



EXPERIENCE THE DIFFERENCE A COMMUNITY MAKES

Winter 2019 Schedule

Beginning Wednesday, January 2, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30am Interval Training Michael Buss Studio 1	5:45-6:45am Indoor Cycling Brad Qua	5:45-6:30am Total Body Strength Jodi DiTomasso Studio 1	5:45-6:45am Indoor Cycling Brad Qua	5:45-6:30am Queenax Cross Training Sue Cohen Studio 1	7:00-8:00am Strength and Core Sue Cohen Studio 1	7:00-7:55am Barbell Strength Sue Cohen Studio 1
5:45-6:30am Power Yoga Ann Kiesling Studio 2	5:45-6:30am TRX Michael Buss Studio 2	8:00-9:00am Indoor Cycling Tim Johnson	5:45-6:30am Circuit Training Lindsay Malitz Studio 1	8:00-9:00am Indoor Cycling Liz Gorgas	7:15-8:15am Video Cycling Jodi DiTomasso	
8:00-9:00am Indoor Cycling Lisa Hoffman	5:45-6:30am H.I.I.T. Lindsay Malitz Studio 1	8:30-9:15am Boot Camp Faith Griswold Studio 1	8:30-9:25am Barre Chisel Ellen Morgan Studio 1	8:30-9:25am Zumba Toning Melissa Kerpel Gym	8:00-9:10am Yoga Flow Laura Feldman Studio 2	8:00-9:00am Zumba Milana Astorino Gym
8:30-9:25am Strength and Core Faith Griswold Gym	8:30-9:30am Aqua Fit Amy Hohman	8:30-9:30am H2O Connect Yael Morgenstern	8:30-9:30am Aqua Zumba Melissa Kerpel	8:30-9:30am Water Warriors Yael Morgenstern	8:30-9:30am H2O Connect Jodi DiTomasso	8:10-9:00am TRX Boot Camp Jodi D. / Michael B. Studio 1
8:30-9:25am H2O Connect Chelsea Duggan	8:30-9:20am Strength and Core Lisa Hodges Gym	8:30-9:30am Yoga Flow Lisa Hodges Studio 2	8:30-9:25am Strength and Core Sue Cohen Gym	8:30-9:25am Interval Training Lindsay Malitz Studio 1	8:30-9:30am Indoor Cycling Michael Buss	8:20-9:20am Indoor Cycling Brad Qua
8:30-9:25am Barre Chisel Cara Schlusssel Studio 1	8:30-9:25am Pilates Cara Schlusssel Studio 1	9:30-10:25am Barre Chisel Ellen Morgan Studio 1		9:15-10:15am Pilates Veronica Shaknis Studio 2	8:30-9:25am Cardio Blast Faith Griswold Studio 1	9:00-10:00am H2O Intervals Chelsea Duggan
9:15-10:15am Pilates Veronica Shaknis Studio 2	9:30-10:25am Cardio Kickboxing Dana Pieper Studio 1	9:30-10:30am Indoor Cycling Tim Johnson	9:30-10:30am Indoor Cycling Cara Schlusssel	9:30-10:30am TBC Dana Pieper Gym	9:15-10:30am Power Yoga Ann Kiesling Studio 2	9:15-10:10am Cardio Intervals Cara Schlusssel Studio 1
9:30-10:30am Indoor Cycling Cara Schlusssel	9:30-10:25am Indoor Cycling Lisa Hoffman	9:35-10:30am TRX Tev Bond Studio 2	9:30-10:25am Pilates Ellen Morgan Studio 1	9:30-10:20am Cycle 50 Ellen Morgan	9:35-10:25am Strength and Core Faith Griswold Studio 1	9:15-9:55am Strictly Strength Milana Astorino Gym
9:30-10:15am Get it Done!!! Dana Pieper Gym	9:35-10:35am ZUMBA Toning Melissa Kerpel Gym	9:30-10:30am S.I.N.S. Dana Pieper Gym		9:30-10:30am WERQ Dance Danielle Porte Studio 1	9:40-10:40am Video Cycle Katy Kennedy	9:30-10:30am Indoor Cycling Brad Qua / Michael Buss
9:35-10:30am Queenax Cross Training Chelsea Duggan Studio 1	9:30-10:45am Yoga Flow Silvia Shaw Studio 2	10:00-11:00am Aqua Fusion Anita Scheindel		10:00-11:00am Aqua Fusion Anita Scheindel	10:30-11:30am Ultimate Kickboxing Justin Hanlin PT Studio	9:45-11:00am Yoga Flow Lisa Hodges Studio 2
			9:35-10:35am Zumba Melissa Kerpel Gym	10:30-10:55am After WERQ Stretch Danielle Porte Studio 1	10:35-11:35am WERQ Lisa P. / Michelle P. Studio 1	10:00-11:00am WERQ Sharon Robinson Gym
10:30-11:20am Cardio Tone Light Liz Gorgas Studio 1		10:30-11:25am Tai Chi Ken Ning Studio 1	10:35-11:25am Balance and Tone Judy Friedman Studio 1	10:30am-11:30am Yoga Flow Sonya Taylor Studio 2		
10:45am-12:00pm Yoga Flow Laura Feldman Studio 2	11:00am-12:00pm Balance and Tone Judy Friedman Studio 1	10:45-11:45am Power Yoga Katie Froelich Studio 2	10:30-11:45am Yoga Flow Jenny Guzon-Bae Studio 2	11:00-11:55am Light n' Lively Milana Astorino Studio 1	10:45-12:00pm Yoga for Osteoporosis Marian McNair Studio 2	
11:30am-12:30pm Balance and Tone Amy Hohman Studio 1	12:00-1:00pm Chair Yoga Jerry Eichengreen Studio 2	11:30am-12:30pm Light 'n Lively Cara Schlusssel Studio 1	11:30am-12:30pm Ultimate Kickboxing Justin Hanlin Studio 1	11:45am-12:45pm Tai Chi Ken Ning Studio 2		
12:00-1:15pm Gentle Yoga Marian McNair Studio 2			12:00-1:00pm Chair Yoga Jerry Eichengreen Studio 2	12:15-1:00pm Better Balance Marian McNair Studio 1		
1:15-2:15pm Sets and Reps Amy Hohman Studio 1	1:00-2:00pm Ultimate Kickboxing Justin Hanlin Studio 1	5:00-5:45pm TRX Michael Buss Studio 2				
4:45-5:25pm Ab Attack! Chelsea Duggan Studio 1	5:00-5:50pm Boot Camp Chelsea Duggan Studio 1	5:30-6:25pm Barre Chisel Cara Schlusssel Studio 1		5:00-5:50pm Boot Camp Lisa Hodges Gym		
5:15-5:40pm Meditation Lisa Hodges Studio 2	6:00-7:00pm Strength and Core Chelsea Duggan Studio 1			5:45-7:00pm Yoga Flow Tracy Handelmann Studio 2		
5:30-6:25pm WERQ Michelle Peralta Studio 1	6:00-7:15pm Restorative Yoga Marian McNair Studio 2	6:00-7:00pm Ultimate Kickboxing Justin Hanlin PT Studio		6:30-7:30pm WERQ Dance Michelle Peralta Studio 1		
5:45-7:00pm Yoga Flow Lisa Hodges Studio 2		6:30-7:30pm WERQ Dance Michelle Peralta Studio 1		6:00-7:00pm Step Cara Schlus Studio 1		
6:30-7:25pm Zumba Ruben Zapata Studio 1	6:30-7:30pm Video Cycling Katy Kennedy	6:30-7:30pm Indoor Cycling Liz Gorgas				
6:30-7:30pm Indoor Cycling Brad Qua						

- Cycle
- Aqua
- Mind/Body
- Strength
- Cardio/Strength
- Cardio
- Dance

Members: Group Exercise classes included in membership
 Non-Members: Day fee of \$12/\$15 (Resident/Non-Resident)



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