

# GROUP FITNESS SCHEDULE | CRYSTAL LAKE BEGINS 1/7/2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>TABATA</b> 5:30-6:15am Studio 1	<b>BODYPUMP®</b> 5:15-6:15am (S) Studio 1	<b>TBC-Total Body Conditioning</b> 5:15-6:15am Studio 1	<b>BODYFLOW®</b> 5:15-6:15am Studio 3	<b>BODYPUMP®</b> 5:15-6:15am (S) Studio 1	<b>POWER CYCLE</b> 6:30-7:30am (S) Studio 2 (Dec-March)	<b>RPM®/(50 min)</b> <b>SPRINT®(30 min)</b> 8-8:50am Studio 2
<b>FIT OVER FIFTY</b> 8-9am (W) Studio 1	<b>POWER CYCLE</b> 5:15-6:15am (S) Studio 2	<b>GRIT®</b> 6:30-7am Studio 1	<b>POWER CYCLE</b> 5:15-6:15am (S) Studio 2	<b>YOGA FOR MEN</b> 6:30-7:30am Conf. Room 1,2,3	<b>BODYSTEP®</b> 7:30-8:30am (S) Studio 1	<b>ALL LEVEL YOGA</b> 8-9:15am Conf. Room 1,2,3
<b>STRETCH YOGA</b> 8-9am (W) Conf. Room 1,2,3	<b>BODYFLOW®</b> 8-9am Studio 1	<b>STRONG CORE</b> 7:15-7:45am Studio 1	<b>BODYPUMP®</b> <b>Express</b> Studio 1 8:15-9am (S)	<b>Les Mills TONE®</b> 8-9am Studio 1	<b>Les Mills RPM® 75</b> 8-9:15am (S) Studio 2	<b>Les Mills SH'BAM®</b> 8:15-9am (W) Studio 1
<b>AQUA PUMP</b> 9-10am (W) Lap Pool	<b>AQUA ZUMBA®</b> 8:30-9:15am (W) Lap Pool	<b>FIT OVER FIFTY</b> 8-9am (W) Studio 1	<b>AQUA PUMP</b> 8:30-9:30am (W) Lap Pool	<b>STRONG CORE</b> 8:30-9am Studio 3	<b>Les Mills RPM®</b> 8-8:50am Studio 2 (3rd Sat. of each month)* (S)	<b>Les Mills BODYPUMP®</b> <b>Express</b> Studio 1 9:10-10am (S)
<b>POWER CYCLE</b> 9:15-10:15am (S) Studio 2	<b>POWER CYCLE 45</b> 9:15-10am (S) Studio 2	<b>STRETCH YOGA</b> 8-9am (W) Conf. Room 1,2,3	<b>ALL LEVEL YOGA</b> 8:45-9:45am Conf. Roo 1,2,3	<b>FLUID FUSION</b> 9-10am (W) Lap Pool	<b>ALL LEVEL YOGA</b> 8-9am Conf. Room 1,2,3	<b>Les Mills CXWORX®</b> 10:05-10:35am Studio 1
<b>ADVANCED YOGA</b> 9:15-10:15am Conf. Room 1,2,3	<b>STRETCH YOGA</b> 9:15-10:15am (W) Conf. Room 1,2,3	<b>HYDRO HIIT</b> 9-9:45am (W) Lap Pool	<b>Les Mills RPM®</b> 9:15-10:05am (S) Studio 2	<b>STAGES CYCLE</b> 9:15-10:15am (S) Studio 2	<b>AQUA PUMP</b> 8-9am (W) Lap Pool	<b>Les Mills BODYFLOW®</b> 10:45-11:45am Studio 1
<b>Les Mills BODYPUMP®</b> 9:15-10:15am (S) Studio 1	<b>Les Mills BODYSTEP®</b> 9:15-10:15am (S) Studio 1	<b>POWER CYCLE</b> 9:15-10:15am (S) Studio 2	<b>Les Mills (S)</b> <b>BODYCOMBAT®</b> 9:15-10:15am Studio 1	<b>ADVANCED YOGA</b> 9:15-10:15am Conf. Room 1,2,3	<b>Les Mills BODYFLOW®</b> 8:45-9:45am (S) Studio 3	<b>Les Mills BODYPUMP®</b> 3-4pm (S) Studio 1
<b>Les Mills BODYFLOW®</b> 10:25-11:25am (S) Studio 3	<b>Les Mills BODYPUMP®</b> <b>Express</b> Studio 1 10:20-11:10am (S)	<b>ALL LEVEL YOGA</b> 9:15-10:15am Conf. Room 1,2,3	<b>Les Mills BODYFLOW®</b> 9:30-10:30am (S) Studio 3	<b>TBC-Total Body Conditioning</b> 9:25-10:25am (S) Studio 1	<b>TBC-Total Body Conditioning</b> 8:45-9:15am Studio 1	
<b>AQUA FITNESS</b> 10:30-11:30am (W) Leisure Pool	<b>TBC-Total Body Conditioning</b> 10:30-11:30am GYM	<b>STRONG</b> 9:15-10:15am (S) Studio 1	<b>STRETCH YOGA</b> 10:30-Noon (W) Conf. Room 1,2,3	<b>Les Mills BODYFLOW®</b> 10:30-11:30am (S) Studio 3	<b>Les Mills GRIT®</b> 9:20-9:50am Studio 1	
<b>INTERVAL LITE (W)</b> 10:30-11:30am Studio 1	<b>YIN YOGA</b> 10:30-Noon Conf. Room 1,2,3	<b>Les Mills BODYFLOW®</b> 9:15-10:15am (S) Studio 3	<b>TBC-Total Body Conditioning</b> 10:30-11:30am Studio 1	<b>ZUMBA®</b> 10:30-11:30am Studio 1	<b>Les Mills TONE®</b> 10-11am (W) Studio 3	
<b>CHAIR YOGA</b> 10:45-11:45am (W) Conf. Room 1,2,3	<b>Les Mills CXWORX®</b> 11:15-11:45am Studio 1	<b>AQUA FITNESS</b> 10:30-11:30am (W) Leisure Pool	<b>POWER CYCLE 45</b> 4:15-5pm (S) Studio 2	<b>AQUA FITNESS</b> 10:45-11:45am (W) Leisure Pool	<b>Les Mills (S)</b> <b>BODYCOMBAT®</b> 10:00-11:00am Studio 1	
<b>ZUMBA GOLD®</b> 11:35-12:35am (C,W) Studio 1	<b>Les Mills (S)</b> <b>BODYCOMBAT®</b> 4:30-5:30pm Studio 1	<b>ZUMBA®</b> 10:30-11:30am Studio 1	<b>Les Mills BODYPUMP®</b> <b>Express</b> Studio 1 4:25-5:10pm (S)	<b>CHAIR YOGA</b> 10:45-11:45am (W) Conf. Room 1,2,3	<b>Les Mills BODYPUMP®</b> 11:15-12:15am (S) Studio 1	
<b>ZUMBA®</b> 12:45-1:45pm Studio 1	<b>ALL LEVEL YOGA</b> 5-6pm Conf. Room 1,2,3	<b>CHAIR YOGA</b> 10:45-11:45am (W) Conf. Room 1,2,3	<b>Les Mills</b> <b>BODYCOMBAT®</b> 5:15-5:55pm Studio 1	<b>CARDIO-STRENGTH</b> <b>LITE</b> Studio 1 11:35-12:35am (C,W)	<b>WERQ®</b> 11:30am-12:15pm Studio 3 (W)	
<b>Les Mills CXWORX®</b> 4:15-4:45pm Studio 1	<b>HYDROCORE+MORE</b> 5:30-6:30pm (W) Lap Pool	<b>CARDIO-STRENGTH</b> <b>LITE</b> Studio 1 11:35-12:35am (C,W)	<b>Les Mills BODYFLOW®</b> 5:30-6:30pm Studio 3	<b>Les Mills BODYPUMP®</b> 1-2pm (S) Studio 1	<b>ZUMBA®</b> 12:30-1:30pm Studio 1	
<b>Les Mills SH'BAM®</b> 4:50-5:35pm (W) Studio 1	<b>Les Mills BODYFLOW®</b> 5:30-6:30pm Studio 3	<b>Les Mills BODYSTEP®</b> 4:30-5:30pm (S) Studio 1	<b>YOGAforSTRENGTH</b> 5:45-6:45pm Conf. Room 1,2,3	<b>Les Mills BODYSTEP®</b> 4:30-5:30pm Studio 1		
<b>H2O MASHUP</b> 5:30-6:30pm (W) Lap Pool	<b>Les Mills TONE®</b> 5:35-6:35pm Studio 1	<b>STRONG CORE</b> 5:35-6:05pm Studio 1	<b>TBC-Total Body Conditioning</b> 6-6:40pm Studio 1	<b>ALL LEVEL YOGA</b> 6:30-7:30pm Conf. Room 1,2,3		
<b>Les Mills BODYPUMP®</b> 5:45-6:45pm (S) Studio 1	<b>Les Mills BODYPUMP®</b> 6:45-7:45pm (S) Studio 1	<b>TABATA/HIIT</b> 6:10-6:55pm Studio 1	<b>ZUMBA®</b> 6:45-7:45pm Studio 1	<b>Les Mills BODYPUMP®</b> 6:45-7:45pm (S) Studio 1		
<b>VINYASA YOGA</b> 6-7pm Conf. Room 1,2,3	<b>ZUMBA® /</b> <b>ZUMBA TONE®</b> 8-9pm Studio 1	<b>Les Mills RPM®</b> 6:15-7:05pm (S) Studio 2				
<b>STAGES CYCLE</b> 6:15-7:15pm (S) Studio 2		<b>ALL LEVEL YOGA</b> 6:30-7:30pm Conf. Room 1,2,3				
<b>Les Mills</b> <b>BODYCOMBAT®</b> 7-8pm Studio 1		<b>PILATES MAT</b> 7-7:45pm Studio 3				
		<b>Les Mills BODYPUMP®</b> 7-8pm (S) Studio 1				

**KEY**

(S) Space Limited. Class Pass required, available at front desk up to 30 minutes before the start of class

(C) Community members may take this class for a fee. Registration is required.

(W) Class is suitable for WellBridge Program.

**PLEASE NOTE**

Group Fitness class schedule subject to change at any time.

