

# GROUP EXERCISE

June 19-August 20

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 CSI Megan		5:15-6:00 Cycle Lin	5:30-6:30 BodyPump Bridget		6:00-6:50 Cycle Mary Pat	5:30-6:30 Step Challenge Megan	6:00-6:45 TRX Circuit Kathy		5:30-6:30 Insanity Shelbie		5:10-5:55 Cycle Lin	5:30-6:00 BodyCombat Antonette		
											6:00-6:50 Cycle Michelle	6:00-6:30 CXWORX Antonette		
8:00-9:00 Lean 'n Mean Julie K/ Jennifer			7:45-8:30 CSI Julie K./ Julie W.		8:30-9:20 Cycle Kathy	8:00-9:00 BodyPump Neda			7:45-8:30 ZEN Julie W.	8:40-9:25 TRX Circuit Amy	8:30-9:20 Cycle Samantha	8:00-9:00 20/20/20 Ron		8:30-9:00 Sit & Get Fit Linda
9:05-10:05 BodyCombat Antonette	9:00-10:00 Insanity Shelbie	9:00-9:30 Stretch Jennifer	8:35-9:35 BodyPump Shelbie	9:15-10:00 TRX Circuit Rachel		9:05-10:05 BodyCombat Neda			9:00-9:30 Stretch Jennifer	8:35-9:35 BodyStep Julie W.		9:10-10:10 STRONG By Zumba Lucy		9:00-9:30 Stretch Linda
10:10-10:40 CXWORX Antonette		9:45-10:45 Hatha Yoga Jennifer	9:40-10:40 STRONG By Zumba Julie W.		9:45-10:45 Mom & Baby Bootcamp Janet	10:10-11:10 Zumba Lisa	9:30-10:30 Interval Training Tricia		9:45-10:45 Hatha Yoga Jennifer	9:40-10:40 BodyPump Antonette	10:00-11:30 Weight Watchers Meeting	9:45-10:45 Mom & Baby Bootcamp Shar	10:15-10:45 POUND Xpress Lucy	9:30-10:30 Insanity Shelbie
10:45-11:45 Forever Fit Nancy			10:45-11:45 Zumba Lucy			11:15-12:15 Zumba Gold Lisa		11:00-11:45 Chair Yoga Jennifer	10:45-11:15 CXWORX Antonette		10:50-11:35 Chair Yoga Linda	10:50-11:50 Lean 'n Mean Linda		
12:00-1:00 BodyPump Jennifer		11:30-12:30 Zumba Gold Esther				12:20-1:20 BodyCombat Esther					12:30-2:00 Tai Chi	12:00-1:00 BodyPump Carmela		
4:30-5:30 BodyStep Julie W.			5:00-5:30 POUND Xpress Lucy	5:00-6:00 TRX Circuit Antonette	4:00-5:30 Little Dragons ETSD	5:00-6:00 BodyPump Sarah			5:00-5:30 BodyShred Tonya		4:00-5:30 Little Dragons ETSD	5:00-6:00 BodyCombat Antonette		
			5:35-6:35 Zumba Lucy						5:35-6:05 Zen Tonya					
5:35-6:35 STRONG By Zumba Lucy	6:00-6:45 TRX Circuit Jennifer	5:30-8:30 Karate ETSD	6:40-7:10 CXWORX Jennifer	6:15-7:15 Insanity Antonette	5:30-7:30 Karate ETSD	6:05-7:05 BodyCombat Antonette	6:00-7:30 Weight Watchers Meeting	5:30-8:30 Karate ETSD	6:10-7:10 BodyPump Sue		5:30-7:30 Karate ETSD			6:30-8:30 Karate ETSD
6:45-7:45 BodyPump Sue	7:00-8:00 WOW! Jennifer		7:15-8:15 Yoga Jennifer			7:10-7:40 CXWORX Antonette			7:15-8:15 Zumba Lucy		7:30-8:30 Yoga Jordan			

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		8:00-9:00 <b>Cycle</b> Jordan/Michelle	8:00-9:00 <b>BodyCombat</b> Antonette	9:10-10:10 <b>STRONG</b> By Zumba Lucy/Antonette	
7:35-8:35 <b>BodyPump</b> Shelbie	10:35-11:35 <b>Sing, Dance and Play</b> Christa - Kids Plus		9:10-10:10 <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	10:15-10:45 <b>CXWORX</b> Jennifer		4:00-6:00 <b>Hapkido</b>
			10:50-11:50 <b>ZEN</b> Jennifer		

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## Stars & Stripes Workout Party

FRIDAY, JUNE 23, 6-8 PM

PICNIC-STYLE FOOD

MINI-GROUP EXERCISE CLASSES

SING-ALONG, CLIMBING WALL & FUN FOR KIDS

TENNIS ACTIVITIES

5:00-5:30  
**ZUMBA WITH LUCY**

CYCLE WITH LIN AND SAMANTHA

5:30-6:00  
**BODYCOMBAT WITH ANTONETTE**

6:00-6:30  
**BARRE PREVIEW WITH ANTONETTE**

**COURTSPLUS**

REGISTER AT THE SERVICE DESK

Free to members, 1 guest and 2 children under the age of 12 when they register by June 19. After June 19, members pay \$7. That includes 1 guest and 2 children under the age of 12. Non-members and additional guests are \$10.

### Download the new Courts Plus **MOBILE APP**

Check-in with your membership card, set goals, join a challenge and win fun prizes!

- Store your membership card & check-in at the service desk.
- See the current group exercise schedule & find your favorite class.
- Join the Member Rewards program and earn points toward fun prizes.
- Track and log your workouts to help achieve your goals.
- Find special offers and discounts on Courts Plus services and programs.

Available on the **App Store** and **Google Play**

Search for "Courts Plus-Elmhurst," download the app and use it today!

**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.

**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.

**JILLIAN MICHAELS BODYSHRED™** A 30-minute high intensity fun and effective, interval/circuit workout divided into sections of 3 minutes of strength moves, 2 minutes of cardio and 1 minute of core.

**BODYSTEP™** Cardio blocks push fat-burning systems into high gear, followed by muscle conditioning tracks that shape and tone the body.

**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.

**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** 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.