



HEALTHY CHANGES.
HEALTHY BODY.
HEALTHY LIFE.

GROUP FITNESS SCHEDULE

FRANCISCAN
HEALTH FITNESS
CENTER



group fitness

GRO UP EXERCISE STUDIO

MONDAY

8:00-8:50 a.m.
Cycling (Alex)
9:00-9:50 a.m.
Total Impact (Alex)
10:00-10:50 a.m.
Senior Express (Marquice)
5:00-5:50 p.m.
Box & Bootcamp
(Marquice)
6:00-6:40 p.m.
Cycling Express (Candie)
6:45-7:30 p.m.
Cardio Drumming (Candie)

TUESDAY

8:10-8:50 a.m.
Cycling Express (Frank)
9:00-9:50 a.m.
Tabata Strength (Michelle)
10:00-10:50 a.m.
Rhythm Nation (Alex)
5:00-5:50 p.m.
Cycle Circuit (Candie)
6:00-6:50 p.m.
Fit Formula (Hunter)

WEDNESDAY

8:00-8:50 a.m.
Barbell Bootcamp (Tammy)
9:00-9:50 a.m.
Box & Bootcamp
(Marquice)
10:00-10:50 a.m.
Dance it Off (Alex)
5:30-6:20 p.m.
Glute Camp Plus (Michelle)

THURSDAY

8:00-8:50 a.m.
Combination Training
(Anne)
9:00-9:50 a.m.
Step Fusion (Alex)
10:00-10:50 a.m.
Gentle Senior Express
(Denise)
5:00-5:50 p.m.
D.R.I.L.L. (Hunter)
6:00-6:50 p.m.
Barbell Bootcamp
(Tammy)

FRIDAY

8:00-8:50 a.m.
Box & Burn (Tammy)
9:00-9:50 a.m.
Dynamic Definition
(Marquice)
9:00-9:50 a.m.
TRX Bootcamp (Tammy)
Nautilus Room

SATURDAY

8:00-8:50 a.m.
Cycling (Tamie. C)
9:00-9:50 a.m.
Saturday Shred (Hunter)

SUNDAY

9:00-9:50 a.m.
Aqua Motion (Cathy)

Classes & instructors are subject to change.

Please inform the front desk of the classes you are taking daily.

aquatic

POOL

9:00-9:50 a.m.
Aqua Zumba (Denise)
10:00-10:50 a.m.
Aqua-Holics (Michelle)
5:30-6:20 p.m.
Aqua Motion (Cathy)

9:00-9:50 a.m.
Aqua Fit (Frank)
10:00-10:50 a.m.
Hydro HIIT (Tamie. C)
5:30-6:20 p.m.
Hydro HIIT (Tamie. C)

9:00-9:50 a.m.
Aqua Motion (Denise)
10:00-10:50 a.m.
Hydro HIIT (Tamie. C)
5:30-6:20 p.m.
Aqua Fit (Frank)

9:00-9:50 a.m.
Aqua Motion (Denise)
10:00-10:50 a.m.
Suspended Strength
(Anne)
4:30-5:20 p.m.
Ab-Solution Walking
Workout (Cathy)

9:00-9:50 a.m.
Aqua Motion (Denise)
10:00-10:50 a.m.
Aqua-Holics (Michelle)

9:00-9:50 a.m.
Aqua Fit (Frank)
10:00-10:30 a.m.
Aqua Zen (Frank)
Therapy Pool
10:00-10:50 a.m.
Hydro Fusion (Hunter)

Exercising at your own level is always encouraged.

Classes may be cancelled due to low attendance.

mind/body

MULTI-PURPOSE ROOM

9:00-9:30 a.m.
Yoga (Ron)
9:30-10:00 a.m.
Corelates (Marquice)
10:00-10:50 a.m.
Pilates (Virginia)
11:00-11:50 a.m.
Yoga for Every "Body"
(Virginia)
5:30-6:20 p.m.
Core Flow (Sheila)

9:00-9:30 a.m.
Yoga (Ron)
9:30-10:00 a.m.
Corelates (Marquice)
10:00-10:50 a.m.
Morning Flex (Marquice)
5:00-5:50 p.m.
Power Pilates (Hunter)

9:00-9:50 a.m.
Cardio Drumming
(Michelle)
10:00-10:50 a.m.
Pilates (Virginia)
11:00-11:50 a.m.
Yoga for Every "Body"
(Virginia)

9:00-9:50 a.m.
Flex & Foam (Anne)
10:00-10:50 a.m.
Chair Yoga (Virginia)
11:00-11:30 a.m.
Sit & Stretch Express
(Hunter)

9:00-9:50 a.m.
Bone Builders (Michelle)
10:00-10:50 a.m.
Morning Flex (Tammy)

 **Franciscan HEALTH**
FITNESS CENTERS
Chicago Heights
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