GROUP EXERCISE SCHEDULE

Effective:
10/29/2026

MONDAY

Tangerine Tough
5:30 – 6:15a.m.
Elle

Tangerine Tough
6:30 – 7:15a.m.
Elle

Aqua Mash Up
8:30-9:15 a.m.
Tina (Lap)

H.I.I.T.
9:00-9:55 a.m.
Ericka

Aqua Tone
9:30-10:15 a.m.
Tina (Therapy)

Spin
9:30-10:30 a.m.
Vicky

Chair Yoga
10:00-10:45 a.m.
Ericka

Aqua Tone
10:30-11:15 a.m.
Tina (Therapy)

Strength, Balance, & Stability
11:00 – 11:45 a.m.
Sarah

Aqua Fiesta
11:30 a.m. – 12:15 p.m.
Abel (Lap)

Strength
5:00-5:45 p.m.
Deanna

Spin
6:00-6:45 p.m.
Deanna

Yin Yoga & Meditation
6:15-7:15 p.m.
Victoria

H.I.I.T. The Water
7:00 – 7:45 p.m.
Deanna (Lap)

TUESDAY

Core Strength, Balance & Stability
5:15-5:45 a.m.
Nancy

Ready, Set, Ride
5:30-6:30 a.m.
Elle

Cardio Conditioning
5:45-6:30 a.m.
Nancy

Hydro X
8:30- 9:15 a.m.
Dawn (Lap)

Strength & Stretch
9:00-9:55 a.m.
Sarah

Aqua Tone
9:30 – 10:15 a.m.
Dawn (Therapy)

Pilates
10:00 – 10:45 a.m.
Ericka

Strong/Stretch/Center
10:30 – 11:15 a.m.
Susan (Therapy)

Strength
11:00-11:45 a.m.
Ivan

Aqua Fiesta
11:30 a.m. – 12:15 p.m.
Abel (Lap)

Cardio Conditioning
4:30-5:15 p.m.
Deanna

Tabata Cardio & Strength
5:30-6:15 p.m.

Barre, Bands & Balls
6:30-7:15 p.m.
Deanna

WEDNESDAY

Tangerine Tough
5:30 – 6:15a.m.
Elle

Tangerine Tough
6:30 – 7:15a.m.
Elle

Hydro X
8:30-9:15 a.m.
Tina (Lap)

Functional Strength
9:00-9:55 a.m.
Ericka

Aqua Tone
9:30-10:15 a.m.
Tina (Therapy)

Spin
9:30-10:30 a.m.
Vicky

Gentle Flow Yoga
10:00-10:45 a.m.
Ericka

Circuit Training
10:00-11:00 a.m.
Ivan

Aqua Tone
10:30-11:15 a.m.
Tina (Therapy)

Aqua Fiesta
11:30 a.m. – 12:15 p.m.
Abel (Lap)

Forever Fit 30
11:45 a.m. – 12:15 p.m.
Tina

Stretch
12:15 – 12:45 p.m.
Tina

Power Aqua Circuit
4:30–5:15 p.m.
Kim (Lap)

Aqua Yoga Fusion
5:30-6:15 p.m.
Kim (Therapy)

MELT
5:30-6:25 p.m.
Mary

HIIT Power Hour
6:30-7:30 p.m.
Sarah

THURSDAY

Aqua Moves
8:30-9:15 a.m.
Susan (Lap)

Vinyasa Yoga
9:00-9:55 a.m.
Ericka

Strong/Strech/Center
9:30-10:15 a.m.
Susan (Therapy)

TRX
10:00 – 10:45 a.m.
Sarah

Aqua Fiesta
10:30 a.m. – 11:15 p.m.
Abel (Lap)

Strength
11:00-11:45 a.m.
Sarah

Cardio Conditioning
4:30-5:15 p.m.
Deanna

Ready, Set, Ride
5:00-6:00 p.m.
Amanda

TRX
5:15 – 5:45 p.m.
Deanna

TRX
5:45 – 6:15 p.m.
Deanna

20/20/20
6:30-7:30 p.m.
Deanna

FRIDAY

Hydro X
8:30–9:15 a.m.
Deanna (Lap)

Yoga Sculpt
9:00-9:55 a.m.
Sarah

Aqua Tone
9:30-10:15 a.m.
Deanna (Therapy)

Pilates Mat
10:00-10:55 a.m.
Sarah

Circuit Training
10:00-11:00 a.m.
Ivan

Strong/Strech/Center
10:30-11:15 a.m.
Deanna (Therapy)

Everlasting Motion
11:30 a.m.-12:15 p.m.
Deanna

Aqua Fiesta
11:30 a.m. – 12:15 p.m.
Abel (Lap)

SATURDAY

Ultimate Conditioning
8:30-9:30 a.m.
Nancy

Aqua Xpress
8:45–9:30 a.m.
Kim (Lap)

TRX
9:35-10:05 a.m.
Nancy

Pilates Mat
10:15-11:15 a.m.
Nancy

SUNDAY

Morning Yoga Wake Up
8:00-9:00 a.m.
Elizabeth

Fit Water Workout
8:45–9:30 a.m.
Nancy (Lap)

Strength
9:15 – 10:10 a.m.
Elizabeth

Aqua Tone
9:45-10:30 a.m.
Nancy (Therapy)

CLASS CAPACITY

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

*Class sizes lower when sharing with PT
SGT - small group training

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 a.m. – 10 p.m.
Friday 5 a.m. – 8 p.m.
Saturday and Sunday 6 a.m. – 7 p.m.

Advocate Good Samaritan Hospital
Health & Wellness Center

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CLASS DESCRIPTIONS

LAP POOL

Aquabata – Aqua Tabata is a high-intensity interval training (HIIT) workout that takes place in the water. It combines the principles of Tabata training, which involves short bursts of intense exercise followed by brief periods of rest, with the resistance and buoyancy provided by water.

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.

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

STUDIO A

20/20/20 - Energize your workout in 60 minutes: 20 minutes of an intense spin ride to boost cardio and endurance; 20 minutes of dumbbell strength training to build power and tone; and 20 minutes of core work and deep stretching to strengthen your midline and improve flexibility. Don't like spin? Join us for 20/20 only!

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.
builds cardiovascular fitness while improving muscular strength and endurance.

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

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.

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.

STUDIO A

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.

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.

Yoga Sculpt: a high-energy, full-body workout that blends traditional yoga flows with strength training and cardio. Set to upbeat music, the 55 minute class integrates lightweight dumbbells and bodyweight exercises like squats and lunges into yoga poses to build lean muscle, boost metabolism, and improve cardio fitness

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

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