

# 2017 FALL GROUP FITNESS CLASSES

Esic Center Only | 12+ Yrs.

FULL PRIVILEGE MEMBERS: FREE • BASIC MEMBERS: \$2 • NON-MEMBERS: \$5

YOGA CLASSES IN BLUE BOXES ARE 7-WEEK SESSIONS & ARE NOT OFFERED IN A "DROP-IN" SETTING.



**EFFECTIVE DECEMBER 4<sup>TH</sup> – DECEMBER 31<sup>ST</sup>**

**CLOSED: DECEMBER 25<sup>TH</sup>**

**SESSION CLASSES BEGAN OCTOBER 16<sup>TH</sup>**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CARDIO BLAST AM 5:45-6:45am CINDY ZURLIENE	BOOT CAMP CONDITIONING 5:30-6:00am NICOLE SCHAPMAN	CARDIO BLAST AM 5:45-6:45am CINDY ZURLIENE	BOOT CAMP CONDITIONING 5:30-6:00am NICOLE SCHAPMAN	CARDIO BLAST AM 5:45-6:45am CINDY ZURLIENE	
TAI CHI 7:30-8:25am TOM ENGLERT	WALK-15 AEROBICS 7:30-8:15am KATE ZABOTKA	TAI CHI 7:30-8:25am TOM ENGLERT	WALK-15 AEROBICS 7:30-8:15am KATE ZABOTKA	TAI CHI 7:30-8:25am TOM ENGLERT	CARDIO BLAST AM 7:30-8:25am CINDY ZURLIENE
AEROBICS 101 8:30-9:25am LEANNE HOFFMAN	<b>BEG. / INTERMED. YOGA</b> 8:30-9:25am RUTH KUBICEK	AEROBICS 101 8:30-9:25am AMY NESBIT	<b>BEG. / INTERMED. YOGA</b> 8:30-9:25am RUTH KUBICEK		BOOT CAMP CONDITIONING 8:30-9:25am LAILA GAGNON
TURBO KICK 9:30-10:25am AMY NESBIT	BOOT CAMP CONDITIONING 9:30-10:25am AMY NESBIT	TOTAL BODY TONING 9:30-10:25am NICOLE SCHAPMAN	TURBO KICK 9:30-10:25am LEANNE HOFFMAN	BOOT CAMP CONDITIONING 9:30-10:25am NICOLE SCHAPMAN	<b>GENTLE YOGA</b> 9:30-10:25am RUTH KUBICEK
ZUMBA 10:30-11:25am LAURA GILOMEN	<b>BEG. / INTERMED. YOGA</b> 10:30-11:25am CATHERINE JACKSON	ZUMBA 10:30-11:25am LAURA GILOMEN	<b>BEG. / INTERMED. YOGA</b> 10:30-11:25am CATHERINE JACKSON	ZUMBA 10:30-11:25am LAURA GILOMEN	ZUMBA 10:30-11:25am ALICIA GIHRING
	LUNCHTIME EXPRESS 12:10-12:50pm LARA COLLMANN	ZUMBA TONING 11:30am-12:00pm LAURA GILOMEN	LUNCHTIME EXPRESS 12:10-12:50pm LARA COLLMANN		
AWESOME ABS 4:30-4:55pm LARA COLLMANN		JILLIAN MICHAEL'S BODYSHRED 5:00-5:25pm LIZ DARNELL			
TOTAL BODY TONING 5:00-5:55pm LARA COLLMANN	CORE & MORE 5:30-5:55pm INSTRUCTOR TBD	AWESOME ABS 5:30-5:55pm LIZ DARNELL	CORE & MORE 5:30-5:55pm EMILY SMITH	<b>ADDITIONAL CLASSES:</b> <b>DROP-IN FITNESS CLASSES</b> <b>ESIC ACTIVITY ROOM</b> <b>CHAIR YOGA</b> <b>M - THURS • 12:30-1:25PM</b> <b>DANCE FITNESS</b> <b>M &amp; W • 8:30-9:25AM</b> <b>PIYO</b> <b>THURS • 8:30-9:25AM</b> <b>ESIC GYMNASIUM</b> <b>SILVERSNEAKERS CLASSIC</b> <b>TU &amp; TH • 8:30-9:20AM</b> <b>SESSION FITNESS CLASSES</b> <b>ESIC ACTIVITY ROOM</b> <b>BARRE</b> <b>M or F • 10:30-11:25AM</b> <b>TU or THURS • 7:00-7:55PM</b> <b>MEMB \$45 • NON-MEMB \$61</b>	
STRENGTH TRAINING/ HIIT CARDIO 6:00-6:55pm LIZ DARNELL	<b>GENTLE YOGA</b> 6:00-6:50pm SHERIE O'BRIEN	TOTAL BODY TONING 6:00-6:55pm PATTY WOUFF	BOOT CAMP CONDITIONING 6:00-6:55pm EMILY SMITH		
ZUMBA 7:00-7:55pm JULIE FLEMING	BOOT CAMP CONDITIONING 7:00-7:55pm LACEY LUITJOHAN	ZUMBA 7:00-7:55pm ALICIA GIHRING	<b>BEG. / INTERMED. YOGA</b> 7:00-7:55pm RUTH KUBICEK		
<b>BEG. / INTERMED. YOGA</b> 8:00-8:55pm CATHERINE JACKSON	ZUMBA 8:00-8:55pm LAURA GILOMEN	<b>RESTORATIVE YOGA</b> 8:00-8:55pm SHERI O'BRIEN	ZUMBA 8:00-8:55pm CRISTINA DEMEO		

**ADDITIONAL CLASSES:**  
**DROP-IN FITNESS CLASSES**  
**ESIC ACTIVITY ROOM**  
**CHAIR YOGA**  
**M - THURS • 12:30-1:25PM**  
**DANCE FITNESS**  
**M & W • 8:30-9:25AM**  
**PIYO**  
**THURS • 8:30-9:25AM**  
**ESIC GYMNASIUM**  
**SILVERSNEAKERS CLASSIC**  
**TU & TH • 8:30-9:20AM**  
**SESSION FITNESS CLASSES**  
**ESIC ACTIVITY ROOM**  
**BARRE**  
**M or F • 10:30-11:25AM**  
**TU or THURS • 7:00-7:55PM**  
**MEMB \$45 • NON-MEMB \$61**

# 2017 FALL GROUP FITNESS CLASSES

Esic Center Only\* | 12+ Yrs. \*SilverSneakers At Both Locations

FULL PRIVILEGE MEMBERS: FREE • BASIC MEMBERS: \$2 • NON-MEMBERS: \$5

CLASSES IN TEAL BOXES ARE 5-WEEK SESSIONS & ARE NOT OFFERED IN A "DROP-IN" SETTING.



**EFFECTIVE DECEMBER 4<sup>TH</sup> - DECEMBER 31<sup>ST</sup>**

**CLOSED: NOVEMBER 24<sup>TH</sup> & DECEMBER 25<sup>TH</sup>**

**SESSION CLASSES BEGAN OCTOBER 16<sup>TH</sup>**

## ESIC UPSTAIRS ACTIVITY ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DANCE FITNESS</b> 8:30 - 9:25am MELODY SEVER		<b>DANCE FITNESS</b> 8:30 - 9:25am MELODY SEVER	<b>PIYO</b> 8:30 - 9:25am AMY NESBIT	
<b>BARRE</b> 10:30 - 11:25am MARY TEBBE				<b>BARRE</b> 10:30 - 11:25am MARY TEBBE
<b>CHAIR YOGA</b> 12:30 - 1:25pm JULIE HAMILTON	<b>CHAIR YOGA</b> 12:30 - 1:25pm JULIE HAMILTON	<b>CHAIR YOGA</b> 12:30 - 1:25pm JULIE HAMILTON	<b>CHAIR YOGA</b> 12:30 - 1:25pm JULIE HAMILTON	
	<b>BARRE</b> 7:00 - 7:55pm MARY TEBBE		<b>BARRE</b> 7:00 - 7:55pm MARY TEBBE	

**CLASSES IN THE TEAL BOXES ARE ONLY OFFERED IN A 7-WEEK SESSIONAL FORMAT**

**VINYASA YOGA | MEMBERS \$35 • NON-MEMBERS \$56**

**BARRE | MEMBERS \$45 • NON-MEMBERS \$61**

## ESIC GYMNASIUM

**SILVERSNEAKERS & FULL PRIVILEGE MEMBERS FREE • BASIC MEMBERS \$2 • NON-MEMBER \$5**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>SILVERSNEAKERS CLASSIC</b> 8:30 - 9:25am CASSANDRA MARTIN		<b>SILVERSNEAKERS CLASSIC</b> 8:30 - 9:25am CASSANDRA MARTIN	

# SPINNING FALL SCHEDULE

## Esic Center Only



### SPINNING

**FULL PRIVILEGE MEMBERS: \$5/CLASS • 11 FOR \$50 • UNLIMITED MONTHLY PASS \$55**  
**BASIC MEMBERS: \$7/CLASS • 10 FOR \$70 | NON-MEMBERS: \$9/CLASS • 10 FOR \$90**

### SCULPT N' SPIN

**7-WEEK SESSIONAL CLASS**  
**MEMBERS: \$105 • NON-MEMBERS: \$150**

**PLEASE ARRIVE 15 MIN. EARLY FOR 1<sup>ST</sup> CLASS TO ALLOW FOR PROPER BIKE SETUP**

**ALL SPINNING® CLASSES ARE PRE-PAID**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPINNING 6:00 - 6:45am PATTY	SPINNING 6:00 - 6:45am JODI	SPINNING 6:00 - 6:45am ANN	SPINNING 6:00 - 6:45am JODI	SPINNING 6:00 - 6:45am PATTY	
SCULPT & SPIN 8:00-9:15am		SCULPT & SPIN 8:00-9:15am		SCULPT & SPIN 8:00-9:15am	
SCULPT & SPIN 8:30-9:45am		SCULPT & SPIN 8:30-9:45am		SCULPT & SPIN 8:30-9:45am	SPINNING 8:30 - 9:55am TBA
	SPINNING 9:30 - 10:15am LIZ		SPINNING 9:30 - 10:15am ANN		
				SPINNING 10:00 - 10:45am LIZ	
SPINNING 6:00 - 6:45pm TBA	SPINNING 6:00 - 6:45pm LAUREN	SPINNING 6:00 - 6:45pm TBA	SPINNING 6:00 - 6:45pm MONICA		



### SPINNING® BIKE RENTAL

Looking for a chance to ride outside of the SPINNING® class schedule? Now's your chance! At selected times each day you are able to rent a bike and create your workout utilizing the Spinner BLADE. To rent a SPINNING® bike you have to be a Full Privilege Member and go through a SPINNING® orientation (by appointment only). To set up an orientation or for more details on renting a spinning bike, please call the Esic Fitness Center at 618.656.0436.

**DAILY RENTAL FOR \$7 OR MONTHLY RENTAL FOR \$20.**