

# GROUP EXERCISE

JANUARY 8-MARCH 4

**COURTSPLUS**<sup>SM</sup>  
My community. My fitness center.

Monday			Tuesday			Wednesday			Thursday			Friday		
Group Exercise Studio	Fitness Studio	Multi-Purpose Room	Group Exercise Studio	Fitness Studio	Multi-Purpose Room	Group Exercise Studio	Fitness Studio	Multi-Purpose Room	Group Exercise Studio	Fitness Studio	Multi-Purpose Room	Group Exercise Studio	Fitness Studio	Multi-Purpose Room
5:30-6:30 <b>BodyPump</b> Bridget		5:15-6:00 <b>Cycle</b> Michelle	5:30-6:25 <b>BARRE</b> Julie W.		6:00-6:50 <b>Cycle</b> Mary Pat	5:30-6:30 <b>Step Challenge</b> Megan	5:30-6:30 <b>Insanity</b> Shelbie		5:30-6:30 <b>BodyPump</b> Bridget/Shelbie		5:10-5:55 <b>Cycle</b> Lin	5:30-6:30 <b>CSI</b> Megan	6:00-6:45 <b>TRX Circuit</b> Tamara	
											6:00-6:50 <b>Cycle</b> Mary Pat			
8:00-9:00 <b>CSI</b> Julie K./Tonya			7:45-8:30 <b>ZEN</b> Julie K.		8:30-9:20 <b>Cycle</b> Kathy H.	8:00-8:50 <b>BARRE</b> Carmela/Neda			7:45-8:30 <b>15/15/15</b> Julie K./Stephanie		8:30-9:20 <b>Cycle</b> Samantha	8:00-9:00 <b>Lean 'n Mean</b> Ron		8:30-9:00 <b>Sit &amp; Get Fit</b> Kathy H.
9:05-10:05 <b>BodyCombat</b> Antonette	9:00-10:00 <b>Insanity</b> Shelbie	9:00-9:30 <b>Stretch</b> Jennifer	8:45-9:45 <b>BodyPump</b> Shelbie	9:15-10:00 <b>TRX Circuit</b> Janet		8:55-9:55 <b>BodyCombat</b> Carmela/Neda		9:00-9:30 <b>Stretch</b> Kathy H.	8:45-9:45 <b>BodyPump</b> Jennifer			9:05-10:05 <b>Zumba</b> Lucy	9:15-10:15 <b>Insanity</b> Shelbie	9:00-9:30 <b>Stretch</b> Kathy H.
10:10-10:40 <b>CXWORX</b> Antonette	10:05-11:05 <b>Interval Training</b> Tricia	9:45-10:45 <b>Hatha Yoga</b> Jennifer	9:50-10:50 <b>Zumba</b> Rachel		9:45-10:45 <b>FIT4MOM</b>	10:10-11:10 <b>Zumba</b> Lisa	9:30-10:30 <b>Interval Training</b> Tricia	9:45-10:45 <b>Hatha Yoga</b> Jennifer	9:50-10:20 <b>CXWORX</b> Jennifer	9:30-11:30 <b>Weight Watchers</b>	9:45-10:45 <b>FIT4MOM</b>			
10:45-11:45 <b>Lean 'n Mean</b> Nancy					11:00-12:00 <b>Chair Yoga</b> Nancy	11:15-12:15 <b>Zumba Gold</b> Silvia			10:30-11:30 <b>BARRE</b> Antonette		10:50-11:50 <b>Chair Yoga</b> Linda	10:45-11:45 <b>Forever Fit</b> Linda		
12:00-1:00 <b>BARRE</b> Neda		11:30-12:30 <b>Zumba Gold</b> Esther				12:20-1:20 <b>BodyPump</b> Jennifer					12:30-2:00 <b>Tai Chi</b>	12:00-1:00 <b>BodyPump</b> Neda		
4:30-5:30 <b>Power Step</b> Julie W.			5:00-6:00 <b>BodyCombat</b> Antonette		4:00-5:30 <b>Little Dragons</b> ETSD	4:30-5:00 <b>POUND Xpress</b> Julie W.			5:00-6:00 <b>BodyPump</b> Vicky		4:00-5:30 <b>Little Dragons</b> ETSD	5:00-6:00 <b>BodyCombat</b> Antonette		4:30-5:30 <b>Zumba Kids</b> Silvia
						5:05-5:35 <b>CXWORX</b> Julie W.	5:30-6:15 <b>TRX Circuit</b> Tamara							
5:35-6:35 <b>Zumba</b> Lucy	6:00-6:45 <b>TRX Circuit</b> Jennifer	5:30-8:30 <b>Karate</b> ETSD	6:05-7:05 <b>BodyPump</b> Jennifer/Sarah	6:15-7:15 <b>Insanity</b> Antonette	5:30-7:30 <b>Karate</b> ETSD	5:40-6:30 <b>BARRE</b> Julie W.	7:00-8:00 <b>FIT4BABY Prenatal</b>	5:30-8:30 <b>Karate</b> ETSD	6:05-7:05 <b>STRONG</b> Lucy		5:30-7:30 <b>Karate</b> ETSD	6:05-6:35 <b>CXWORX</b> Antonette		6:30-8:30 <b>Karate</b> ETSD
6:50-7:50 <b>BodyPump</b> Jennifer	7:00-8:00 <b>WOW!</b> Nancy		7:15-8:15 <b>Yoga</b> Jennifer			6:35-7:35 <b>BodyPump</b> Sarah			7:15-8:15 <b>Zumba</b> Lucy		7:30-8:30 <b>Yoga</b> Jordan			

SHOW US YOUR

**#COURTSPLUSSTRONG**

Green shaded classes require additional fee and registration. Cycle classes require sign-up. No outdoor shoes in studios. Classes/Instructors subject to change without notice.

# WEEKEND SCHEDULE

Saturday			Sunday		
Group Exercise Studio	Fitness Studio	Multi-Purpose Room	Group Exercise Studio	Fitness Studio	Multi-Purpose Room
6:30-7:30 <b>Step Challenge</b> Megan	8:30-9:30 <b>FIT4MOM</b>	8:00-9:00 <b>Cycle</b> Jordan/Samantha	8:00-9:00 <b>Insanity</b> Antonette	9:00-10:00 <b>BARRE</b> Julie W.	
7:35-8:35 <b>BodyPump</b> Shelbie	9:45-10:30 <b>TRX Circuit</b> Tamara		9:05-10:05 <b>BodyPump</b> Shelbie		
8:40-9:40 <b>BodyCombat</b> Antonette					
9:45-10:45 <b>BodyPump</b> Antonette/Stephanie		9:15-10:15 <b>YogaBasics</b> Linda	10:10-10:40 <b>CXWORX</b> Julie W.		4:00-6:00 <b>Hapkido</b>
			10:45-11:45 <b>ZEN</b> Julie W.		

**Green shaded classes require additional fee and registration. Cycle classes require sign-up. No outdoor shoes in studios. Classes/Instructors subject to change without notice.**



Hear ye, hear ye! Wilder Mansion is hosting its third annual Princess Day. Have your little one dress up as her favorite princess to make a craft, enjoy a treat and listen to a story fit for a royal. The afternoon will conclude with a party on the dance floor. Not a drop-off program.

*Sunday, January 28 • 2-3:30 p.m.*

Ages 3-12 (with parent) \$18R/\$22NR  
Parent does not register. Code: EW05200-01

**FREE KID-FRIENDLY, FAMILY FUN!**  
**SATURDAY, FEBRUARY 3**  
**9 A.M.-12 P.M. AT COURTS PLUS.**

**BALLOON ANIMALS  
KIDS' CRAFTS  
FIT 4 LIFE GYM  
TENNIS**

**CLIMBING WALL  
GAMES & PRIZES  
KIDS ZUMBA  
AND MORE!**

**186 S. WEST AVENUE, ELMHURST**

**COURTSPLUS**  
*My community. My fitness center.*

**20/20/20** A great cross training combination of 20 minutes of step, 20 minutes of hi-lo aerobics and 20 minutes of strength. **15/15/15** is the 45 minute version.

**BARRE** Inspired by Pilates, strength training and Yoga, use light weights, gliding discs, bender balls and more while focusing on isometric holds to contract muscles and work your core like never before!

**BODYCOMBAT™** This fiercely energetic program is inspired by martial arts and is supported by driving music. You will strike, punch, kick, and kata your way through calories to superior cardio fitness.

**BODYPUMP™** This 60-minute barbell workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls with your choice of resistance.

**Chair Yoga** Get the benefits of yoga without being on the floor! Modified postures include seated and standing positions using the chair for support.

**CSI** Cardio Strength Interval. Alternating segments of cardiovascular and strength training, this class will utilize a variety of equipment to give you a total body workout.

**CXWORX™** Core training class with dynamic training that hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body.

**Cycle** 45 - Our cycling classes are a low impact way to drive cardiovascular fitness and muscular endurance for all levels. Experience a fun and effective workout to build strength and endurance.

**Forever Fit** A lighter, low impact class for those just beginning an exercise program. Resistance training follows the cardio portion.

**Hatha Yoga** A blend of challenging and relaxing postures with an emphasis on breath awareness as well as introducing relaxation poses and meditation.

**Insanity** A cardio-based total body-conditioning program that allows a person to beat the body's natural response of getting used to exercising at one level of exertion, pushing participants to new heights, resulting in more calories burned, faster results, and a more efficient metabolism.

**Lean-N-Mean** A combination strength training and flexibility training to create long, lean muscles

**POUND** Pound transforms drumming into an incredibly effective way of working out in this full-body cardio and strength conditioning class.

**POWERSTEP™ (Formerly BODYSTEP)** Athletic training on the step including strength, intervals, speed/agility training and more. Push your cardio into high gear and watch the calories melt away!

**Sit & Get Fit** A combination of cardiovascular and strength training that can be done seated.

**Step Challenge/Multi-Step** A step class geared toward the intermediate and advanced participant. Combinations will be more complex. Instructors will have the option of using one or more steps.

**Stretch** A class of flexibility exercises for the entire body. All fitness levels are welcome.

**STRONG by Zumba** Moving in sync with music to drive intensity, this non-dance based class is a combination of high intensity interval training exercises that will cause your fitness level to soar!

**TRX Circuit/Interval Training** A non-stop circuit designed with functional movement patterns and high intensity efforts using TRX Straps, weights & more. This class will hit your body in a way you haven't worked before!

**WOW! Women on Weights** A class for women only. Resistance training to help maintain bone health, build strength and burn calories. Learn proper technique and how to get the most out of your training.

**Yoga** A relaxing and non-impact exercise that will leave you feeling exhilarated! The regular practice of yoga can restore and enhance strength, flexibility and balance to your mind and body.

**Zumba** This class incorporates latin and international rhythms along with dance steps like salsa, merengue, cha cha, and samba in a class that is fun and easy to do.

**Zumba Gold** For the active older adult or individuals new to exercise. Combines high energy and motivating music with unique moves and combinations. Fun and easy to do.

**ZEN (formerly PiYo)** A fusion style flexibility workout combining Pilates, Yoga, Dance and Strength in a flowing sequence.