capacity 21	
		10:30 am Yoga Flow Elaine Class Capacity 21	10:30 am Strength & Balance Rachael Class Capacity 21	10:30 am Chi Balance Elizabeth Class Capacity 21	10:30 am Strength & Balance Michael Class Capacity 21	10:30 am TBC Elizabeth Class Capacity 21	9:00 am BODYPUMP Rotating Class Capacity 21	
		5:30 pm BODYPUMP Michelle Class Capacity 21	5:30 pm ZUMBA Michael Class Capacity 21	5:30 pm BODYPUMP Heather Class Capacity 21	5:30 pm ZUMBA Michelle Class Capacity 21	5:30 pm BODYPUMP Rotating Class Capacity 21	*10:30 am NIA Lynett & Allen Class Capacity 21	
			7:00 pm Yoga Flow Yolanda Class Capacity 21		7:00 pm Yoga Flow Elaine Class Capacity 21			
Cycling	Performance Studio	9:00 am Cycling Sue Class Capacity 10		9:00 am Cycling Sue Class Capacity 10		9:00 am Cycling Jay Class Capacity 10	7:30 am Cycling Rotating Class Capacity 10	
		5:30 pm Cycling Sommer Class Capacity 10		5:30 pm Cycling Rotating Class Capacity 10				
LES MILLS VIRTUAL	7:30 am (60 min) BODYCOMBAT GX Studio	7:30 am (30 min) CxWorx GX Studio	7:30 am (45 min) SH'BAM GX Studio	7:30 am (60 min) BODYCOMBAT GX Studio	7:30 am (60 min) BODYFLOW GX Studio	7:30 am (60 min) BODYFLOW GX Studio	9:00 am (30 min) SPRINT Performance Studio	9:00 am (60 min) BODYFLOW GX Studio
	12:00 pm (45 min) SH'BAM GX Studio	9:00 am (50 min) RPM Performance Studio	12:00 pm (60 min) BODYFLOW GX Studio	9:00 am (50 min) RPM Performance Studio	12:00 pm (30 min) CxWorx GX Studio	12:00 pm (60 min) BODYCOMBAT GX Studio	12:00 pm (60 min) BODYCOMBAT GX Studio	1:00 pm (30 min) CX WORX GX Studio
	4:00 pm (60 min) BODYFLOW GX Studio	12:00 pm (60 min) BODYCOMBAT GX Studio	4:00 pm (30 min) CxWorx GX Studio	12:00 pm (45 min) SH'BAM GX Studio	4:00 pm (60 min) BODYCOMBAT GX Studio			3:00 pm (45 min) SH'BAM GX Studio
	7:00 pm (30 min) CxWorx GX Studio	7:00 pm (50 min) RPM Performance Studio	7:00 pm (60 min) BODYCOMBAT GX Studio	7:00 pm (50 min) RPM Performance Studio	7:00 pm (45 min) SH'BAM GX Studio			
	<p>Please know that there is no instructor present for the duration of all Virtual Classes. If you experience any issues, please inform the Service Desk or the Manager on Duty.</p>							

Fitness Center Hours:
 Monday – Thursday 5a-9p
 Friday 5a-7p
 Saturday & Sunday 7a-5p

See back of page for class descriptions. Classes & instructors may vary according to availability.

Pre-register online up to 48 hours in advance at www.MYiCLUBonline.com
Same Day Registration available by calling the Service Desk at 219-9832-9832 x 0

Group Exercise Class Descriptions

*PLEASE INFORM THE INSTRUCTOR IF YOU ARE A NEW STUDENT

AQUA: Lap Pool Participant Capacity: 12; Therapy Pool Participant Capacity: 8

Aqua Blast: (45 min) Bring your Aquatics training to the next level. High Intensity Interval Training (HIIT), including the specialized Tabata format, in the water with high powered results.

Aqua Flow: (45 min) This is a class easy on the joints to help everyone move better, increase your flexibility and decrease your pain. NO equipment is used-only the resistance of the water.

Deep H2O: (50 min) Challenge yourself to a full body workout in the deep end of the pool. All levels are welcome. Aqua belts are encouraged if you are uncomfortable in the deep end.

H2O Challenge: (50 min) Everyone should challenge themselves, especially in fitness. This class uses a variety of equipment for each muscle group.

Water Worx: (50 min) Any fitness level can join us for an all body workout that includes exercises such as cardio, strength, and flexibility.

LAND: Group Exercise Studio Participant Capacity: 21; Performance Studio Participant Capacity: 10

Les Mills BODYPUMP™ (45 or 60 min) Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

Chi Balance: (45 min) This is a beginner class, which focuses on balance, breath-work, & relaxation for maximum energy (Chi) and health. Appropriate for all ages. Wear loose clothes.

Cycling: (45 min) Join us in the cycling room for a high-calorie burn. The class name is the same, but the instructors vary with the music they play and the way they instruct.

NIA: (75 min) integrates movements, concepts & philosophies from Western and Eastern traditions. Benefit include cardio conditioning, flexibility, strength, balance, relaxation & endurance.

**Classes not offered every week, please ask Service Desk for details.*

Strength & Balance: (45 min) This class will help improve your strength, balance, flexibility, & gait patterns. This class is open to anyone wishing to improve balance & stability.

Total Body Conditioning (TBC): (45 min) Challenge all of your muscles to get strong and toned using your body weight and variety of equipment while adding some cardio to the mix.

Yoga Flow: (50 min) Yoga Flow links hatha yoga poses together to create an active, flowing style. This class will help improve strength, flexibility, endurance, and balance.

Modifications and principles of alignment are given to allow participants to stay safe, yet to feel challenged. All levels welcome.

ZUMBA: (55 min) Come and join the dance party and get your cardio workout with Latin dance moves. This class is upbeat and nonstop movement. Come bust a move.

LES MILLS Virtual: Group Exercise Studio Capacity: 21; Performance Studio Capacity: 10

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

BODYFLOW® is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind and your body.

CXWORX™ provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

SH'BAM™ is a fun-loving, insanely addictive dance workout. Your instructor will guide you through simple, sassy dance moves, all set to a party playlist.

SPRINT™ is a workout of high intensity, designed using an indoor bike to achieve fast results.