

GROUP EXERCISE SCHEDULE

Effective 10.7.2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Tangerine Tough 5:30-6:15 a.m. Elle	Core Strength, Balance & Stability 5:15-5:45 a.m. Nancy	Tangerine Tough 5:30-6:15 a.m. Elle	Hatha Yoga 5:15-6:15 a.m. Nancy H.	Hydro X 8:30-9:15 a.m. Deanna (Lap)	Ultimate Conditioning 8:30-9:30 a.m. Nancy	Ultimate Conditioning 7:00-7:55 a.m. Elizabeth
Tangerine Tough 6:30-7:15 a.m. Elle	Ready, Set, Ride 5:30-6:15 a.m. Elle	Tangerine Tough 6:30-7:15 a.m. Elle	Aqua Moves 8:30-9:15 a.m. Susan (Lap)	Pilates Mat 9:00-9:55 a.m. Rina	Aqua Xpress 8:45-9:30 a.m. Kim (Lap)	Morning Yoga Wake Up 8:00-9:00 a.m. Elizabeth
Aqua Mash Up 8:30- 9:15 a.m. Tina (Lap)	Cardio Conditioning 5:45-6:30 a.m. Nancy	Hydro X 8:30-9:15 a.m. Tina (Lap)	Vinyasa Yoga 9:00-9:55 a.m. Ericka	Aqua Tone 9:30-10:15 a.m. Deanna (Therapy)	TRX 9:35-10:05 a.m. Nancy	Fit Water Workout 8:45-9:30 a.m. Nancy (Lap)
H.I.I.T. 9:00-9:55 a.m. Ericka	Aqua Boxing 8:30- 9:15 a.m. Rina (Lap)	Functional Strength 9:00-9:55 a.m. Ericka	Strong/Stretch/Center 9:30-10:15 a.m. Susan (Therapy)	Circuit Training 10:00 – 11:00 a.m. Ivan	Pilates Mat 10:15-11:15 a.m. Nancy	Strength 9:15 – 10:10 a.m. Elizabeth
Aqua Tone 9:30-10:15 a.m. Tina (Therapy)	Strength & Stretch 9:00-9:55 a.m. Sarah	Aqua Tone 9:30-10:15 a.m. Tina (Therapy)	Meditation 10:00-10:30 a.m. Ericka	Strong/Stretch/Center 10:30-11:15 a.m. Deanna (Therapy)		Aqua Tone 9:45-10:30 a.m. Nancy (Therapy)
Spin 9:30-10:30 a.m. Vicky	Aqua Tone 9:30 – 10:15 a.m. Rina (Therapy)	Spin 9:30-10:30 a.m. Vicky	TRX 10:00 – 10:30 a.m. Sarah	Everlasting Motion 11:30 a.m.-12:15 p.m. Deanna		HIIT Power Hour 12:00 – 1:00 p.m. Sarah
Aqua Tone 10:30 – 11:15 a.m. Tina (Therapy)	Pilates 10:00-10:45 a.m. Ericka	Gentle Flow Yoga 10:00-10:45 a.m. Ericka	Strength 11:00 – 11:45 a.m. Sarah	Aqua Fiesta 11:30 a.m. – 12:15 p.m. Abel (Lap)		
Chair Yoga 10:00-10:45 a.m. Ericka	Strength 11:00 – 11:45 a.m. Ivan	Circuit Training 10:00 – 11:00 a.m. Ivan	Aqua Fiesta 11:30 a.m. – 12:15 p.m. Abel (Lap)	Cardio Conditioning 5:30-6:25 p.m. Elizabeth		
Strength/Balance/Stability 11:00 – 11:45 a.m. Ivan	Aqua Fiesta 11:30 a.m. – 12:15 p.m. Abel (Lap)	Aqua Tone 10:30 – 11:15 a.m. Tina (Therapy)	Cardio Conditioning 4:30-5:15 p.m. Tina	Vinyasa Yoga 6:30 – 7:25 p.m. Elizabeth		
Aqua Fiesta 11:30 a.m. – 12:15 p.m. Abel (Lap)	Cardio Conditioning 4:30-5:15 p.m. Tina	Forever Fit 30 11:45 a.m. – 12:15 p.m. Tina	MELT 5:00-6:00 p.m. Mary			
Strength 5:00-5:45 p.m. Deanna	Tabata Cardio & Strength 5:30-6:15 p.m. Deanna	Aqua Fiesta 11:30 a.m. – 12:15 p.m. Abel (Lap)	Ready, Set, Ride 5:00 – 6:00 p.m. Amanda			
Spin 6:00-6:45 p.m. Deanna	Barre, Bands & Balls 6:30-7:15 p.m. Deanna	Stretch 12:15-12:45 p.m. Tina	Yin Yoga & Meditation 6:15-7:15 p.m. Victoria			
Hatha Yoga 6:15-7:15 p.m. Victoria		Power Aqua Circuit 4:30-5:15 p.m. Kim (Lap)				
H.I.I.T. The Water 7:00 – 7:45 p.m. Deanna (Lap)		Aqua Yoga Fusion 5:30-6:15 p.m. Kim (Therapy)				
		TRX 5:00-5:30 & 5:45-6:30pm Deanna				
		Strength 6:30 -7:15 p.m. Deanna				

CLASS CAPACITY

- LAP POOL – 36
- THERAPY POOL – 25
- STUDIO A – 25
- STUDIO B – 15
- STUDIO C
- STUDIO D – 8
- BASKETBALL COURT
- FITNESS FLOOR

Class times, formats and instructors are subject to change at any time.
Please visit the Front Desk or call 630.275.2640 for more information.

Monday - Thursday 5:00 a.m.-10:00 p.m.
Friday 5:00 a.m.-8:00 p.m.
Saturday and Sunday 6:00 a.m.-7:00 p.m.

CLASS DESCRIPTIONS

LAP POOL

Aqua Boxing - Combine the benefits of water resistance with the fun and energy of cardio boxing. Set fully in water, this high-intensity workout challenges both body and mind and offers maximum resistance with minimum impact for an all-around total body workout.

Aqua Dance – All Levels: A pool dance class that incorporates strength, range of motion and water exercises. This innovative dance class in the water set to music promotes self-expression and joyful freedom of movement.

Aqua Fiesta - Ditch the workout - Join the Party! Aqua Fiesta is a fun, energetic, and free-spirited workout choreographed to upbeat tunes using the water as resistance.

Aqua Mash Up - All Levels: A fun mix of cardio and resistance training combined with invigorating core work and a stretching cool down.

Aqua Moves:
All levels- Using a variety of moves as we power through the water in all planes of motion. Cardio, strength, coordination, circuits, and balance.

Aqua Xpress - All Levels: This mixed-level class efficiently combines a cardio component and muscle conditioning component in one express workout! Participants will be worked from HEART to toe!

Fit Water Workout - All Levels: Focus on being fit through cardio, strengthening, and flexibility circuits. Enjoy creative workouts using body weight resistance.

Hydro X - All Levels: Combine cardio and strength in this all-around workout.

Power Aqua Circuit - Intermediate/Advanced: Get it all in one class! Alternate cardio and strength segments for a heart pumping workout in the lap pool.

THERAPY POOL

Aqua Tone - All Levels: Improve your body's balance and symmetry while performing a variety of controlled movements to improve flexibility, strength, and circulation.

Aqua Tone & Soothing Stretch - All levels: Improve your body's balance and symmetry while performing a variety of controlled movements to improve flexibility, strength, and circulation. End this great class with breathing and smooth movement.

Aqua Yoga Fusion - All Levels: Yoga poses, and flows fused with barbells, bands, and noodles to focus on range of motion, stability and balance while gaining flexibility as you move gently through the water.

Aqua Zumba – All Levels: Aqua Zumba takes the Latin dance craze to the pool with a safe, challenging, and exhilarating exercise option for those who enjoy dancing and being in the water.

Strong, Stretched, Centered - All Levels: Aqua Pilates, Aqua Yoga, and Ai Chi combined giving you harmony of mind, body, & spirit.

STUDIO A

Barre, Bands & Balls - This class is a full-body workout combining ballet-inspired moves while incorporating resistance bands and stability balls for strength training and balance.

STUDIO A

Cardio Conditioning - This class encompasses weighted and body weight exercises to gain lean muscle mass, while improving metabolic conditioning and cardiovascular endurance. The workouts will be done with high intensity and high energy, targeting all muscle groups with dynamic movement. It is designed to promote strength, cardiovascular endurance, lean muscle growth, and excess fat loss.

Chair Yoga - Beginner/Older Adult: A gentle yoga class using a chair or stability ball for assistance. Benefits include greater flexibility, joint mobility, improved balance, and stress/anxiety

Everlasting Motion - Keep fit with activity and learn exercises in seated and standing positions. The more we move the better off we will be. Seated and standing modifications available.

Forever Fit 30 – This class will focus on building strength, flexibility, balance, and cardiovascular health through low-impact exercises. Class will include 15 minutes of cardio followed by 15 minutes of strength.

Functional Strength - Shapes and Strengthens your entire body by working multiple groups at the same time to gain lean muscle mass and burn more calories. The focus is on high repetition movements with low weight loads.

Gentle Flow Yoga - All Levels: Focus is on stress relief, relaxation, flexibility, and strength. Leave class feeling strong, flexible, peaceful, and refreshed.

Hatha Yoga - Uses body postures, breathing techniques, and meditation with the goal of bringing about a sound, healthy body, and a clear, peaceful mind.

H.I.I.T – A high Intensity Interval Training - Intermediate/Advanced: H.I.I.T is a total body, heart pumping, aerobic and strength conditioning workout.

HIIT Power Hour

Get ready to sweat, smile, and strengthen! This 60-minute High Intensity Interval Training (HIIT) class blends fast-paced cardio bursts with dynamic full-body strength training for the ultimate workout. Designed for all ages from teens to adults, every session is packed with high-energy music, modifications for all fitness levels, and a focus on building endurance, muscle tone, and confidence.

MELT - MELT uses a specialized soft foam roller and small hand and foot balls to rehydrate the connective tissue and rebalance the nervous system.

Morning Yoga Wake Up - All Levels: Awaken your mind and body by practicing a combination of Hatha and Flow Yoga. Afterwards, you will feel an improved mental and physical balance.

Pilates Mat - All Levels: Stretch and strengthen through a full range-of-motion to build joint stability.

Power Yoga - Intermediate/Advanced: The perfect mix of strong, flowing movements challenging your balance and control.

Strength - All Levels: Spice up your workout and build lean, muscle mass by utilizing barbells, dumbbells, resistance bands and body weight.

Strength & Stretch – All Levels: a full-body workout that combines functional strength-building exercises with deep, mindful stretching to improve muscular strength, flexibility, mobility, and overall body awareness.

STUDIO A

Stretch – focus on improving flexibility and range of motion through guided movements. Stretching helps release muscle tension, improve circulation, and enhance overall physical well-being.

Tabata Cardio & Strength - A high intensity interval training class designed to get your heart rate up using a series of 4 minutes of strength followed by 4 minutes of cardio to train all your energy systems.

Tangerine Tough - a full body workout, focused on endurance, strength and speed using Heart Rate Zone Training. Each participant's Heart Rate Monitor is displayed on a screen in real time. Workouts use a variety of cardio equipment, bodyweight exercises and weight training to get the most out of each workout. All fitness levels are welcome.

Ultimate Conditioning - Intermediate/Advanced: Get it all in this class! Easy to follow format includes athletic based moves, weight training, and plyometric. Bring out the athlete in you!

Vinyasa Yoga - A dynamic style of Hatha Yoga which joins physical postures, or asanas, with inhales and exhales, creating a steady internal rhythm for the practice. Flow yoga classes are more vigorous and aerobic in nature with a variety of music and themes.

Yin Yoga & Meditation: Yin yoga is a slow-paced, passive type of yoga that incorporates long holds and deep breaths for a stretch that gets right into the muscle fibers. Designed to prepare the body for comfort in seated meditation.

STUDIO B

Ready, Set, Ride - A fun, heart-pumping workout at dawn. Ride on the flats, rolling hills, using a variety of tempos, motivated by great music. Ready, Set, Ride is perfect for everyone since you control the resistance and pedal speed.

Spin - All Levels: Effectively train your body and improve your overall fitness level by using the four energy zones.

STUDIO C

Circuit Training - Circuit training is a fast-paced class in which you do one exercise for a period and then move on to another exercise. It builds cardiovascular fitness while improving muscular strength and endurance.

STUDIO D

Core, Strength, Balance & Stability - This class is a full-body workout incorporating resistance bands, stability balls, and more to increase your core strength and balance.

TRX - Looking to tone up, lean out, and sculpt your body? TRX targets the small muscles under the larger muscle groups to reveal and sculpt the entire body for a stronger, leaner YOU!

BASKETBALL COURT

Cardio Conditioning - This class encompasses weighted and body weight exercises to gain lean muscle mass, while improving metabolic conditioning and cardiovascular endurance. The workouts will be done with high intensity and high energy, targeting all muscle groups with dynamic movement. It is designed to promote strength, cardiovascular endurance, lean muscle growth, and excess fat loss.