

Five Seasons Sports Club OCT 2022 Group Exercise Schedule

SUNDAY	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY							
	Beast Mode 6-7am	S1 Ed	5	Beast Mode 6-7am	S1 Ed	5	Flex Spin 5:45-6:45am	CS Kelly	3	Beast Mode 6-7am	S1 Ed	5	Beast Mode 6-7am	S1 Ed	5	Beast Mode 7:15-8:15am	S1 Ed	5
	Intense Cardio 7-8am	S1 Ed	5	E-Method 9-9:45am	S1 Ed	5	Intense Cardio 7-8am	S1 Ed	5	E-Method 9-9:45am	S1 Ed	5	Intense Cardio 7-8am	S1 Ed	5	Aqua-Fit 10-11am	PL Piper	A
	E-Method 9-9:45am	S1 Ed	5	YOGA 9-10am	S2 Meredith	A	E-Method 9-9:45am	S2 Ed	5	YOGA 9-10am	S2 Meredith	A	E-Method 9-9:45am	S1 Ed	5	Zumba 10-11am	S1 Caroline	A
	Pilates 9:30-10:30am	S2 Kat	A	Aqua-Fit 10-11am	PL Piper	A	Total Toning 9:30-10:30am	S1 Kat	A	Aqua-Fit 10am-11am	PL Piper	A	Barre on the Floor 9-10am	S2 Piper	A			
	Aqua-Fit 10-11am	PL Piper	A	Yamuna 6-7pm	S2 Mary	A	Aqua-Fit 10-11am	PL Judy	A	Rehab Stretch 12pm-1pm	S1 Piper	A	Aqua-Fit 10am-11am	PL Piper	A			
	Yin Yoga 6:30-7:30pm	S2 Meredith	A				Zumba 6:30-7:30pm	S1 Caroline	A				Yamuna BR 10-11am	S1 Mary	A			



DEEP WATER CLASSES - PENDING WEATHER

Monday, Tuesday, Thursday- 7:45 - 8:45am
Saturday - 7:30-8:30am all with MJ

Drop-in rates - Any day:
Members - \$8 per class Non- Members - \$14 per class

stay tuned for exciting deep water news!

*"Most people fail, not because of lack of
desire, but, because of lack of
commitment." – Vince Lombardi*

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!

Barre on the Floor: Borrowing moves from classic floor barre, this class incorporates isometric exercises to help tone and build muscular endurance. Not your typical barre class!

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!!! We know your time is valuable - so come for the entire hour or make it your own time frame - our instructor will work with you and make sure you get a great workout in with a weighted arm workout while on the bike!

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.

Pilates Plus: System of exercises using special equipment, designed to improve physical strength, flexibility, posture, and enhance mental awareness. This class is suitable for all fitness levels.

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.

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!

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 Piper at
630-570-5208

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

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