



WELLFIT® CLASS SCHEDULE
WINTER 2015

#	CLASS	INSTRUCTOR	LOCATION
MONDAY			
6:30am – 7:30am	CORE & CARDIO	Derick	STUDIO B
8:30am – 9:30am	YOGA	Shana Marie	STUDIO B
11:30am – 12:30pm	POWER 30*	Michael	GYM **
12:00pm – 1:00pm	PILATES STRENGTH	Victoria	STUDIO B
4:30pm – 6:00pm	POWER 30*	Shannon	STUDIO B
TUESDAY			
6:30am – 7:30am	CARDIO KICKBOXING	Giuliana	STUDIO B
11:00am – 12:00pm	PILATES STRENGTH	Tatiana	STUDIO B
11:30am – 12:15pm	BEGINNERS' WEIGHT TRAINING	Melody	GYM**
5:00pm – 6:00pm	YOGA	Shana Marie	STUDIO B
6:30pm – 7:30pm	DOONYA: BOLLYWOOD WORKOUT	Khushboo	STUDIO B
WEDNESDAY			
6:30am – 7:30am	CORE & CARDIO	Derick	STUDIO B
8:30am – 9:30am	YOGA	Shana Marie	STUDIO B
11:30am – 1:00pm	POWER 30*	Michael	GYM**
12:00noon – 1:00pm	PILATES STRENGTH	Victoria	STUDIO B
4:30pm – 6:30pm	POWER 30*	Shannon	STUDIO B
6:30pm – 7:30pm	WELL SELF-CARE	Miles	STUDIO B
THURSDAY			
6:30am – 7:30am	YOGA	Jack	STUDIO B
8:30am – 9:30am	PILATES STRENGTH	Tatiana	STUDIO B
11:30am – 12:15pm	CROSSFIT	Melody	GYM**
4:30pm – 6:30pm	POWER 30*	Shannon	STUDIO B
FRIDAY			
6:30am – 7:30am	CORE & CARDIO	Derick	STUDIO B
11:00am – 12:00noon	YOGA	Shana Marie	STUDIO B
11:30am – 12:30pm	C.A.F.E. CAMP	Michael	GYM**
SATURDAY			
8:00am – 9:00am	ZUMBA	Giuliana	STUDIO B

*POWER 30 classes run every 30 minutes**Classes held in the GYM meet near the treadmills



WELLFIT CLASS DESCRIPTIONS

CARDIO ENDURANCE

C.A.F.E. CAMP: Crazy About Fitness Excellence! Its creator Mike Wells, NASM Certified Personal Trainer will hold you to that standard. C.A.F.E. is a high -intensity, fat burning, body toning circuit workout that will give you the body that you've always dreamed of. The workouts can be modified to fit all fitness levels but everyone will be pushed to their limit and beyond.

CARDIO KICKBOXING: Cardio Kickboxing is a popular training program that is a fun, action-packed workout that combines martial arts, boxing and dance moves. You get a challenging cardiovascular and full body workout as you kick, punch, block and move.

CORE & CARDIO: This class is a fusion of two great workouts in one. Get cardiovascular training, toned muscles and focus on abdominal and core strength.

POWER 30: Designed for the busy traveler or Chicago Loop Executive, Power30 allows you the opportunity to jump into class every 30 minutes. This high intensity circuit workout can be completed at every fitness level with a certified personal trainer.

STRENGTH

BEGINNERS' WEIGHT TRAINING: You will receive instruction and practice in proper techniques of the development of muscular strength, endurance, and flexibility. Emphasis is placed on the application of scientific principles and methods used to build, improve and maintain proper muscular fitness. Also, body composition and nutrition for health and fitness are discussed.

CROSSFIT: Constantly varied functional movements performed at relatively high intensity. Crossfit is also the community that spontaneously arises when people do these workouts together. In fact, the communal aspect of Crossfit is a key component of why it's so effective.

MIND/BODY

PILATES STRENGTH: Pilates is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity.

WELL SELF-CARE: Living life often places our bodies in static positions and causes us to overuse certain muscles. Proper stretching is one way of giving back to your body for all it does for you, while insuring it will continue to work with you, not against you. Give your body the gift of renewed health, mobility, and vitality through a no-stress, guest-paced, assisted stretch instruction. Classes tailored to needs of participants and led by a licensed Massage Therapist.

YOGA: In every yoga class you will have ample opportunity to increase healthy flexibility in both body and mind. Allow mind and body to work together and center your inner strength. No shoes required!

DANCE FITNESS

DOONYA: Doonya is a high-energy cardio-dance and strength-building fitness program that combines the spirit of Bollywood music and movement. As the class varies in intensity during this total body workout, Bollywood-inspired music and dance will keep you smiling.

ZUMBA: Zumba combines Latin and International music with a fun and effective workout system. Anyone can Join the Party with Zumba's unique moves and dynamic combinations that allow you to dance away your worries!