

Monday

6:00am-6:45am	Total Resculpt (Katie)
8:00am-9:00am	AM Energy (Carla)
9:30am-10:30am	Monday Mix (Patty)
12:00pm-12:45pm	Cycling (Sue)*
4:30pm-5:20pm	R.I.P.P.E.D. (Kevin)
5:30pm-6:20pm	Step (Sue)
6:00pm-7:00pm	Cycling (Mia)*
6:30pm-7:20pm	Total Resculpt (Cheryl)
7:30pm-8:20pm	Zumba (Cheryl)

Tuesday

6:00am-6:45am	Step (Eileen)
7:00am-7:45am	Strength Factor (Aileen)
8:00am-8:50am	Total Body (Paula)
9:30am-10:15am	Cycling (Rachel)
9:30am-10:30am	Hard Core (Mia)
12:00pm-12:45pm	Strength Factor (Sue)
4:30pm-5:20pm	Zumba (Cheryl)
5:30pm-6:20pm	Resistance Center (Mia)
6:30pm-7:30pm	Cycling (Kim)
6:30pm-7:30pm	Hard Core (Mia)

Wednesday

6:00am-6:45am	Body Blast (Eileen)
8:00am-9:00am	AM Energy (Carla)
9:30am-11:00am	20/20 (Patty)
12:00pm-12:45pm	Triple Threat (Patty)
12:00pm-12:45pm	Cycling (Sue)*
4:30pm-5:20pm	Core Power (Paula)
5:30pm-6:30pm	Step (Sue)
6:35pm-7:00pm	DeStress Flex Express (Sue)
6:30pm-7:30pm	Cycling (Allison)*
7:15pm-8:15pm	Turbo Kick (Eileen)
8:30pm-9:20pm	DeStress Flex Express (Sue)

Thursday

6:00am-6:45am	Zumba (Eileen)
7:00am-7:45am	Strength Factor (Aileen)
8:00am-8:50am	Cardio-Mix (Paula)
9:30am-10:30am	Resistance Center (Mia)
9:30am-10:15am	Cycling (Rachel)
12:00pm-12:45pm	Strength Factor (Sue)
4:30pm-5:20pm	Total Body (Kevin)
5:30pm-6:20pm	Core (Kevin)
5:30pm-6:15pm	Cycling (Rachel)*
6:30pm-7:20pm	MAC (Kevin)
7:35pm-8:20pm	Zumba (Cheryl)

Friday

6:00am-6:45am	Power Circuit (Katie)
8:00am-9:00am	AM Energy (Carla)
9:30am-10:30am	C.S.I. Pavilion (Mia)
12:00pm-12:45pm	Cycling (Sue)*
12:45pm-1:15pm	DeStress Flex Express (Sue)
4:30pm-5:20pm	Zumba (Eileen)
5:30pm-6:30pm	Total Body (Kim)

Saturday

6:45am-8:00am	Cycling (Allison)*
8:10am-9:10am	Resistance Center (Patty/Kim/Sue)
8:30am-9:30am	Cycling (Kevin)*
9:20am-10:20am	Step (Patty/Kim/Sue)
10:30am-11:30am	Strength Factor (Paula)

Sunday

8:20am-9:20am	Body Blast (Ryan)
8:15am-9:00am	Cycling (Paula)
9:30am-10:30am	Zumba (Eileen)

**There may be a reduced class schedule:
Saturday/New Years Eve 7:00am-3:00pm
Sunday/ New Years Day 8:00am-3:00pm**



Reminders for Jan - Mar 2012

New Cycling classes added on Tues/Thurs 9:30am

3 opportunities to take DeStress Flex Express

Sign up for "I Lost it at the Club"

Sign up for Boot Camp extravaganza Saturday February 11; free with membership (NM just \$5.00!)

Don't forget about Nutrition Counseling Services; manage your weight in 2012!

Indoor Sprint Triathlon Sunday January 22nd

Watch for more exciting class additions for your fitness/wellness goals!



1000 Wellington Avenue | Elk Grove Village, IL 60007 | 847.228.3493 | Leigh Ferstein, Fitness/Wellness Coordinator

**All classes on this schedule are included as part of your full Pavilion Fitness membership.*

**Occasional instructor substitutions will occur from time to time. As a courtesy, we will always try to substitute a class as opposed to canceling!*

Pavilion Fitness reserves the right to:

**Cancel or change classes that have consistent low attendance*

**Change or rotate instructors in any class*

20 class pass non-members:

\$75 residents

\$85 non-residents

Pay by the class \$6



Group Ex Schedule (January 1 through March 31, 2012)

CLASS DESCRIPTIONS

CARDIO

Cardio-Mix

Variety of movements to a beat; incorporating kick-boxing, dancing and some step.

Indoor Group Cycling

An excellent cardio workout! For all fitness levels; you choose level of intensity that is right for you.

Step

A cardiovascular workout for all fitness levels offering a variety of choreography using the Step bench and the floor. The occasional use of weights or addition of core and flexibility adds variety.

Turbo Kick

Kick it up a notch with intense kickboxing choreography and a touch of interval work as well.

Zumba

It's the latest in what's happening in fitness – cardio dance moves with a Latin flair.

STRENGTH

Body Blast

Basic, yet highly effective. Allow this barbell class to help you improve muscular strength and endurance.

CORE

Train your whole body through movements that will increase strength, lean body mass and stability. A wide range of exercises are used with or without equipment.

Resistance Center

The focus is strength and balance (from head to toe). A wide variety of equipment will be used.

Strength Factor

Preserve muscle mass and/or shed excess body fat. Weighted and resistance equipment are utilized in order to accomplish both.

COMBINATION

20/20

The format changes every 20 minutes in this 90 minute class! The combination of cardio, strength and core using all types of equipment will provide workout variety each week.

AM Energy

This easy-going combo class will boost your energy for the day. Practical basic strength exercises along with basic step or floor cardio format. **This is perfect for older adults or those just starting out.

CSI Pavilion

Cardio-Strength-Intensity: push it to the limit in this fusion of cardio and strength training.

DeStress Flex Express

Improve your flexibility and reduce the pressures of life in this total body stretch.

Hard Core

Compound strength movements are combined with intervals of intense cardio for an ultimate fuel burn.

Metabolic Circuit

This 45 minute circuit workout sculpts your body with strength, cardio and core training drills; great for intense cross-training.

MAC (Muscle and Cardio)

A unique combination of cardio and weight training progressions that will work your major muscles and get your heart pumpin'.

Monday Mix

The ultimate variety class of cardio, strength and stretching.

Power Circuit

Series of mini-circuits work on your strength, endurance and core control. Also includes lower body movements, upper body exercises, core work and power drills.

R.I.P.P.E.D.

Resistance, Intervals, Power, Plyometrics, Endurance, and Diet. Attain or maintain the ultimate physique in ways that are fun, safe and...extreme.

Triple Threat

Cardio, strength and core. Circuit-style training format makes the best use of your time and produce results you're looking for.

Total Body

A total body workout consisting of cardio bursts, weight-bearing exercises and core training using a variety of equipment.

Core Power

Utilization of your own body combined with the use of some equipment will strengthen your back and abdominal area and create definition.