

# Schererville- Phase 4 - Group Exercise Schedule

Effective August 1st- September 6th, 2020

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

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Aquatic</b>	Rec. Pool	<b>9:00 a.m.</b> H2O MOVES <i>Nicole - Class Capacity 12</i> <b>10:00 a.m.</b> AQUA BLAST <i>Nicole - Class Capacity 12</i> <b>6:00 p.m.</b> WATERinMOTION <i>Cheri - Class Capacity 12</i>	<b>10:00 a.m.</b> WATERinMOTION <i>Nicole - Class Capacity 12</i>	<b>9:00 a.m.</b> H2O MOVES <i>Connie - Class Capacity 12</i> <b>10:00 a.m.</b> HYDRO F.I.T. <i>Nicole - Class Capacity 12</i> <b>6:00 p.m.</b> WATERinMOTION <i>Cheri - Class Capacity 12</i>	<b>10:00 a.m.</b> WATERinMOTION <i>Nicole - Class Capacity 12</i>	<b>10:00 a.m.</b> AQUA BLAST <i>Nicole - Class Capacity 12</i>			
	Land	<b>9:00 a.m.</b> LesMills BODYCOMBAT <i>Heather G. - Class Capacity 29</i> <b>10:30 a.m.</b> LesMills BODYPUMP <i>Heather H. - Class Capacity 29</i> <b>5:45 p.m.</b> ZUMBA <i>Gladys - Class Capacity 29</i> <b>7:00 p.m.</b> LesMills BODYPUMP <i>Cheri - Class Capacity 29</i>	<b>9:00 a.m.</b> FEELING FIT <i>Chrissy - Class Capacity 29</i> <b>10:30 a.m.</b> CARDIO MIX & SCULPT <i>Chrissy - Class Capacity 29</i> <b>6:00 p.m.</b> ZUMBA <i>Gladys - Class Capacity 29</i>	<b>8:00 a.m.</b> CORE & MORE <i>Cheri - Class Capacity 29</i> <b>9:30 a.m.</b> ZUMBA <i>Gladys - Class Capacity 29</i> <b>11:00 a.m.</b> LesMills BODYPUMP <i>Heather H. - Class Capacity 29</i> <b>7:00 p.m.</b> LesMills BODYPUMP <i>Cheri - Class Capacity 29</i>	<b>9:00 a.m.</b> ZUMBA <i>Gladys - Class Capacity 29</i> <b>10:30 a.m.</b> CARDIO MIX & SCULPT <i>Chrissy - Class Capacity 29</i>	<b>9:00 a.m.</b> TBC <i>Estelle - Class Capacity 29</i> <b>10:30 a.m.</b> LesMills BODYPUMP <i>Cheri - Class Capacity 29</i>	<b>8:00 a.m.</b> GREAT STEP OFF <i>Barb - Class Capacity 29</i>	<b>8:30 a.m.</b> GREAT STEP OFF <i>Barb - Class Capacity 29</i> <b>10:00 a.m.</b> MAT PILATES <i>Barb - Class Capacity 29</i>	
	Performance Studio		<b>9:00 a.m.</b> MAT PILATES <i>Janet - Class Capacity 24</i>	<b>9:00 a.m.</b> LOW STEP & SCULPT <i>Cheri - Class Capacity 24</i>	<b>9:00 a.m.</b> LesMills BODYFLOW <i>Heather H. - Class Capacity 24</i> <b>5:45 p.m.</b> LesMills BODYCOMBAT <i>Sarah - Class Capacity 24</i>	<b>10:15 a.m.</b> LesMills BODYFLOW <i>Sarah - Class Capacity 24</i>			
	Cycling Studio	<b>5:45 p.m.</b> Heather G. - Class Capacity 15	<b>10:15 a.m.</b> Jill - Class Capacity 15	<b>5:45 p.m.</b> Heather G. - Class Capacity 15	<b>10:15 a.m.</b> Jill - Class Capacity 15			<b>7:30 a.m.</b> Ted - Class Capacity 15	
<b>LesMills VIRTUAL</b>	All classes held in Studio 41, unless otherwise indicated as Cycling Studio.	<b>5:15 a.m.</b> LesMills SPRINT (30 min) Cycling Studio	<b>5:00 a.m.</b> LesMills BODYPUMP	<b>5:15 a.m.</b> LesMills SPRINT Cycling Studio	<b>5:00 a.m.</b> LesMills BODYCOMBAT	<b>5:00 a.m.</b> LesMills BODYPUMP Cycling Studio	<b>12:00 p.m.</b> LesMills BODYPUMP	<b>3:00 p.m.</b> LesMills BODYCOMBAT	
		<b>7:15 a.m.</b> LesMills RPM Cycling Studio	<b>12:00 p.m.</b> LesMills BODYFLOW	<b>7:15 a.m.</b> LesMills RPM Cycling Studio	<b>12:00 p.m.</b> LesMills SH'BAM (45 min)	<b>7:15 a.m.</b> LesMills RPM Cycling Studio	<b>3:00 p.m.</b> LesMills SH'BAM (45 min)		
		<b>12:00 p.m.</b> LesMills BODYCOMBAT	<b>8:00 p.m.</b> LesMills CXWORX (30 min)	<b>3:00 p.m.</b> LesMills BODYFLOW	<b>3:00 p.m.</b> LesMills CXWORX (30 min)	<b>12:00 p.m.</b> LesMills CXWORX (30 min)			
		<b>3:00 p.m.</b> LesMills BODYFLOW			<b>7:00 p.m.</b> LesMills BODYFLOW	<b>3:00 p.m.</b> LesMills SPRINT (30 min) Cycling Studio			
		See back for class descriptions. Class Instructors may vary according to availability. We reserve the right to alter classes dependent on class attendance. Holiday schedules will be limited, please ask Service Desk for details.		*Please note the lap lane will be removed during group exercise classes.  The Lap Pool is always open for lap swimming.					

**Fitness Center Hours:**  
 Open 24-7

Pre-register online up to 48 hours in advance at [www.myiclubonline.com](http://www.myiclubonline.com)  
 Same Day Registration available by calling the Fitness Desk at 219-865-6969 x 3340



# Aquatic and Land Exercise Class Descriptions

*Classes are open to all fitness levels*

## AQUATIC CLASS DESCRIPTIONS

- AQUA BLAST:** Looking for a low impact, resistance-based workout? This class is for you. Reduce the stress on your joints while strengthening your muscles and having fun. (55 min)
- WATERinMOTION:** Use every muscle in your body in this cardiovascular workout. This class provides a low impact, high-energy challenge for participants of all ages, skills, and fitness levels. (55 min)
- H<sub>2</sub>O MOVES/Arthritis Foundation Aquatics Program:** This class was designed by the Arthritis Foundation for those individuals with impaired joint strength, range of motion, or other physical challenges. The goal of this aquatic class is to increase the participants' range of motion for everyday living. (45 min)
- HYDRO F.I.T. (Functional Intense Training):** If you're looking for a workout that is different each time, then this class is for you! You'll get a sample of new trends mixed with tried-and-true moves that push you mentally and physically. Class can include anything and everything; e.g. circuits, I abata, HIIT and voga (55 min)
- ADULT GROUP SWIM LESSONS:** (18 years old and up) American Red Cross Learn-To-Swim Program Thursdays 7:00 pm (45-60 min) Classes run in 6-week sessions, for current session information please see the Service Desk. Lessons open to members and non-members. \$\$
- YOUTH GROUP SWIM LESSONS:** (6 months to 12 years old) American Red Cross Learn-To-Swim Program (45 min) Saturdays 9:00 am- noon. Classes run in 6-week sessions, for current session information please visit the Service Desk. Lessons open to members and non-members. \$\$

## LAND CLASS DESCRIPTIONS

- LesMills BODYCOMBAT:** The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Strike, punch, and kick your way to a superior cardio fitness level. (55 min)
- LesMills BODYPUMP:** This toning and conditioning class uses barbells and focuses on higher repetition, lower weight sets. Challenge all of your major muscle groups as you test your muscular endurance in this class. (60 min)
- LesMills BODYFLOW:** A perfect blend of Tai-Chi, Yoga, and Pilates. This class combines strength, balance, flexibility, and relaxation exercises to rejuvenate your body and mind. (55 min)
- CARDIO BLAST:** A perfect mixture of an interval and circuit training format to include endurance, calisthenics and strength training for total body conditioning. (60 min)
- CARDIO MIX & SCULPT:** A class with variety! It includes 30 minutes of intervals between HI-low on the floor and step. Core work and stretching are included in the end. (60 min)
- CORE & MORE:** This is a total body strengthening class using functional movements of the upper and lower body, while incorporating internal body resistance, gravity, and balance to improve your core strength! (55 min)
- CXWORX:** This is a 30-minute core-training workout that uses your body weight, resistance tubing and weights to tighten and tone your midsection. (30 min)
- CYCLING:** If you're looking for a high-intensity cardiovascular workout, our bikes are waiting for you! Arrive 5 minutes early so we can adjust the bike to fit you. (45 min)
- CYCLE STRONG:** A perfect option for those who cannot stand to sit on the bike for more than 15 minutes or those looking for high intensity, short duration interval training. This class alternates between cycling and total body strength and core movements. (45 min)
- FEELING FIT:** Feel fit by toning major muscle groups and increasing your endurance. The class includes low impact aerobics (no bouncing), easy to follow dance steps, and strength exercises. (55 min)
- GREAT STEP OFF:** If you like to step and are ready for some fun, this class is for you! This class consists of 40 minutes of stepping, along with an aerobic cool down and core exercises. (60 min)
- LesMills SH'BAM:** This class features 12 tracks of chart-topping popular hits and simple but fun dance moves. No dance experience needed. (45 min)
- LesMills SPRINT / RPM:** LesMills SPRINT is a great high intensity, low impact cycling workout that will drive your body to burn calories for hours.(30 min) LesMills RPM allows you to be in control of the intensity while being fun and low impact. (50 min)
- LesMills TONE:** A low-impact option great for all fitness levels uses the tubes and optional hand weights to define your muscles and increase your balance. Best of all, you finish feeling thoroughly rejuvenated – and fizzing with energy. (55 min)
- LOW STEP 'N SCULPT:** Same as Step 'n Sculpt but the step moves are basic and completely low impact (no bouncing). An excellent toning and aerobic class! (55 min)
- MAT PILATES:** This is a great workout for your core that will lengthen and strengthen your muscles, as well as improve your posture and increase your flexibility. (55 min)
- STEP REEBOK:** This class offers an incredible workout including 40 minutes of stepping and a perfect balance between muscle toning and fat burning. (55 min)
- TBC:** Challenge all of your muscles to get strong and toned using your own body weight and a variety of equipment while adding some cardio to the mix. This class is full of surprises so be ready for anything! Smiles are required! (50 min)
- YOGA (LEVEL I or LEVEL II):** This fee-based class runs in 6 week sessions. Flow through various yoga poses to increase core strength, flexibility, and balance while energizing your mind and body. Beginner or Intermediate options available, bringing a mat is recommended. Visit the front desk for current session information. (60 min) \$\$\$
- ZUMBA: Dance...Dance...Dance...**This high energy class uses motivating music with unique moves and combinations that allow you to leave your worries behind. Zumba is a mixture of body sculpting movements and exciting, easy to follow dance steps.(55 min)
- ABS:** An intense abdominal workout whether you want a ripped "6-pack" or just to flatten and sculpt your midsection! A great class to strengthen lower back and core muscles. Essential to overall fitness performance. Go at your own pace and have fun! (30 min)

\* Each month, our group exercise class attendance will be evaluated using the Red-Light/Green-Light system.

When class attendance drops below the studio capacity of 30%, the instructor will be notified.

The class then becomes a Red Light class and will be monitored for the next 60 days.

If the class continues to be in the Red for a second month in a row, the class will be posted on the Member Information Board to notify members (located in the hall by the Performance Studio, next to the vending machines).

If the class does not reach its target attendance and is in the Red for a third month in a row, Franciscan Health Fitness Centers reserves the right to change or remove the class from the group fitness schedule.

If you have any questions, please feel free to ask your instructors.

**\$\$ - Additional fee, sign up at Service Desk.**