



Centre Club Libertyville

200 W. Golf Road, Libertyville, IL. 60048 / www.centreclub@condell.org

Group Exercise Schedule November 2008

Monday	Class	Instructor	Location
5:15am	Spin Interval	Kim	Spin Studio
8:30am	Aero Dance	Jennifer	Gym Floor
	Muscle Works	Linda	Studio
9:30am	Spin Journey	Laura F.	Spin Studio
	Step	Maggie	Studio
	Senior Cardio	Karen T.	Club Room
	Zumba	Jennifer	Gym Floor
10:00am	Water Works	Cindy	Pool
10:30am	Low Impact Aerobics	Kit	Studio
	Yoga II (75 minute class)	Linda	Club Room
5:00pm	Spin / Circuit	Laura F.	Studio
6:00pm	Spin Interval	Jenkins	Spin Studio
	Water Works	Jessica	Pool
Tuesday	Class	Instructor	Location
5:15am	Spin Endurance	Jay	Spin Studio
7:30am	Yogalates	Linda	Club Room
8:30am	Multi-Step	Linda	Studio
	Spin Interval	Rhoni	Spin Studio
	Pilates	Jennifer	Club Room
9:00am	Water Works	Nora	Pool
9:30am	Muscle Works	Maggie	Studio
	Senior Strength / SilverSneakers	Lisa	Club Room
10:30am	Yoga I	Martha	Club Room
5:30pm	Muscle Works	1,3 / Laura F. 2,4 & 5 / Taylor	Studio
	Pilates	April	Club Room
6:30pm	Aero Dance	Angela	Studio
	Spin Endurance	Steve	Spin Studio
Wednesday	Class	Instructor	Location
5:15am	Spin Strength	Anne	Spin Studio
6:00am	Yoga I	Kim	Club Room
8:30am	Cardio Warm up and Workout (15 minute class)	Rhoni	Studio
	Power Yoga	Karen H.	Club Room
	Aero Dance	Karen S.	Gym Floor
8:45am	Muscle Works (55 minute class)	Rhoni	Studio
9:30am	Senior Cardio	Kit	Club Room
9:30am	Spin (1 Hour Journey)	Laura F.	Spin Studio
9:45am	Stretch & Relaxation (15 minute class)	Rhoni	Studio
10:00am	Water Works	Cindy	Pool
10:30am	Low Impact Aerobics	Kit	Studio
5:00pm	Yoga I	Melita	Club Room
6:00pm	Spin Strength	Anne	Spin Studio
	Water Works	1/3/5 Jessica 2/4 Jill	Pool
	Zumba	Angela	Studio

Thursday	Class	Instructor	Location
5:15am	Spin Interval	Jay	Spin Studio
7:30am	Yogalates	Linda	Club Room
8:30am	Kickboxing	Ashley	Studio
	Spin Strength	Linda	Spin Studio
	Pilates	Jennifer	Club Room
9:00am	Water Works	Nora	Pool
9:20am	Stretch, Flex & More	Linda	Spin Studio
9:30am	Muscle Works	Maggie	Studio
	Senior Strength / SilverSneakers	Cheryl	Club Room
10:30am	Yoga I	Martha	Club Room
5:30pm	Muscle Works	Brenda	Studio
	Pilates	Yvonne	Club Room
6:30pm	Spin Interval	Steve	Spin Studio
Friday	Class	Instructor	Location
6:00am	Yoga I	Karen H.	Club Room
8:15am	Gentle Yoga	Allison	Club Room
8:30am	Muscle Works	Chris	Studio
	Aero Dance	Karen	Gym Floor
9:30am	Zumba	Sharon P.	Studio
	Yoga I	Martha	Club Room
	Spin (1 Hour Journey)	Maggie	Spin Studio
10:00am	Water Works	Dan	Pool
10:30am	Low Impact Aerobics	Kit	Studio
	FL-AB (15 minute class)	Maggie	Spin Studio
10:45am	Yoga II	Adam	Club Room
Saturday	Class	Instructor	Location
7:30am	Step & Slide	1/ Rhoni 2 & 5/ Brenda 3/ Taylor 4/ Nancy	Studio
8:00am	Spin Interval	1 & 4/ Karen T. 2/ Rhoni 3 & 5/ Jenkins	Spin Studio
8:30am	Muscle Works	1,3 & 5/ Rhoni 2 & 4/ Brenda	Studio
	Pilates	1/ Linda 2, 4 & 5/ Jennifer 3/ Karen H.	Club Room
9:00am	Water Works	1/ Beth 2/ Theresa 3,4 & 5/ Taylor	Pool
	Spin Interval	1/ Anne 2/ Rhoni 3,4 & 5/ Jenkins	Spin Studio
9:30am	Step	1,3 & 5/ Laura F 2 / Jodi 4/ Brenda	Studio
	Yoga I	1/ Linda 2 & 3/ Lorene. 4 & 5/ Martha	Club Room
Sunday	Class	Instructor	Location
8:00am	Spin Interval	1/ Steve R 2 & 5/ Jay 3/ Jenkins 4/ Sue	Spin Studio
9:00am	Spin Interval	1/ Steve R. 2 & 5/ Jay 3 & 4/ Jenkins	Spin Studio
	Yoga II (75 minutes)	1,3 & 5/ Linda 2 & 4/ Sharon B.	Club Room

Some Spin classes may ride outside weather permitting

For more information on the schedule please call Dan Garza (Group Exercise Director) at (847) 990-5742 or the Front Desk at (847) 990-5750. Classes are 55 minutes unless otherwise stated. Spinning classes are 40 minutes except Journey rides / Classes that do not maintain a minimum of 8 participants will be reviewed for cancellation.

New class format! Power Yoga (Wednesday at 8:30 am)

A true mind-body connection where you will experience shifts energetically, muscularly, mentally and emotionally. A vigorous series of poses which flow from one pose to the next incorporating breath, gaze and abdominal control. Increase your strength, flexibility, stamina and cardiovascular endurance in this challenging class. Prior experience in yoga is strongly recommended.

Bring a water bottle to class. Class will be taught in a warm studio, so be prepared to sweat.