

## Group Fitness Class Schedule



### LAND/AQUATICS

2017 Fall Schedule Begins September 18th



100 Fitness Drive  
Bourbonnais, Illinois 60914  
(815) 929-1200 | [www.rhfc.me](http://www.rhfc.me)



### STUDIO 1.....

**Cardio Defense.** Torch calories while toning your muscles with this class that provides an intense mix of martial arts moves and high intensity cardio training exercises that will push you to your limits! Demonstrations for high and low intensity will be provided.

**H.I.I.T. Fit.** This 60 min class will give you some of the disciplines and moves you love and expect from Raise The Bar class, but the bar will be raised a bit higher due to the added high intensity interval training moves that will push your strength and endurance to new heights!

**Light & Fit.** This class utilizes bands, stability balls and weights for a basic interval workout that tightens and tones while providing a light cardio aspect.

**M.E.T.** Working close to your maximum effort while maintaining your quality of movement with a specific repetition scheme, you will achieve functional cardiovascular fitness with this Metabolic Endurance Training workout. Build upon your cardiovascular fitness while burning away fat!

**PIYO.** This total body fitness program combines the practices of Pilates & Yoga, along with components of dance & martial arts to help you build strength, lose weight & increase flexibility - all in a fun & upbeat atmosphere!

**Raise The Bar (R.T.B.).** A barbell strength class stronger than your excuses! This workout will challenge all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

**Silver Fit.** This class will strengthen your muscles to improve balance combined with exercises to increase flexibility. Enjoy a relaxing meditation session at the close of the class.

**Steady Strides.** This class will focus on improving balance and coordination in order to lower the risk of falls. Multiple modes of exercise are utilized, including strength, flexibility, and agility.

**Strength Express.** Get a total body strength workout in just 45 minutes! This class utilizes many different forms of strength training and equipment.

**Strength Fusion.** This class combines strength, cardio, and Crossfit moves in a high intensity interval training (H.I.I.T.) format. Get in shape STAT with this 60-minute workout!

**Triple Cardio.** Time flies when you experience three different cardio formats in one class! Class formats may include: step, double step, cardio-boxing, dance, hi-low aerobics and more.

**Zumba®.** This Latin-inspired aerobic fitness program combines high energy dance moves with motivating music from all around the world. NO dance experience required!

### CYCLE STUDIO.....

**Cycle 45/60.** A cycle class that may include many different formats, such as hills, intervals, speed drills and endurance. No matter what, you will get a fantastic workout that will prepare you to take on the rest of your day!

**Cycore.** Try this 60-minute class that gives you double duty! Participants will start off with 45 minutes of cycling and finish off with 15 minutes of core training.

**S.C.Y.** A fresh blend of 3 different workouts! Start off with 20 minutes of Strength, followed by 20 minutes of Cycling and finish with 20 minutes of Yoga.

### YOGA STUDIO.....

**Active Flow Yoga.** Integrate the mind and body through movement to increase flexibility, strength, and well-being. Some yoga experience helpful but not required.

**Arthritis Foundation Land Class (A.F.LC.).** Take control of your arthritis with exercise. This class includes range of motion, muscle strengthening exercises, body mechanics lectures and relaxation techniques.

**Gentle Yoga.** This class is designed as an introductory class for those new to yoga or those looking to create a solid foundation for their yoga practice.

**Mat Pilates.** Try this class which improves strength, flexibility and coordination, concentrating on the body's core.

**Slow Flow Yoga.** Enjoy the unity of movement, breath and energy that allows our nervous system to relax our muscles and allows our mind to slow.

### POOL.....

**Aqua Boot Camp.** In this exciting and fast-paced interval circuit class, participants will transition between strength and cardio stations where movements are done for a set amount of time.

**Aqua Fit.** A high energy class that utilizes dynamic sports movements to motivate you!

**Aqua Pilates.** This class is based on movements and techniques from Pilates, Yoga and other disciplines to improve core strength and stabilization, balance, agility and coordination. This is a very low to non-impact, non-aerobic class suitable for all levels of fitness, including those with balance challenges on land.

**Aqua Power.** Refresh your strength workout! Build muscular strength through functional exercises using the water's resistance, along with noodles, hand buoys, kickboards and more.

**Aqua Zumba.** This is a "pool party" workout for all ages. It combines challenging water-based movements with Latin infused dance movements to create a class full of calorie burning and muscle toning.

**Balance Recovery.** This class benefits adults with movement disorders including, but not limited to, Multiple Sclerosis, Parkinson's Disease, Huntington's Disease, tremors, or those recovering from stroke. The goal is to achieve improvements in balance, muscular strength and coordination, and to increase circulation. (Individuals who require extra assistance are strongly encouraged to bring a friend or caretaker to participate in the class)

**Deep Water Power.** Increase your core strength while performing exercises in deep water such as jogging and skiing. All participants will use a floatation belt that will allow freedom of movement through the water without touching or standing on the pool bottom.

**Deep Water Pilates.** Similar to the Deep Water Power class above; however, Pilates movements are also incorporated into this class held in the deep end of the pool.

**Jogua.** Get some stress off your joints by taking your jogging inside! This class incorporates jogging at your own pace with the water providing excellent resistance to scorch calories! Conclude the class with a great abdominal routine and stretch session.

**Senior Fit.** A fun, energetic class that follows the Arthritis Foundation guidelines and focuses on joint movement and light cardio. This class is held in the warm-water therapy pool.

# LAND CLASS SCHEDULE

updated September 18, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 am to 6:00 am <b>Cycle 45 (Alt.)</b>	5:15 am to 6:15 am <b>R.T.B. (AG)</b>	5:15 am to 6:00 am <b>Cycle 45 (JY)</b>	5:15 am to 6:15 am <b>H.I.I.T. FIT (AG)</b>	5:15 am to 6:15 am <b>S.C.Y. (JH)</b>	7:15 am to 8:15 am <b>Cycle 60 (JY)</b>
8:30 am to 9:15 am <b>Triple Cardio (DB)</b>	8:30 am to 9:30 am <b>Cycore (CR)</b>	8:15 am to 9:15 am <b>Zumba (MC)</b>	8:15 am to 9:00 am <b>Cycle 45 (KS)</b>	8:30 am to 9:30 am <b>R.T.B. (MC)</b>	8:15 am to 9:15 am <b>R.T.B. (CFW)</b>
9:20 am to 10:05 am <b>Strength Express (DB)</b>	8:30 am to 9:30 am <b>Strength Fusion (KA)</b>	8:30 am to 9:15 am <b>Cycle 45 (CR)</b>	8:30 am to 9:30 am <b>M.E.T. (JH)</b>	9:30 am to 10:30 am <b>PIYO (MC)</b>	9:20 am to 10:20 am <b>Active Flow Yoga (JH)</b>
11:15 am to 12:00 pm <b>Light &amp; Fit (JH)</b>	9:30 am to 10:15 am <b>Mat Pilates (MF)</b>	9:20 am to 10:20 am <b>R.T.B. (MC)</b>	9:30 am to 10:30 am <b>Active Flow Yoga (JH)</b>	11:30 am to 12:15 pm <b>Silver Fit (EL)</b>	9:20 am to 10:20 am <b>Zumba (JW)</b>
12:15 pm to 1:00 pm <b>Gentle Yoga (JH)</b>	11:15 am to 12:00 pm <b>Steady Strides (HW)</b>	12:15 pm to 1:00 pm <b>Gentle Yoga (JH)</b>	11:15 am to 12:00 pm <b>AFLC (CB)</b>		
4:30 pm to 5:30 pm <b>R.T.B. (CB)</b>	5:30 pm to 6:30 pm <b>Cycle 60 (KS)</b>	4:30 pm to 5:30 pm <b>Cardio Defense (AG)</b>	5:30 pm to 6:15 pm <b>Mat Pilates (DM)</b>		
5:30 pm to 6:30 pm <b>Cycore (SB)</b>	6:00 pm to 6:45 pm <b>Zumba (JW)</b>	5:30 pm to 6:30 pm <b>R.T.B. (CFW)</b>	5:30 pm to 6:30 pm <b>Cycore (SB)</b>		
5:30 pm to 6:30 pm <b>Active Flow Yoga (JH)</b>		5:30 pm to 6:15 pm <b>Slow Flow Yoga (JH)</b>	5:30 pm to 6:30 pm <b>Strength Fusion (KA)</b>		

# AQUATICS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:45 am to 9:30 am <b>Deep Water Power (CR)</b>	9:30 am to 10:15 am <b>Aqua Fit (LQ)</b>	9:30 am to 10:15 am <b>Aqua Power (SO)</b>	9:30 am to 10:15 am <b>Aqua Zumba (MC)</b>	8:45 am to 9:30 am <b>Deep Water Pilates (CR)</b>	9:30 am to 10:15 am <b>Aqua Pilates (LQ)</b>
9:30 am to 10:15 am <b>Aqua Boot Camp (LQ)</b>	6:00 pm to 6:45 pm <b>Aqua Pilates (SO)</b>	11:15 am to 12:00 pm <b>Senior Fit (NZP)</b>	12:15 pm to 12:45 pm <b>Balance Recovery (EL)</b>	12:30 pm to 1:15 pm <b>Senior Fit (JH)</b>	
12:15 pm to 1:00 pm <b>Senior Fit (CB)</b>		5:30 pm to 6:15 pm <b>Jogua (NZP)</b>	6:00 pm to 6:45 pm <b>Aqua Boot Camp (SO)</b>		
5:30 pm to 6:15 pm <b>Aqua Fit (NZP)</b>					

# INSTRUCTORS

Instructor initials are indicated on schedule after class name in parenthesis.

Alternating Instructors (Alt.)	Deann Brueggert (DB)	Jean Whetsel (JW)	Melissa Cox (MC)
Amy Glassford (AG)	Dana Mercer (DM)	Jen Yeates (JY)	Misty Field (MF)
Brianna Walker (BW)	Dorene Mohler (DM)	Khendal Andrews (KA)	Nancy Zoller Pansa (NZP)
Casey Babinski (CB)	Emily LaVoie (EL)	Khirstin Schneider (KS)	Shannon Boudreau (SB)
Carrie Rink (CR)	Hope Webster (HW)	Lindsey Quigley (LQ)	Samantha Ochoa (SO)
Cindi Westphal (CFW)	Jessi Holmes (JH)		

# FITNESS LEVELS

Classes are color coded by fitness level:

Beginners
Intermediate/Advanced
All Fitness Levels

# FALL HOURS

Monday – Thursday.....5:00 am to 9:00 pm  
 Friday.....5:00 am to 8:00 pm  
 Saturday.....7:00 am to 5:00 pm  
 Sunday.....8:00 am to 5:00 pm

# PLEASE NOTE

All cycle classes require a voucher, including Cycore & S.C.Y.  
 Classes require a minimum of 3 participants to offer class. All classes below an average of 8 participants are subject to format changes or cancellation.  
 Class instructors may change without notice.