


# Five Seasons Sports Club NOV 2021 Group Exercise Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p><b>THANKSGIVING DAY</b> HOURS: 7AM-1PM</p>	<b>^Beast Mode - Trial</b> 6-7am S1 Ed 5	Beast Mode 6-7am S1 Ed 5	<b>Flex Spin*</b> 5:45-6:45am CS Kelly 5	Beast Mode 6-7am S1 Ed 3	<b>^Beast Mode - Trial</b> 6-7am S1 Ed 5	Beast Mode S1 7:15-8:15am Ed 5	
	Intense Cardio 7-8am S1 Ed 5	E-Method 9-9:45am S2 Ed 5	Intense Cardio 7-8am S1 Ed 5	E-Method 9-9:45am S2 Ed 5	Intense Cardio 7-8am S1 Ed 5	Aqua-Fit PL 10-11am Piper 5	Aqua-Fit PL 10-11am Piper A
	E-Method 9-9:45am S2 Ed 5	YOGA 9-10am S2 Janelle A	E-Method 9-9:45am S2 Ed 5	YOGA 9-10am S2 Janelle A	E-Method 9-9:45am S2 Ed 5	Aqua-Fit PL 10-11am Piper A	Aqua-Fit PL 10-11am Piper A
	Pilates 9:30-10:30am S1 Kat A	Aqua-Fit 10-11am PL Piper A	Total Toning 9:30-10:30am S1 Kat A	Aqua-Fit 10-11am PL Piper A	Aqua-Fit 10am-11am PL Piper A	Barre 9-10am S1 Piper A	Barre 9-10am S1 Piper A
	Aqua-Fit 10-11am PL Piper A	<b>Yamuna*</b> 6-7pm S2 Mary A	Aqua-Fit 10-11am PL Piper A	Aqua-Fit 10-11am PL Piper A	Rehab Stretch 12pm-1pm S1 Piper A	Aqua-Fit 10am-11am PL Piper A	Aqua-Fit 10am-11am PL Piper A
	<b>Yin Yoga**</b> 6:30-7:30pm S2 Merideth A		Zumba 6:30-7:30pm S1 Caroline A	Zumba 6:30-7:30pm S1 Caroline A		Yamuna BR 10-11am S1 Mary A	Yamuna BR 10-11am S1 Mary A
						Zumba 6:30-7:30pm S1 Caroline A	Zumba 6:30-7:30pm S1 Caroline A



**THANKSGIVING DAY**  
HOURS: 7AM-1PM



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



**\*\*New class / \* New time**

**^Beast Mode is looking to expand it's days - come try it!**

**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:** Not your typical barre class! Low impact, classic and not so classic ballet isolating and isometric exercises from the floor up to build muscle tone endurance.

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

**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.

**Flex Spin:** Flex your time and your arms!!! By adding small weights, tone the arms and core. Come for the entire hour or make it your own time frame. Either way - you'll get a great workout to start your morning!

**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.

**Yin Yoga:** This class will have you hold postures for longer periods of time, giving fascia and connective tissues a chance to stretch and release. All levels welcome!

**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 Piper at  
630-570-5208

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