



# Five Seasons Sports Club DEC 2022 Group Exercise Schedule

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



## DEEP WATER/HI-INTENSITY WATER CLASSES WITH MJ

Monday, Tuesday, Thursday, Friday - 8:45-9:45am

Prepay Members: \$42.50/month // Prepay Non-Members: \$85/month  
Members - \$8 per class Non-Members - \$14 per class

ALL CLASSES W/MJ IN DOME

"Some people want it to happen, some wish it would happen, others make it happen." - Michael Jordan

**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!

**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.

**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.

**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!

**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.

**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!

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

**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.

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

**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.

**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.

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

**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!

**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.

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some wish it would happen, others  
make it happen." - Michael Jordan*

**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