



HEALTHY CHANGES.

HEALTHY BODY.

HEALTHY LIFE.

# GROUP FITNESS SCHEDULE

FRANCISCAN

HEALTH FITNESS

CENTER



group fitness

GROUP EXERCISE STUDIO

**8:30 a.m.**  
Body Sculpting (Jane)

**9:30 a.m.**  
Combination Training (Lauryn)

**10:30 a.m.**  
Senior Express (Mike)

**11:30 a.m.**  
Strength & Motion (Mike)

**6:00 p.m.**  
Dynamic Sculpting (Dawn)

**7:00 p.m.**  
BeMoved (Leigh)

**9:30 a.m.**  
Body Sculpting (Riley)

**10:30 a.m.**  
Bootcamp (Riley)

**11:30 a.m.**  
Zumba (Riley)

**11:30 a.m.**  
Senior Bootcamp (Mike)  
*(Fitness Floor)*

**5:15 p.m.**  
Hard Core Core (Dawn)

**6:00 p.m.**  
Line Dancing (Riley)

**7:00 p.m.**  
Step & Tone (Riley)

**8:30 a.m.**  
Dynamic Definition (Jane)

**9:30 a.m.**  
Bootcamp (Riley)

**10:30 a.m.**  
Senior Express (Leigh)

**11:30 a.m.**  
Strength & Motion (Alvina)  
*(Fitness Floor)*

**5:15 p.m.**  
Hard Core Core (Alvina)

**6:00 p.m.**  
Combination Training (Theodore)

**7:00 p.m.**  
BeMoved (Leigh)

**8:15 a.m.**  
Zumba Tone (Denise C.)

**9:30 a.m.**  
BeMoved (Leigh)

**10:30 a.m.**  
TRX Bootcamp (Riley)  
*(Fitness Floor)*

**10:30 a.m.**  
Dynamic Definition (Belinda)

**11:30 a.m.**  
Strength & Motion (Denise C.)

**6:00 p.m.**  
Zumba (Denise C.)

**8:30 a.m.**  
Body Sculpting (Tammy)

**9:30 a.m.**  
Bone Builders (Phyllis)

**10:30 a.m.**  
Low Impact Cardio (Alvina)

**6:30 p.m.**  
Zumba (Riley)

**9:00 a.m.**  
Combination Training (Denise)

**10:15 a.m.**  
Zumba Tone (Denise C.)

Classes & instructors are subject to change.

Classes may be cancelled due to low attendance.

cycling

CYCLING STUDIO

**9:30 a.m.**  
Cycling (Dawn)

**10:30 a.m.**  
Silver Cycle (Ron)

**5:30 p.m.**  
Cycling (Jojo)

**8:15 a.m.**  
Cycle (Theodore)

**6:00 p.m.**  
Cycling (Dawn)

**10:30 a.m.**  
Cycling (Dawn)

**5:30 p.m.**  
Cycling (Jojo)

**9:30 a.m.**  
Cycling (Amy)

**6:00 p.m.**  
Cycle "55" (Ron)

**9:30 a.m.**  
Cycling (Dawn)

Exercising at your own level is always encouraged.

aquatic

POOL

**9:00 a.m.**  
Aqua Motion (Anne)

**5:00 p.m.**  
Aqua Motion (Cathy)

**9:15 a.m.**  
Gen. Aqua (Coach Cool)

**10:15 a.m.**  
Aqua Motion (Belinda)

**4:10 p.m.**  
Ab-solution Walking (Cathy)

**9:30 a.m.**  
New Wave Strength (Donna)

**10:30 a.m.**  
Suspended Strength (Anne)

**8:15 a.m.**  
Aqua Motion (Alvina)

**9:15 a.m.**  
Generation Aqua (Coach Cool)

**10:15 a.m.**  
Aqua Motion (Dawn)

**9:15 a.m.**  
Aqua Tabata (Donna)

**10:00 a.m.**  
Aqua Motion (Monica)

**11 a.m.**  
Aqua Zumba (Riley)

**9:00 a.m.**  
Aqua Motion (Cathy)

mind/body

MULTI-PURPOSE ROOM

**9:00 a.m.**  
Yoga for Every "BODY" (Ron)

**10:30 a.m.**  
Flexibility Formula (Dawn)

**11:30 a.m.**  
Yoga for Every "BODY" (Virginia)

**5:30 p.m.**  
Yoga Core & More (Michael C.)

**7:00 p.m.**  
Flexibility Formula (Dawn)

**8:00 a.m.**  
Silver Pilates (Virginia)

**8:55 a.m.**  
Pilates Express (Virginia)

**9:30 a.m.**  
Gentle Yoga (Ron)

**10:30 a.m.**  
Flexibility Formula (Mike)

**4:30 p.m.**  
Yoga for Every "BODY" (Virginia)

**5:30 - 6:15 p.m.**  
Absolute Ball (Anne)

**6:20 - 7:15 p.m.**  
Pilates (Anne)

**7:30 a.m.**  
Morning Stretch (Leigh)

**8:30 a.m.**  
Pilates Bootcamp (Mike)

**9:30 a.m.**  
Flexibility Formula (Dawn)

**11:30 a.m.**  
Yoga for Every "BODY" (Virginia)

**5:00 p.m.**  
Aqua Tabata (Denise C.)

**6:00 p.m.**  
Aqua Motion (Cathy)

**8:00 a.m.**  
Silver Pilates (Virginia)

**9:00 a.m.**  
Foam Rolling (Jane)

**10:30 a.m.**  
Tai Chi (Alex)

**5:45p.m.**  
Power Vinyasa Flow Yoga (Tammy)

**7:00 p.m.**  
Yoga Core & More (Michael C.)

**8:00 a.m.**  
Gentle Yoga (Michael C.)

**9:30 a.m.**  
Pilates Boot Camp (Mike)

**10:30 a.m.**  
Flexibility Formula (Mike)



**Franciscan HEALTH**  
FITNESS CENTERS  
Chicago Heights

[www.franciscanfitnesscenter.com](http://www.franciscanfitnesscenter.com)

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# Group Fitness

SCHEDULE

GROUP EXERCISE  
CYCLING  
AQUATIC  
MIND / BODY

Effective January 1, 2018

 **Franciscan HEALTH**  
FITNESS CENTERS  
Chicago Heights

**Athletic Cardio**

**AQUA MOTION & GENERATION AQUA** Splash into fitness with a wet & wonderful workout! Simple choreography & resistance variations will give you a fun & effective workout. Generation Aqua is for the young at heart. **(55 minutes)**

**AQUA TABATA** Combining high intensity interval training with water properties results in a fun, effective workout to blast the calories. **(55 minutes)**

**CYCLING** This innovative program involves cycling techniques modeled after outdoor cycling. Your ride can be easy or intense - you decide. Motivating techniques & music will allow you to take your workout to the next level. **(45 minutes)**

**CYCLE "55"** is 55 minutes long. **(55 minutes)**

**SILVER CYCLE** is for the young at heart. **(45 minutes)**

**TRX BOOTCAMP** This class combines the use of the TRX® Suspension Trainer™ with various other fitness techniques such as jump roping, resistance bands, step aerobics and free weights. **(45 minutes)**

**BOOTCAMP** is a fast paced cardio class that uses simple step movements along with weights, intervals, and calisthenics -- whatever it takes to get your heart rate up and your body in gear for an all-around workout. **(55 minutes)**

**SENIOR BOOTCAMP** moves at a slower pace. **(45 minutes)**

**SENIOR EXPRESS** Dynamic, low impact workout designed for the young at heart. Will improve aerobic fitness & burn body fat. All ages welcome. **(55 minutes)**

**LOW IMPACT CARDIO** will take your workout to the next level. **(55 minutes)**

**CLASSIC CARDIO** Combine energizing low-impact cardio, targeted toning and stretching. **(55 minutes)**

**STEP & TONE** This class uses step and resistance equipment to target the entire body. **(55 minutes)**

**REMOVED** Inspires participants to embrace dance and fitness as a lifelong path to health, joy and fulfillment. **(55 Minutes)**

**Choreograph Cardio**

**ZUMBA** Dance your way to a fitter you with exciting and unique Latin music and rhythms. This class is taking the world by storm. **(55 minutes)**

**Strength**

**BODY SCULPTING & DYNAMIC SCULPTING** Sculpt & define every muscle group with super-effective exercises using the BOSU, resistance bands, weights and stability ball. Because you select your own resistance, this workout is ideal for everyone. **(55 minutes)**

**DYNAMIC DEFINITION** Challenging total body workout using a variable weight barbell. Great workout for all levels: you choose your weight. **(55 minutes)**

**BONE BUILDERS** Helps to build strong bones, increase core strength, improve posture & flexibility. Includes both standing and sitting exercises. **(45 minutes)**

**ABSOLUTE BALL** Sculpt abdominals using the ball for resistance while improving balance and overall strength. **(45 minutes)**

**HARD CORE CORE** work your abdominal muscles using your own body weight and various pieces of equipment. **(30 minutes)**

**Cardio Strength**

**COMBINATION TRAINING** Get moving and combine a variety of techniques! Intervals of step, hi-lo, strength training & kick boxing will keep you invigorated. **(55 minutes)**

**NEW WAVE STRENGTH** This class uses Sprint Bells, noodles and resistance tubing with burst of cardio & power moves. Put a new wave in your aquatic workout! **(55 minutes)**

**SUSPENDED STRENGTH** Build your core while moving on noodles and using weights to strengthen upper and lower body simultaneously. **(55 minutes)**

**STRENGTH & MOTION** Are you new to fitness or coming back to fitness? By combining cardiovascular and resistance, this class will help prepare you for daily activities. **(55 minutes)**

**AB-SOLUTION WALKING WORKOUT** Learn ways to stroll through the water and strengthen your abdominals. Experience simplistic patterns and isolation techniques that create a powerful water walking program emphasizing core muscle use. Suitable for all ability levels. **(45 minutes)**

**ZUMBA TONE** combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused **Zumba** moves to create a calorie-burning, strength-training dance fitness party. Using light weight dumbbells, you'll work every muscle group while you groove. **(45 minutes)**

**Flexibility/Mind Body**

**FLEXIBILITY FORMULA** Just relax and stretch! Integrating yoga, Pilates, dance and sport stretches will improve your range of motion, balance and posture. **(45 minutes)**

**YOGA FOR EVERY "BODY"** This introduction to Yoga class is designed to familiarize beginners with basic Yoga postures and breathing techniques. With an emphasis on personal instruction, this class gives you a solid foundation before moving into and on to other yoga classes. **(55 minutes)**

**GENTLE YOGA** Chairs are available to all class participants in Gentle Yoga. Most everything we do in this class can be done from a chair, though we will use the floor for some simple stretching exercises. "Do what you can do, don't do what you can't do." **(55 minutes)**

**PILATES EXPRESS** A progressive series of floor exercises that promotes strong, lean muscles, better balance, improved posture and alignment. Pilates training focuses on core strength & a symmetrical body. **(30 minutes)** **SILVER PILATES** Learn the basics of Pilates. See an improvement in your core strength, your posture and better breathing. **(45 minutes)**

**PILATES** Pilates training promotes strong lean muscles, better balance, improved posture and body alignment. **PILATES BOOTCAMP** moves at a quicker pace. **(45 minutes)**

**TAI CHI** Experience these gentle load bearing exercises that are designed to improve balance & build bone density & strength. **(55 minutes)**

**POWER VINYASA FLOW** Is a vigorous fitness based approach to vinyasa style yoga. **(55 minutes)**

**6 PACK ABS & MORE** Improve your posture and physical function, as we focus on balance and strengthening exercises for abdominal and back muscles. **(45minutes)**

**MORNING STRETCH** Wake up your body with a 45-minute morning stretch class. This class is a relaxing way to help rid yourself of any aches and pains and stretch the major muscle groups of your body. **(45 minutes)**

**YOGA CORE & MORE** Includes yoga poses along with core strength work and balance. **(55 minutes)**

**FOAM ROLLING** Learn the science behind effective myofascial massage as you reduce inflammation and loosen tight tissue. **(90 minutes)**