

Group Fitness Schedule

Lakeview Fitness Center
Sullivan Community Center

August 21, 2017 - December 23, 2017



MONDAY			
6:00 - 6:50 AM	Total Body Conditioning	Anne	LFC
7:00 - 7:50 AM	Pilates Plus	Anne	LFC
8:00 - 8:50 AM	Interval Training	Anne	LFC
8:00 - 8:55 AM	Water Aerobics	Nancy	LFC
9:00 - 9:55 AM	Barre & Tone	Lori	SCC
9:00 - 9:55 AM	Water Aerobics	Nancy	LFC
9:00 - 9:55 AM	Strength & Balance	Dale	LFC
10:00 - 10:55 AM	20/20/20	Lori	SCC
10:00 - 10:55 AM	F.I.T.	NEW Maureen	LFC
11:00 - 11:55 AM	Mat Pilates	Jenay	LFC
12:00 - 12:55 PM	Cycle	Felicia	LFC
4:25 - 5:30 PM	Body Pump	Lacy	LFC
5:35 - 6:30 PM	ZUMBA	Jennifer	LFC
6:35 - 7:50 PM	Hatha Yoga	Ralph	LFC
TUESDAY			
5:35 - 6:30 AM	F.I.T.	Jaclyn	LFC
7:30 - 8:30 AM	Water Aerobics	Nancy	LFC
8:00 - 8:50 AM	Functional Fitness	Anne	SCC
8:30 - 9:25 AM	Power Yoga	Amanda	LFC
9:00 - 9:55 AM	ZUMBA	Anne	SCC
9:30 - 10:10 AM	Power Step	Felicia	LFC
10:15 - 11:00 AM	Muscle Works	Felicia	LFC
11:05 - 12:00 PM	Hatha Yoga	NEW Gilda	LFC
12:05 - 1:10 PM	Body Pump	Maria F	LFC
4:45 - 5:30 PM	Step	Lori	LFC
5:35 - 6:25 PM	Zumba	NEW Kay	LFC
6:30 - 7:25 PM	TRX Circuit	Maureen	LFC
WEDNESDAY			
6:00 - 6:50 AM	Body Pump Express	Jaclyn	LFC
7:00 - 7:50 AM	Pilates Plus	Anne	LFC
8:00 - 8:50 AM	Step Interval	Anne	LFC
8:00 - 8:55 AM	Water Aerobics	Nancy	LFC
8:00 - 8:55 AM	Strength & Balance	Dale	SCC
9:00 - 9:55 AM	Water Aerobics	Nancy	LFC
9:00 - 9:50 AM	Muscle Works	Karen M	SCC
9:00 - 9:55 AM	F.I.T.	Maureen	LFC
10:00 - 10:50 AM	Low Impact Cardio	Karen M	SCC
10:00 - 10:55 AM	ZUMBA	Steve	LFC
11:15 - 12:10 PM	PiYo	Amanda	LFC
4:30 - 5:20 PM	Hatha Yoga	NEW Don	LFC
5:25 - 6:15 PM	Cycle	Alana	LFC
6:25 - 7:30 PM	Body Pump	Liz	LFC

THURSDAY			
5:35 - 6:30 AM	F.I.T.	Jaclyn	LFC
7:30 - 8:30 AM	Water Aerobics	Nancy	LFC
8:00 - 8:50 AM	Functional Fitness	Anne	SCC
8:00 - 8:55 AM	Slow Flow Vinyasa	Maribel	LFC
9:00 - 9:55 AM	Cycle	Felicia	LFC
9:00 - 9:40 AM	Pilates Plus	Anne	SCC
9:45 - 10:30 AM	ZUMBA	Anne	SCC
10:05 - 10:55 AM	Muscle Works	Felicia	LFC
11:00 - 11:55 PM	Hatha Yoga	Maribel	LFC
12:05 - 12:55 PM	Body Pump	Lacy	LFC
4:30 - 5:25 PM	PiYo	Amanda	LFC
5:35 - 6:25 PM	ZUMBA	Jennifer	LFC
6:30 - 7:20 PM	Body Pump	Brittney	LFC
FRIDAY			
6:00 - 6:50 AM	Total Body Conditioning	Anne	LFC
7:00 - 7:50 AM	Pilates Plus	Anne	LFC
8:00 - 8:50 AM	ZUMBA	Anne	LFC
9:00 - 9:55 AM	H.I.I.T. H2O	Amanda	LFC
9:00 - 9:50 AM	Muscle Works	Laureen	LFC
10:00 - 10:55 AM	Strength & Balance	Dale	SCC
10:00 - 10:55 AM	Friday Happy Hour	Felicia	LFC
11:00 - 11:55 AM	Vinyasa Yoga	Maria F	LFC
12:00 - 1:05 PM	Body Pump	Maria F	LFC
4:45 - 5:30 PM	Barre	Alana	LFC
5:35 - 6:25 PM	Total Body Conditioning	Alana	LFC
SATURDAY			
7:00 - 7:50 AM	Cycle	Jaclyn	LFC
8:00 - 8:50 AM	ZUMBA	Anne	LFC
9:00 - 9:55 AM	Step Interval	Laureen	LFC
10:00 - 11:05 AM	Body Pump	Liz	LFC
11:10 - 12:05 PM	Hatha Yoga	Jenay	LFC
SUNDAY			
8:45 - 9:25 AM	Metabolic Total Body	Megan	LFC
9:00 - 9:55 AM	H.I.I.T. H2O	Amanda	LFC
9:30 - 10:25 AM	Turbo Kick	Megan	LFC
10:30 - 11:35 AM	Body Pump	Megan	LFC
11:45 - 12:30 PM	Power Yoga	Jenay	LFC

- Fitness classes are included with Fitness Center membership passes and daily admission fees.
- Please check in at the Front Desk to secure your spot. Youth ages 14- 17 may participate in fitness classes.
- Babysitting Available (6 months - 10 years)

Schedule subject to change. Class descriptions on reverse side.

Visit www.vhparkdistrict.org for updates.

Programs To Try Out:

*For more details about programs, see pages 28-31 in the Fall Brochure

Lose to Win! - Join this late Summer challenge as the Personal Trainers split participants up into teams that will compete against each other for highest percent of weight loss over a 12 week period! Participants will train twice a week with the trainers, they will be assessed and monitored throughout the program, there will be nutrition components and other various challenges. At the end, everybody will have an opportunity to get revenge on their trainers when they get to clobber them with slime filled balloons!! Stay tuned to for more details! **This program begins Aug 26!**

Fit Kids- Kids ages 8-13 can train with a personal trainer (Maureen Boswell) for 10-weeks. It's a fun way to get active, and have fun doing it!

Group Personal Training for Active Adults 50+ - This class now has Tuesday and Thursday availability! Come train with Karilee from 1-2pm two days a week and improve your muscle tone and balance! Participants sign up on a monthly basis.

Masala Bhangra - This is a Bollywood type dancing class

Belly Dance - This is a slower paced dance format that will firm and tone your body with low impact movements.

Tai Chi - Enjoy the beautiful scenery of Century Park from the warmth of the pavilion for this class! This class focuses on proper body mechanics and breathing techniques to encourage relaxation and a peaceful state of mind. (Classes begin August 25 *Note, this class has been moved to the Lakeview Fitness Center Studio

Barre - Pilates, Yoga, and Ballet all mixed together, this class helps build lean muscle without the impact. (Beginning Sept 15)

Train to Race- Prepare for a 5K in this 7-week training program! The group prepares for and signs up for a race together at the end of each session! (Starting Sept 28)

Rock the Dress - The perfect gift for a bride to be and her bridesmaids! This small group training is with one of our fabulous personal trainers and is by appointment only.

Functional Suspension Training for Active Adults - Challenge yourself to try something new! This 30 minute class takes you through the basics of TRX with focus on form and maximizing your training experience.

What Else is New??

- Our new Rig will be arriving on August 24! Thank you for your patience on it's arrival!
- We have hired two new instructors! Kay will be teaching ZUMBA on Tuesdays, and Don will be teaching Yoga on Wednesdays!
- We also say farewell to a well loved instructor soon! Maribel will be leaving us at the end of September. We are sad to see her go, but happy for her at the same time! Good luck Maribel!
- Staff offices are almost complete! We also hope you are enjoying all the changes in the cardio room!

Special Events

Rib Fest Aug 18 and 19
Family Trivia Night Sep 22
Trucks, Trunks, & Treats Oct 14
Fall Fest Oct 27

*See pages 9-12 in Fall Brochure for more events and details!

Personal Training

Don't forget about our two newest programs, Lose to Win and Rock the Dress! Please see the Fall brochure for details!

Lakeview Fitness Center
700 Lakeview Parkway
847.996.6330

Sullivan Community Center
635 N. Aspen Drive
847.996.6800