

Five Seasons Sports Club Sept 2021 Group Exercise Schedule

SUNDAY	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY							
	Intense Cardio 7am-8am	S1 Ed	5	Beast Mode 6-7am	S1 Ed	5	Cycle*** 6-7am	CS Kelly	3	Beast Mode 6-7am	S1 Ed	5	Intense Cardio 7am-8am	S1 Ed	A	Beast Mode 7:15am-8:15am	S1 Ed	5
	ODDWT 7am-8am	PL MJ	2	Intense Cardio 7am-8am	S1 Ed	5	Intense Cardio 7am-8am	S1 Ed	5	Intense Cardio 7am-8am	S1 Ed	5	ODDWT 7am-8am	PL MJ	2	Aqua-Fit 10am-11am	PL Piper	3
	ODDWT 8am-9am	PL MJ	2	ODDWT 7am-8am	PL Michelle	2	ODDWT 7am-8am	PL MJ	2	ODDWT 7am-8am	PL Michelle	2	ODDWT 8am-9am	PL MJ	2			
	E-Method 8:45am-9:45am	S2 Ed	5	YOGA 9-10am	S2 Janelle	4	ODDWT 8am-9am	PL MJ	2	YOGA 9-10am	S2 Janelle	A	E-Method 8:45am-9:45am	S2 Ed	A			
	Pilates 9:30am-10:30am	S1 Kat	A	Aqua-Fit 10am-11am	PL Piper	A	E-Method 8:45am-9:45am	S2 Ed	3	Aqua-Fit 10am-11am	PL Piper	A	Barre*** 9-10am	S1 Piper	A			
	Aqua-Fit 10am-11am	PL Piper	A	Yamuna 6:30pm-7:30pm	S2 Mary	A	Total Toning 9:30am-10:30am	S1 Kat	A	Rehab Stretch 12pm-1pm	S1 Piper	A	Aqua-Fit 10am-11am	PL Piper	A			
							Aqua-Fit 10am-11am	PL Piper	A				Yamuna BR 10am-11am	S1 Mary	A			
							Zumba*** 6:30pm-7:30pm	S1 Caroline	A				Zumba 6:30pm-7:30pm	S1 Caroline	A			



For more information on our monthly workshops and other club social events, please scan the QR code to the right!



Outdoor Deep Water Training Starts 5/24/21; Thursday's deep water ends 9/9/2021

*** New Classes begin week of 9/6/2021

PLEASE BE CONSIDERATE OF YOUR INSTRUCTORS AND FELLOW ATTENDEES BY ARRIVING TO YOUR CLASS ON TIME

Aquafit: Cardio; Core; Pilates + : Experience the varied aquafit classes that are la fusion of cardio, strength, flexibility and balance that won't hurt your joints!

Ballet Barre: Inspire by classic ballet barre, this class incorporates isometric exercises from the barre and floor to build tone and muscular endurance.

Beast Mode: Push your body to the limits with old school, high intensity workout. Consistency is the key to this Beast mode workout.

Cycle: Ride into high gear with one of our original cycle instructors, Kelly Keeling! This indoor cycle class is designed to give you an awesome cardio workout in no time!

Deep Water:Hi-intenisty class using floatation belts and cuffs with fast paced intervals. Each class: cardiovascular, core and upper body work. No impact on your joints!

E-Method: Up your cardio game with this tabata influenced class. This energizing, intense class of non-stop training mixes cardio with high reps of weight training.

Hatha Yoga: Yoga class for all levels, exploring the Universal Principles of Alignment and Yoga. Practice followed by relaxation (Savasana). Leave feeling strong, relaxed and empowered.

Intense Cardio: THE class for cardio fiends. Running circuits mixed with body weight exercises at a high pace is sure to get your heart pumping.

Pilates: Works to balance all muscle groups' strength/flexibility, emphasizing challenging the core. Some props used to help sculpt body, and increases agility for every day movement.

Rehab Stretch: Chair option based class to help those with limitations, or fresh from finishing rehab and re-entering fitness; improves balance, strength, and flexibility.

Total Toning: Build strength and endurance in this challenging total body workout. This workout will hit every major muscle group, focusing on proper form and technique.

Yamuna Body Rolling: This special class helps you experience unique routines with specially designed balls to align your body for functionality and sustainability.

Zumba: Fun and engaging cardio movement and toning exercises set to varied international music. All levels are welcome, customize your intensity!

INTENSITY LEVELS:

- A - All Levels
- 1 - Low intensity
- 2 - Exhilarating
- 3 - Increased intensity
- 4 - Hard (You will feel it!)
- 5- Intense

S1 - STUDIO 1
S2 - STUDIO 2
PL - POOL
CS - CYCLE STUDIO
PT - PIT

Questions on our classes?
Contact Chaz at
630-570-5200 Ext.409

CLUB HOURS:
Monday - Friday:
5:30am-10pm
Sat./Sun 7am-8pm