

# GROUP EX SCHEDULE

**FALL SCHEDULE** begins November 9, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45-6:30am <b>Cycle Power &amp; Core</b> Brad Q   Spin Studio	5:45-6:30am <b>Strength &amp; Core</b> Sue C   Group Ex Studio	5:45-6:30am <b>Cycle Power</b> Brad Q   Spin Studio	5:45-6:30am <b>AMRAP</b> Brad Q   Group Ex Studio	5:45-6:30am <b>TRX MIX</b> Jodi D   Group Ex Studio
8:30-9:15am <b>Aqua Fit</b> Jodi D   Indoor Pool	8:30-9:15am <b>Aqua Fit</b> Cara S   Indoor Pool	8:30-9:15am <b>Aqua Fit</b> Melissa K   Indoor Pool	7:15-8am <b>Cycle Power</b> Faith G   Spin Studio	<b>NEW</b> 8:30-9:15am <b>Cycle</b> Faith G   Spin Studio
8:30-9:20am <b>Barre</b> Cara S   Group Ex Studio	8:30-9:20am <b>Warrior Sculpt</b> Lisa H   Group Ex Studio	8:30-9:15am <b>Cycle Rhythm</b> Cara S   Spin Studio	8:30-9:15am <b>Aqua Fit</b> Faith G   Indoor Pool	8:30-9:15am <b>Aqua Fit</b> Amy H   Indoor Pool
9:30-10:25am <b>Strength &amp; Core</b> Cara S   Gym	8:30-9:25am <b>Zumba Gold Tone</b> Melissa K   Gym	<b>NEW</b> 9-9:20am <b>Cardio Kickbox Express</b> Lisa H   Group Ex Studio	8:30-9:25am <b>Zumba Gold</b> Melissa K   Gym	<b>NEW</b> 8:30-9:20am <b>Barre</b> Lisa P   Group Ex Studio
<b>NEW</b> 9:30-10:30am <b>Gentle Yoga</b> Rebecca S   Mind/Body Studio	9:30-10:25am <b>Step</b> Cara S   Gym	9:30-10:25am <b>Strength &amp; Core</b> Lisa H   Gym	8:30-9:20am <b>Pilates HIIT</b> Cara S   Group Ex Studio	9:30-10:20am <b>TRX MIX</b> Faith G   Group Ex Studio
10:30-11:20am <b>Sets &amp; Reps</b> Amy H   Group Ex Studio	<b>NEW</b> 9:30-10:30am <b>Yoga Flow</b> Steve F   Mind/Body Studio	10:30-11:20am <b>Stamina, Strength, &amp; Balance</b> Ellen M   Group Ex Studio	9:30-10:25am <b>Cardio Strength</b> Cara S   Gym	9:30-10:25am <b>Strength &amp; Core</b> Amy H   Gym
5-5:45pm <b>Strength &amp; Core</b> Jodi D   Group Ex Studio	10:30-11:20am <b>Barre</b> Ellen M   Group Ex Studio	5-5:45pm <b>AMRAP</b> Adam D   Group Ex Studio	<b>NEW</b> 9:30-10:30am <b>Slow Flow Yoga</b> Lisa H   Mind/Body Studio	10:30-11:20am <b>Pilates</b> Ellen M   Group Ex Studio
6-6:50pm <b>Zumba</b> Mercedes T   Group Ex Studio	<b>NEW</b> 12-12:45pm <b>Challenge 45</b> Jennifer V   Group Ex Studio	6-7:15pm <b>Vin-Yin Yoga</b> Steve F   Mind Body	<b>NEW</b> 12:30-1:20pm <b>Chair Yoga</b> Silvia S   Group Ex Studio	
6-7:15pm <b>Vinyasa Yoga</b> Lisa H   Mind/Body Studio	5-5:45pm <b>TRX</b> Michael B   Group Ex Studio		5-5:45pm <b>Functional Strength</b> Michael B   Group Ex Studio	
	<b>NEW</b> 6-6:50pm <b>Cardio Barre</b> Michelle P   Group Ex Studio		6-6:50pm <b>WERQ</b> Michelle P   Group Ex Studio	
SATURDAY	SUNDAY			
8-8:45am <b>Cycle Power</b> Michael B   Spin Studio	8-8:45am <b>Cycle Power</b> Brad Q   Spin Studio			
<b>NEW</b> 8-8:25am <b>Challenge 25</b> Jennifer V   Group Ex Studio	9-9:55am <b>Cardio Strength</b> Cara S   Gym			
<b>NEW</b> 8:30-9:20am <b>Circ-HIIT</b> Jennifer V   Group Ex Studio	<b>NEW</b> 9:15-10:15am <b>Yoga Flow</b> Rebecca S   Mind/Body Studio			
8:30-9:20am <b>Zumba</b> Mercedes T   Gym	10-10:50am <b>WERQ</b> Lisa P   Group Ex Studio			
<b>NEW</b> 9:30-10:20am <b>Warrior Sculpt</b> Lisa H   Group Ex Studio				
12:30-1:30pm <b>Tai Chi</b> Ken N   Group Ex Studio				

	Group Ex Studio
	Mind/Body Studio
	Spin Studio
	Gymnasium - Court 1
	Indoor Pool

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# Group Ex Class Descriptions

## AMRAP

AMRAP, As Many Rounds As Possible, is a super-straightforward workout format. AMRAP consists of a full body set of exercises performed in a set time with rest and repeat. The purpose of AMRAP circuit training is to master exercise, perform to fatigue, and maximize results.

## Aqua Fit

Challenge the dynamics of your aqua workout with low-impact segments of cardio and resistance training using intervals and water approved equipment. Improves all areas of physical fitness, including muscle toning, cardiovascular conditioning, and flexibility.

## Barre

Barre combines elements of core work, Pilates, yoga, and ballet in a low impact format. Designed to improve your balance and strength through movements with the assistance of the bar. Perfect for all levels.

## Cardio Barre

A high energy, low-impact workout that combines barre exercises with cardio bursts. It's a hybrid of ballet, Pilates, yoga, HIIT and strength/tone training. Suitable for all fitness levels.

## Cardio Kickbox Express

Express formats are all the trend! Punch, kick, and strike to improve cardio endurance. No equipment used. This is a low-impact, high-energy, fun, and sweaty workout suitable for all fitness levels.

## Cardio Strength

This interval class is designed to boost metabolism and fat burning potential. A variety of strength equipment and steps are used to build lean muscle mass and elevate the heart rate. The cardio intervals consist of kickboxing moves, plyometrics, and other movement combinations.

## Challenge 25/Challenge 45

Express formats are all the trends and tend to fit into every schedule. Each month will focus on a specific workout challenge to master. The real challenge is to show up every week with a goal of mastering the workout and watching powerful change happen!

## Circ-HIIT

Circuit style training is popular because it is the most time-efficient way to perform a full body workout. With little to no rest, you can complete the workout in a shorter amount of time than you would perform each exercise one at a time.

## Cycle Rhythm

This is a high-performance rhythm-based class that focuses largely on the beat of the music. This usually includes higher energy songs with build-ups and clear beat drops. Consoles may be used but mainly for the purpose of setting time expectations and monitoring RPM.

## Cycle Power / Cycle Power & Core

Experience Stages Studio Pro Interactive Group Color display where technology meets the thrill of the ride. This technology levels the playing field and everyone rides to who they are. Get ready to let the color motivate you to your best performance. Cycle Power & Core is an express version with a mat core finisher.

## Functional Strength

A full body workout using a variety of equipment to improve muscular strength, mobility, and cardiovascular endurance. Exercises performed both on and off the QueenAx functional training system. Experience an epic jungle gym for adults.

## Pilates

The classes incorporate all the key principles of Pilates such as postural alignment, breathing, core stability, controlled movement, and flexibility. The mat floor exercises may also be combined with other props such as weights, balls, bands, and rings.

## Pilates HIIT

Each class is a form focused full body workout combining blocks of high intensity light resistance training sequences and the ultimate mat Pilates core training with the addition of light weights. Designed to strengthen muscles, increase flexibility, and improve overall health. Discover why Pilates is all the rage in fitness.

## Sets & Reps

An all-levels full body basic light strength training class focused on training targeted muscle groups with three sets of 10 - 15 reps. This is a safe and appropriate class for beginners, regulars, and seniors. Modifications, chairs, and recommendations offered for all levels.

## Stamina, Strength, & Balance

Tailored for active older adults, this format consists of 20 minutes of movement to improve stamina, 20 minutes of weights to improve strength and 10 minutes of balance to increase core strength. Chairs are optional for all levels.

## Step

An aerobic fitness fun workout that is boosted with choreography and group motivation. Step combines cardio conditioning on step benches and risers. No dumbbells or added weight equipment used in this class.

## Strength & Core

This is our signature total body strength class using simple and compound movements with multiple sets of dumbbells appropriate for each individual to build lean muscle, core strength, balance, alignment, and endurance. All levels welcome.

## Tai Chi

A Chinese martial art practiced for self-defense and health. Known for its slow, intentional movements, tai chi has practitioners worldwide and is particularly popular as a form of gentle exercise and moving meditation, with benefits to mental and physical health.

## TRX

Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously. TRX Suspension Trainer is performance training tool that leverages gravity and the user's body weight to complete 100s of exercises. TRX is effective and safe for all ages and levels.

## TRX Mix

TRX Mix combines Suspension Training system with a variety of studio equipment. This creative format will always leave you excited to see what you have accomplished in strength and endurance.

## Warrior Sculpt

This class combines all the mind/body formats in high intensity metabolic conditioning sequences. You will have the option to use bands, blocks, balls, and weights to increase strength and stamina. Modifications are offered for all fitness levels.

## WERQ

A fierce and fun dance fitness class based on current pop, rock, and hip-hop music. Enjoy high-energy dance steps, expert cuing, while working up a sweat dancing to songs you love on the radio!

## Zumba

Zumba feels like a dance party disguised as a workout—which is exactly what people love about it. Zumba is a safe, fun, and effective workout for most people who want to enhance their cardiovascular fitness through dance. Each workout involves highly choreographed movements set to upbeat salsa, international music, and modern music.

## Zumba Gold/Zumba Gold Tone

Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Zumba Gold Tone adds light weights for extra muscle activation.

## YOGA

### Chair Yoga

This format allows you to perform yoga poses while seated or using a chair for balance. Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, blood flow, balance, focus, and mental well-being.

### Gentle Yoga

This class is a restorative style of yoga suitable for people of all ages and abilities. It focuses on slow, thoughtful movements and breathing to help relieve stress, increase flexibility and strengthen the body while reducing strain on joints and muscles.

### Slow Flow Yoga

Designed to connect the body through movement and breath. Students will practice deliberate stillness and conscious rest. As the body rests muscle tension begins to unravel, stress begins to melt away, the mind begins to quiet aiding the natural healing process of our bodies.

### Vinyasa Yoga

Vinyasa yoga is a creative form of yoga where poses are linked together with the breath in a flowing sequence. The beauty of Vinyasa yoga is the variety of sun salutations. There is no standard sequence in Vinyasa yoga, so the style, pace and intensity will all vary depending on the teacher.

### Vin-Yin Yoga

Vin/Yin is a marriage of the strong, yang Vinyasa Yoga with the receptive Yin Yoga. Active, yet grounding sun salutations and standing flows are offered in the first half of class to enliven the body and chase away any fatigue.