



# Canlan Sports

## GROUP EXERCISE SCHEDULE

# September 2023

Peterson Rd & Hwy 45, Libertyville, IL 60048 \* 847-350-7806

MON	TUE	WED	THU	FRI	SAT	SUN
		7:30AM Cycle Lisa <i>No Class 9/20</i>		7:30AM Cycle Lisa <i>No Class 9/8, 9/22</i>	Pickleball Hours Monday-Friday Open Play 8:30am-11:30am Group Play 1:00pm-3:00pm	
8:30AM TOTAL BODY CONDITIONING Carol <i>No Class 9/4, 9/11</i>	8:00AM High Fitness Anna <i>No Class 9/5</i>	8:00AM Zumba Carol		8:30AM Freaky Fitness Friday Katie <i>No Class 9/1</i>		
	9:15AM STRENGTH & FLEXIBILITY Jodi	9:15AM Yoga Liz	9:15AM Barre Jodi		9:15AM STRENGTH & FLEXIBILITY Jodi	
9:35AM SENIORCIZE Monica <i>No Class 9/4</i>				9:35AM SENIORCIZE Katie <i>No Class 9/1</i>		
	10:30AM SENIORCIZE Jodi	10:30AM SENIORCIZE Liz		<div>Membership Options</div> <div>One payment</div> <div>12 monthly payments</div>		
	4:00PM Cardio Barre Liz					
5:30PM STRENGTH & FLEXIBILITY Alana <i>No Class 9/4</i>		5:00PM High Fitness Anna				
				10 punch pass	\$100	
				Drop in	\$15	

### Fitness Center Hours:

Monday-Friday 6:00am-8:00pm

Saturday-Sunday 8:00am-5:00pm

Canlansports.com

847-350-7806

**3-2-1-** A fun and sweaty interval training class focused on cardio, strength, core and balance.

**Barre & Lean Sculpt** - Tone & lengthen your muscles in this ballet/Yoga/Pilates-inspired class using light-to-no resistance and utilizing a chair or step or wall as your ballet barre.

**Basic Training** – A fun, challenging way to get your cardio & muscle workouts all in one! Intervals of strength (squats, lunges, push-ups, etc.), and aerobics (running, cycling, sports drills, jumping rope, plyometrics) are all part of this “no frills” boot camp designed to improve your cardio fitness, enhance your athletic performance and accelerate weight loss.

**Cardio Barre** – An Upbeat, energetic class that combines lightweight barre exercises with metabolic movements to get the heart pumping.

**CORE & RESTORE** - The perfect class after a hard workout or stressful day! This 50-minute class will focus on strengthening & stabilizing the abdominals and back muscles, then focus on stretching and relaxation.

**Cycle** – Group cycling is an awesome way to burn fat, increase strength, and improve cardio fitness. **Sign in at the Fitness Desk to reserve your bike.** (Please do not sign in for anyone else.) *If you are new to Cycle, allow 10 minutes before class to set up your bike.* **NO cell phone conversations during class, please.**

**Dance Jam!** - Hi/low impact aerobics with a dance twist and simple choreography. Athletic movement combined with a little stylized flair makes this a fun and great workout for everyone!

**H.I.I.T (HIGH INTENSITY INTERVAL TRAINING) – SHORT PERIODS OF HIGH INTENSITY TRAINING WITH JUST BELOW MAXIMUM EFFORT FOLLOWED BY A RECOVERY PERIOD OF LOW INTENSITY.**

**High Fitness** took "old school aerobics" and transformed it into a modern, heart pounding, fun, and effective workout. Cardio and toning meet recognizable tunes with a side of air guitar – yes, exercise can be this fun!

**Seniorcize** – It's never too late to start exercising—especially when it's so FUN! Low impact aerobics followed by exercises designed to increase strength and flexibility and enhance posture and balance.

**Step** – A fun step cardio class. Choreography is introduced and broken down, then fused together in a 55-min. class that will fly by!

**Strength & Flexibility** – Non-aerobic class that will improve muscular strength, endurance, flexibility and balance. Using a variety of equipment (balls, bars, weights, bands, tubes, cuffs), you'll challenge all major muscle groups.

**TBC (Total Body Conditioning)** - Functional, efficient training. Burn fat and tone your body with this non-stop cardio, core, and strength training class. A fun, energetic interval workout using the principles of interval training to increase your cardio and muscle endurance. Easy to follow moves! Equipment use will vary. Class intended for all fitness levels.

**YOGA** - Helps build flexibility, tone muscle and prevent back pain. A multi-level, non-competitive class designed to introduce beginners to the benefits of yoga, yet challenge continuing students. **GENTLE YOGA** - Ideal for beginners or those looking for a restorative practice. Emphasis on breathing, stretching, balance & relaxation as well as learning basic yoga poses.

**YOGA CONDITIONING** – Yoga-inspired moves combined with light strength training to balance the body, increase strength & flexibility and challenge underused muscles with emphasis on proper form and breathing awareness.

**Zumba®** – ZUMBA is the largest Latin-inspired dance fitness brand in the world. It incorporates moves such as merengue, mambo, salsa, rumba, cha-cha and others into an amazing workout! Ditch the workout—join the party!

### ***Fitness Center Hours:***

***Monday-Friday 6:00am-8:00pm***

***Saturday-Sunday 8:00am-5:00pm***

***Canlansports.com***

***847-350-7806***