

# GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:30 am Total Strength Lisa Hamilton East Canopy		8:30-9:30 am Cross Training Fred Lux East Canopy		8:30-9:30 am Total Body Conditioning Sue Cohen East Canopy	8:00-9:00 am Total Strength Sue Cohen East Canopy	8:00-9:00 am Boot Camp Sue Cohen Field Canopy
9:30-10:15 am Barre Carlee Zielinski East Canopy	9:30-10:30 am Group Cycle Faith Griswold East Canopy	9:30-10:15 am Boot Camp Carlee Zielinski East Canopy	9:30-10:15am Aqua Pump Carlee Zielinski Pool	9:30-10:15am Cross Training Carlee Zielinski East Canopy	9:00-10:00 am Boot Camp Cole Larson East Canopy	9:00-10:00 am Group Cycle Jen Polatsek East Canopy
10:00-11:00 am Balance and Tone Lisa Hamilton Studio I	9:30-10:30 am Total Body Conditioning Carlee Zielinski Field Canopy	10:30-11:15 am Strength and Balance Carlee Zielinski East Canopy	9:30-10:30 am Tabata Nick Slager Field Canopy	10:30-11:15 am Total Strength Carlee Zielinski East Canopy		
10:30-11:15 am Aqua Pump Carlee Zielinski Pool	10:30-11:15 am Aqua Motion Carlee Zielinski Pool		9:30-10:30 am Group Cycle Faith Griswold East Canopy	10:30-11:30 am Mat Pilates Veronica Shaknis Field Canopy		
10:30-11:30 am Mat Pilates Ellen Morgan Field Canopy	10:30-11:30 am Yoga Flow Stephanie Adler Field Canopy		10:30-11:15 am Cardio, Strength and Balance Carlee Zielinski East Canopy			
			12:15-1:15 pm Slow Flow Yoga Liz Geifman Field Canopy			
			4:15-5:15pm Total Body Conditioning Nick Slager Field Canopy			
5:30-6:30 pm Slow Flow Yoga Liz Geifman Field Canopy	5:00-6:00 pm Group Cycle Jen Polatsek East Canopy	5:30-6:30 pm Yang and Yin Yoga Silvia Strazzarino Field Canopy	5:00-6:00 pm Group Cycle Jen Polatsek East Canopy			

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Effective:  
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## CARDIO & STRENGTH CLASSES

**BALANCE AND TONE:** This class covers a variety of exercises designed to improve muscular strength, balance, and range of motion.

**BALLET BARRE SCULPT:** Class combines Ballet moves, functional strength Pilates, and yoga postures with light weights to give you beautiful, sculpted, lean muscles.

**BARRE:** a barre-based workout that combines elements of core work, Pilates, ballet and yoga. Expect to tuck, pulse and plie your way through a series of low-impact movements designed to strengthen and tone your body

**BARRE 45:** This is a 45-minute class that includes all the elements offered in Barre Fusion.

**BOOT CAMP:** Workouts are designed to improve your overall fitness - strength, cardio, flexibility, agility, and endurance! Train hard, have fun, and feel great!!

**CARDIO & SCULPT:** Burn fat, build lean muscle with a blend of low impact cardio, strength exercises and core work. Build stamina, increase your energy level and functional strength in a fun, all-levels class.

**CORE, ROLL & STRETCH:** Class starts with an intense abdominal series to challenge your core including planks, muscle integration, and rotation. Following are stretching and rolling segments using foam rollers, balls and bodyweight to work fascia, relieve tension and elongate muscle tissue.

**CROSS TRAINING:** A large variety of exercises and drills are combined to improve cardiovascular fitness, muscle tone and definition. Geared for all fitness levels.

**FITNESS PLAYGROUND:** Join us for this class on the Fitness Floor! This is a great strength and cardio challenge. You'll use a variety of equipment that may include steps, rowers, BOSU, QUEENAX, balls, weights, tubing or TRX. Work hard! Play hard! See results!

**H.I.I.T.:** Maximize your workout with timed intervals of effort and recovery. Cardio and strength exercises can be modified, or challenge added depending on participant.

**QUEENAX™ TRAINING:** Experience functional training on the state-of-the-art QUEENAX system Bridge Training Space. This apparatus is designed to execute the hottest trends in training such as suspended bodyweight training and functional training.

**QUEENAX™ AND CARDIO COMBO:** This class combines Queenax Training with intermittent cardio segments.

**STEP:** A high-energy workout using an elevated platform to execute choreographed movements and combinations. Challenge your body and brain while burning fat, and improving your neuro-muscular system.

**TABATA:** One of the most effective types of high-intensity interval training. Workout is 20 seconds of anaerobic effort to 10 seconds of recovery. Simple, athletic and intense exercises help you melt away fat, providing results in a short amount of time.

**TOTAL BODY CONDITIONING:** Multi-fitness level class integrates segments of aerobic conditioning, strength training and core development. Will challenge all fitness levels!

**TOTAL STRENGTH:** A total body strength conditioning class using simple and compound movements. Develop strength and improve bone density. Free weights, tubing, body bars and balls are used to target all major muscle groups.

**TREAD AND SHED:** Treadmill interval training class using sprints, slow walks and climbs combined with strength training exercises. Great for all levels and ideal for those wanting to improve their cardiovascular fitness and/or lose weight.

**TRX® FIT:** This class is a fusion of strength and cardio: mixing TRX® suspension exercises to build core and overall strength, as well as cardio drills to promote weight loss.

**YOGA SCULPT:** An energetic dynamic workout that combines yoga, cardio and weights. Format provides an opportunity to strengthen, stretch and sculpt major muscle groups to upbeat music.

## INDOOR CYCLE CLASSES

**GROUP CYCLE:** A cardio workout on a stationary bike guaranteed to get your heart pumping as you pedal up hills, sprint on a flat road, and interval train. Workout is music driven with motivating music tracks to keep you on pace. All levels welcome!

**CYCLE, ROW & STRENGTH:** This high energy class combines the lower body workout of cycling with the upper body/core conditioning of rowing. After a short warm-up, you will alternate between the Bike

and Rowers in timed intervals for the duration of the class.

**CYCLE AND STRENGTH:** Challenge yourself to a heart-pumping cardio interval workout mixed with upper and lower strength training using free weights off the bike!

**CYCLE AND CORE:** Forty-five minutes of heart-pumping cycle interval workout followed by 15 minutes of core work in the either Studio 1 or Mind/Body.

## MIND/BODY CLASSES

**HATHA YOGA:** An alignment-based yoga class that includes breath work, stretching and long holds. Each pose is explored and held with the focus on alignment and will promote strength, flexibility, endurance and balance. Blankets, straps and blocks may be used. All levels welcome!

**PILATES MAT:** A total body conditioning class with the focus primarily on core strength (abdominals, back, hips, and glutes) and flexibility.

**PILATES FUSION:** Class combines basic mat Pilates with sculpting and stretches for a low impact and high/low intensity workout adjustable to all fitness levels. Enhance your body tone, core strength, and flexibility.

**POWER YOGA:** An athletic, dynamic and flowing practice which cultivates strength, flexibility, balance, focus and endurance.

**SLOW FLOW YOGA:** Move gently through the practice, allowing time for mind-body connection and linking breath with movement. Very accessible for students newer to yoga.

**YANG AND YIN FLOW:** Combining the external, dynamic rhythmic repetition of Yang to the slower practice where poses are passively held for longer; working on the deep, dense (Yin) connective tissues and joints in the body.

**YOGA FLOW:** This alignment-based yoga class offers a flowing, dynamic movement that is personalized by each instructor's signature style. Most classes feature several elements of traditional sun salutations, standing poses, preparation for arm balances, dynamic stretching, and breath work.

## CARDIO DANCE CLASSES

**MixedFit®:** This is a people-inspired dance fitness program that blends explosive repetitive, easy-to-follow dance moves with bootcamp inspired toning and conditioning. If you can squat and shake your booty, you can do MixedFit®!!

**STEP:** A high-energy workout using an elevated platform to execute choreographed movements and combinations. Challenge your body and brain while burning fat and improving your neuro-muscular system.

**WERQ®:** A dance fitness workout is fusing today's hottest pop, rock, and hip-hop music with easy dance routines designed for torching calories! You don't have to be a dancer to participate.

**ZUMBA® GOLD:** The design of the class introduces easy-to-follow steps that focus on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. (No floor/mat work).

## KIDS

Free with family membership!

**FITKID TEAM BUILDING CHALLENGE:** Fitness class for anyone ages 8-15. Each session will include a warm-up, calisthenics and a Team Building Exercise that employs basic military exercises. The purpose of the class is to introduce young fitness enthusiasts to proper exercise form and teamwork principles while they have FUN!

## LIGHT AND LIVELY CLASSES

Perfect for those wanting a lighter, slower-paced workout and/or active older adults.

**CARDIO AND TONE:** Get fit and have fun with segments of low impact aerobics, toning, and stretching. Students remain standing for entire class (no floor/mat work).

**CARDIO, STRENGTH, & BALANCE:** This standing class incorporates low impact aerobics, stretching, and balance exercises.

**CHAIR YOGA:** Improve your strength, flexibility, and mobility through standing or seated yoga poses specially adapted for active older adults or those recovering from an injury. Chairs and props are provided to keep everyone safe and supported (No floor/mat work).

**CORE, STRENGTH, & BALANCE:** This standing class incorporates exercises to strengthen the core, increase range of motion by stretching, and improve balance.

**SIT (OR STAND) AND BE FIT:** A strength focused class designed to keep you fit for life! Light weights, resistance tubing, and balls are used as you move through seated and standing exercises. Increase flexibility, range of motion and strength. Great for individuals with limited mobility (no floor/mat work).

**STRENGTH AND BALANCE:** Muscular strength and core stability are essential to safe movement at any age! In this class, resistance equipment such as balls, and light weights are used to strengthen your muscles, develop balance and stability and increase joint range of motion.

**ZUMBA® GOLD:** The design of the class introduces easy-to-follow steps that focus on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. (No floor/mat work).

## AQUA FITNESS CLASSES

**Aqua Motion/Boot Camp:** Deep water running and shallow water choreography combine to give you a balanced cross training workout. Natural water resistance, noodles and foam dumbbells are used to burn fat, increase muscle tone, and enhance endurance.

**AQUA H2O - 20/20/20:** A total body workout incorporating equal parts cardio, strength and core exercises.

**AQUA PUMP:** This class combines cardio conditioning with upper and lower body toning.

**DEEP WATER:** This class is a complete workout in deep water using water weights and noodles. Great core workout!

**HYDRO PILATES:** This non-impact class includes moves from Pilates, Tai-Chi and yoga; develops core strength, stability, and improves posture and balance.