LOYOLA UNIVERSITY CHICAGO | CENTER FOR FITNESS

Group Fitness Schedule
June 2019

Center Hours
Monday-Friday 5am to 10pm
Saturday & Sunday 7am to 5pm (May-August)
Saturday & Sunday 7am to 7pm (September-April)

Updated May 30, 2019

Spinning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45a *Spinning -Nancy*		**6:00-6:45a** *Spinning -Nancy*		**5:45-6:30a** *Spinning -Mary L*	**9:00-10:15a** *Cycle Trg. -Rotation*	
12:00-12:45p *Spinning -Nicole*	**12:00-12:45p** *Spinning -Nicole*			**12:00-12:45p** *Spinning - Sharon*	**Spinning Class Information** Pick up a lanyard at the Front Desk up to 1 hour before class. *One lanyard per person please*. Bring a bottle of water and towel. **Leave lanyard on bike after class**.	
4:15-5:00p *Spinning -Nicole*		**4:15-5:00p** *Spinning -Nicole*				
	6:30-7:30p *Spinning -Maggie*	**6:00-6:45p** *Spinning -Sharon*	SPINNING			

Group Exercise Studio Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45a *Group Active™-Charmaine*	**6:00-6:25a** *Insanity -Morgan*	**5:45-6:45a** *Burn Out, Build Up - Alisha*	**5:45-6:45a** *Sunrise Yoga -Mary*	**5:45-6:15a** *Tabata Express™ -Alisha*	**7:30-8:25a** *Zumba Fitness -Cecilia*	**8:00-9:00a** *Group Power™-Tammy*
9:45-10:45a *Pilates Mat -Delia*	**6:30-7:00a** *Group Core™ -Morgan*	**9:15-10:15a** *Group Power -Morgan*	**5:45-6:30a** *Triple Threat -Morgan*	**9:00-10:15a** *Vinyasa Yoga- Linda R*	**8:00-9:00a** *Monthly Meditation* 1st Sat. of the month only	**9:00-10:00a** *Work It Circuit-Fitness*
10:30-11:20a *Forever Young-Charmaine*	**8:00-9:00a** *Stretch & Strengthen-Micki*	**10:30-11:20a** *Forever Young-Charmaine*	**8:00-9:00a** *Stretch & Strengthen-Micki*	**9:15-10:15a** *Gentle Yoga-Lynn*	**8:30-9:30a** *Class Rotation- see below*	**9:05-10:05a** *Group Active™-Tammy*
11:30-11:55a *Cardio Blast -Morgan*	**9:15-10:15a** *Gentle Yoga-Micki*	**10:30-11:30a** *Pilates Mat -Delia*	**9:15-10:15a** *Gentle Flex-Dawn*	**9:15-10:00a** *Work It Circuit-Alisha*	**9:30-10:45a** *Vinyasa Yoga -Rotation*	
12:00-1:00p *Group Power™ -Sandy*	**10:30-11:00a** *Forever Young POUND ® -Alexandra*	**11:30-11:55a** *Absolutely Abs - Loni*	**9:15-10:15a** *Tai Chi - Tom*	**10:30-11:20a** *Forever Young -Franny*	**9:35-10:35a** *Group Power™-Rotation*	*The "Work It Circuit" classes take place on the basketball court.*
4:30-4:55p *Group Core™ -Larry*	**10:30-11:45a** *Vinyasa Yoga -Linda R*	**12:00-12:50p** *Tabata-Loni*	**10:30-11:00am** *Body Works Express -Dawn*	**11:30a-11:55a** *Insanity -Rotation*	**10:45-11:45a** *Pilates Mat -Delia*	
5:00-5:55p *Group Power™ -Larry*	**11:30a-12:25p** *Zumba Fitness -Maria*	**4:30-4:55p** *Jump Rope Intervals - Larry*	**10:30-11:30a** *Beg/Cont Yoga -T* om	**12:00-1:00p** *Group Power™ -Sandy*	**12:15-1:15p** *Tai Chi Fundamentals - Anna*	
6:00-6:55p *Group Active™- Tammy*	**12:30-1:30p** *Group Active™-Charmaine*	**5:00-5:55p** *Group Power™ -Larry*	**11:30a -12:25p** *Group Active™-Charmaine*	**4:30-4:55p** *Group Core™ -Larry*		
7:00-8:00p *Beg/Cont Yoga -Letty*	**4:30-5:00p** *Insanity* - Morgan	**5:30-6:30p** *Beginner Yoga -Micki*	**12:00-12:30p** *Insanity -Morgan*	**5:00-6:00p** *Group Power™ -Larry*		
Classes shaded in gray take place in the Wellness Room.	**4:30-5:30p** *Chair Yoga -Anna*	**6:00-6:55p** *Zumba Fitness -Maria*	**12:30-1:30p** *Zumba Fitness -Maria*			
	5:15-6:10p *Group Active™-Carol*	**7:00-8:15p** *Hatha Vinyasa Yoga* - Micki	**5:15-6:10p** *Group Active™- Tammy*			
	6:15-7:15p *Group Power™ - Carol*		**6:15-7:15p** *Zumba Fitness -Maria*			
	7:15-8:15p *Tabata -Cecilia*		**7:15-7:45p** *Insanity* - Marissa			

Saturday 8:30am Class Rotation

6/1: Group Active w/ Charmaine
6/8: CardioBox/Abs w/ Tammy
6/15: Insanity w/ Tammy
6/22: Triple Threat w/ Morgan
6/29: Group Active w/ Tammy

Class Updates:

Classes Removed from the scheduled
Sunday 10:15am Spinning *removed for the summer*
Friday 11:30am Balance Bootcamp

Please help keep our classes full! Classes that have low or inconsistent attendance are in jeopardy of being removed from the schedule.

Class formats, times, & instructors subject to change without notice. Classes with low attendance will be cancelled. Updates posted in advance when possible.

MYZONE

A Special Holiday Schedule will be posted for July 3rd and July 4th.

CLASS DESCRIPTIONS - The Group Fitness Schedules are available at the Member Service Desk and at our website www.loyolafitness.org

YOGA - PILATES - TAI CHI - MEDITATION

Beginning/Continuing Yoga-Level 1&2 This multi-level class focuses on the fundamentals of yoga but gives opportunities to progress with more challenging options

Chair Yoga - Enjoy the relaxation and physical benefits of yoga from a seated position. Perfect for beginners or members with mobility concerns.

Gentle Yoga- Moves at a slower pace to focus on individuals' needs & ranges of motion. An ideal format for the older adult or anyone looking for restorative practice.

Gentle Flex- Experience gentle active range of motion exercises that increase flexibility and strengthen at the same time. An ideal format for the older adult.

Hatha Vinyasa- A "slow-flow" dynamic and moderately challenging practice that combines Hatha's emphasis on skeletal and muscular alignment with Vinyasa's focus on breath and movement flow. Class offers a good balance of strength and flexibility asanas. *At least six months of yoga experience is strongly recommended* .

Intermediate Yoga-This yoga class combines breath & movement, proper alignment & pose endurance in a flowing style of yoga. *Previous yoga experience recommended.*

Laughter Yoga- Laughter is the best medicine. Increase energy, improve mood, reduce stress, strengthen immune system, and so much more.

Meditation - Experience guided meditations, breath work, mantras and visualization exercises to help relieve stress and gain inner peace and balance.

Sunrise Yoga-This traditional Hatha style yoga class will help awaken & rejuvenate your body for the entire day. Start the day with a sense of peace, strength & energy. *Previous yoga experience recommended* .

Vinyasa Yoga- A style of flowing yoga characterized by connecting poses using rhythmic, efficient, & fluid transitions. *Previous yoga experience recommended* .

Pilates Mat-All levels Learn the traditional core strengthening exercises created by Joseph Pilates. Pilates will help strengthen your core, hips, and lower back.

Stretch & Strengthen - Experience movements from yoga & dance for a non-cardio full-body workout that will increase tone & flexibility. Mat & standing work assist both balance and range of motion for the joints.

Tai Chi - Relieve tension and stress with Tai Chi. Class will focus on body awareness, breathing,balance and a slow moving form of meditation.

Tai Chi Fundamentals® - Offers a simplified introduction to traditional Yang-style Tai Chi. This class is beginner friendly and will focus on performing relaxed, fluid movements while cultivating a calm, yet alert mental state. Other benefits include increased endurance, balance, and stress relief.

CARDIO - STRENGTH - CORE

Absolutely Abs - Get your abs in shape w/ 360' coverage while performing Ab-focused exercises like curls, planks, twists, etc., using resistance balls, small balls & weights.

Balance Bootcamp- 60 minutes of balance training to help you improve your stability and stay strong & stable. Class doesn't take place the third Friday of the month.

Body Works Express-A gentle 3 dimensional workout using a variety of equipment in all different planes of motion. Work your muscles like never before.

Burn Out, Build Up - A high energy total body workout using various equipment to tone the toughest parts of your body and leave you feeling strong and powerful. Strength, stretching and some cardio will be included.

Cardio Blast- This heart pounding workout with simple drills and basic exercises is all cardio designed to make you sweat. Drills can be modified to fit your needs.

CardioBox- Experience a combination of upper and lower body boxing style movements to achieve a cardiovascular workout. A fun class that will get you moving and burning calories!

Forever Young- This class combines cardio, balance, strength, and stretching exercises for the purpose of improving daily function in the older adult. Participants should be able to move freely in all directions. The majority of the exercises are performed in the standing position, using a variety of equipment.

Group Active™ - Activiate your life! Cardio (using The Step™), strength, balance, core and flexibility. A complete workout in 1 hour!

Group Core™ - Train like an athlete in 30 action-packed minutes. Improve athletic performance, help prevent back pain, and get ripped! Experience functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before. HARD CORE!

Group Power™-Your hour of power! This 60-minute barbell program is for men and women of all ages and abilities. Strength train every major muscle group to heart pounding music for the entire body in only one hour! Guaranteed to improve strength and muscle definition!

INSANITY™ - A high intensity cardio-based total body conditioning class using no equipment. Highly challenging & results-driven. Increase metabolism, strength & calories burned. Modifications can be made but please be injury free.

Jump Rope Intervals - A non-stop, high intensity class that combines 2 minutes of jump rope alternated with 1 minute of body-weighted cardio/strength/core exercise. Boost your metabolism, get sweaty and have fun jumping rope in this full body challenge workout!

Forever Young/Pound™ - Rockout! Workout! A full body cardio jam session using lightly weighted drumsticks. Easy to follow cardio, strength, & pilates movements, with a chair.

Tabata- High Intensity Interval Training! Work one body part STRONG for brief periods of time with a 10 second break in between. It's intense, fun & over before you know it. Tabata is known as the "4 Minute Workout"! Boost post exercise caloric burn so your metabolism keeps burning more calories long after class is over. Modifications can be given.

Tabata Express™ - High Intensity Interval Training in 30 minutes! Perform short interval bursts of various exercises that will maximize your results in minimal time. Work hard, Harder, and HARDEST in this class! Modifications can be given for those that need it.

Triple Threat- A fun class to keep your body challenged and guessing! Class combines plyometric cardio exercises, strength training, and high energy kickboxing! Each of these is broken into 15 minute segments to elevate your heart rate and work the total body.

Work It Circuit- Join our fitness specialists for an hour of combined strength and cardiovascular exercises. This class meets on the basketball court and is never the same!

Zumba Fitness- Join the Zumba party! Dance to salsa, merengue, cumbia & reggaeton rhythms. Get your heart pumping & body moving. You won't even realize it's exercise!