

FITNESS & NUTRITION



PERSONAL TRAINING

Reaching your personal fitness goals becomes a reality when you work with one of our personal trainers. You'll gain the knowledge, motivation, and confidence you need to achieve the results that you want. If you would prefer to partner up with a friend, family member, or colleague (of similar abilities) we also offer Partner Training Sessions! To schedule an appointment or find out more information, stop by or call either center.

YOU MUST BE AN EDWARDSVILLE YMCA FULL PRIVILEGE (FITNESS) MEMBER. SESSIONS MADE BY APPOINTMENT.

# of Sessions	Individual	Partners
1	\$35	\$60
5	\$150	\$250

YMCA NUTRITION COUNSELING

Sarah Volling, our registered and licensed dietitian will work with you and/or your family to glean insight into unique eating habits, lifestyle, and goals. The process will allow for the dietitian and the client to work together to create a foundational action plan for improved nutrition and wellness that is practical and sustainable. Set up your initial nutrition counseling appointment now by contacting Sarah at svolling@edwymca.com. For more information on our services, please call 655-1460.

**INITIAL 1 HOUR SESSION: \$50 • INITIAL/FOLLOW UP COMBO: \$75
30 MIN FOLLOW UP PACKAGE: 4 FOR \$110**

THE ULTIMATE TRAINING PACKAGE *NEW*

Exercise and nutrition go hand in hand. Maximize your health experience by learning from both exercise and nutrition professionals. This NEW package allows you time with both a trainer and a registered dietitian, who will work with you to reach your personal goals by creating a manageable plan that you can stick to.

**4 PERSONAL TRAINING SESSIONS • 2 NUTRITION APPOINTMENTS (INITIAL & FOLLOW-UP)
FULL PRIVILEGE MEMBERS \$195**

GROUP TRAINING *NEW*

Want to workout with a trainer and a group of 3 or 4 friends, family or coworkers? We have you covered! Please refer to Group Training Schedule on our website or at either facility.

8 WEEK SESSION • LIMITED AVAILABILITY

TUES 9:00AM • ERIC • MEYER

THURS 8:30AM • JOANNE • MEYER

FULL PRIVILEGE MEMBERS: \$80

BASIC MEMBERS: \$96

NON-MEMBERS: \$120

PRIVATE YOGA SESSIONS *NEW*

Enhance your yoga practice with private sessions that help to allow the body to heal from injury, anxiety and other health issues. Sessions can be private or with a partner and are made by appointment only. To get started email amclean@edwymca.com.

# of Sessions	Individual	Partners
1	\$35	\$60
5	\$150	\$250

SPORTS TEAM TRAINING

The Sports Team Training (STT) program is for middle school, high school & collegiate sports teams. The STT is directed by former collegiate strength & conditioning Coach Bo Pritchard. This program consists of a 1hr 15min, 2-day-a-week, total body plyometric training workout. Offering an elite level training at an affordable cost! For the last 7 years, we have conducted the pre-season training for the EHS ladies basketball & softball team. We can help your team too!

Contact Dawn Cunningham at dcunningham@edwymca.com or 655-1460 for more information!

WHAT TAKES ATHLETES TO THE NEXT LEVEL?

Athletic Strength • Core Strength • Speed • Coordination • Flexibility • Balance
Agility • HIIT Aerobic Conditioning • ACL & Injury Prevention • Foam Rolling

TRAINING & FITNESS



CO-ED WEIGHT TRAINING *NEW* (AGES 12+)

Bring your husband, wife, girlfriend, boyfriend or just yourself for personalized instruction on weight training. Instructors will guide you through a routine that incorporates weight training and body weight bearing exercises that give you a total body workout and improve your confidence using the Fitness Room.

**TUES & THURS 6:00 - 7:00PM • NIEBUR (ESIC) CENTER
MEMBERS \$64 • NON-MEMBERS \$92**

MEN'S WEIGHT TRAINING *NEW*

Using personalized weight training instruction to teach members weight-bearing and muscle strengthening exercises using free weights and machines for a full-body workout. This will help you manage weight, protect against bone loss, strengthen the body, and the fight against diseases.

**TUES & THURS 4:00 - 5:00PM • MEYER
MEMBERS \$64 • NON-MEMBERS \$92**

WOMEN'S WEIGHT TRAINING

Weight training is a necessary component of every woman's exercise program to manage weight, protect against bone loss, strengthen the body, and the fight against diseases. This class uses personalized instruction to teach members weight-bearing and muscle strengthening exercises using free weights and machines for a full-body workout. This program is easily adjustable to accommodate every fitness level regardless of experience, health concerns, or physical limitations.

**MON & WED 9:30 - 10:30AM • NIEBUR (ESIC)
TUES & THURS 5:00 - 6:00PM • NIEBUR (ESIC)
TUES & THURS 9:30 - 10:30AM • MEYER
MEMBERS \$64 • NON-MEMBERS \$92
FRI 9:30 - 10:30AM • NIEBUR (ESIC)
*MUST BE REGISTERED FOR A 2 DAY CLASS
MEMBERS \$32 • NON-MEMBERS \$46**

MAX FIT

Maximize your fitness potential with this intense workout combining strength and cardio. You can expect to see loss of unwanted pounds and inches, improved muscle tone, increased endurance, strength, flexibility, coordination and decreased body fat.

**MON & WED 5:30 - 6:15AM • MEYER
MEMBERS \$80 • NON-MEMBERS \$128**



MAXIMIZE YOUR TRAINING!

This combo of Total Training 360 & Circuit Worx will destroy calories & burn a serious amount of fat both during the workout & for hours after. These dynamic workouts are designed by Head Coach Bo Pritchard.

**SAVE
WHEN YOU
REGISTER FOR
BOTH
CLASSES!**

CIRCUIT WORX *NEW*

This new class will be an interval based training circuit workout set to music focused on movement, agility and plyometric training.

Our Focal Points Are: Coordination, Flexibility, Balance, Agility, Speed, Foam Rolling, ACL and Injury Prevention.
**MON & WED 5:30 - 6:45PM • MEYER
FALL 1 (7 WKS): MEM \$91 • NON-MEM \$140
FALL 2 (10 WKS): MEM \$130 • NON-MEM \$200**

TOTAL TRAINING 360 *NEW*

This dynamic resistance training workout will train all muscle groups for an effective total body workout.

This class will focus on areas such as: strength, balance, training different energy systems and foam rolling.

**TUES & THURS 5:30 - 6:45PM • MEYER
FALL 1 (7 WKS): MEM \$91 • NON-MEM \$140
FALL 2 (10 WKS): MEM \$130 • NON-MEM \$200**

YOGA CLASSES

BEGINNER TO INTERMEDIATE YOGA

These classes are open to all who wish to learn Yoga basics and refine their practice. Classes are open to all levels, beginner to advanced. We will practice Yoga breath (pranayama), dynamic postures (asanas), and the flow of breath (vinyasa). Through the practice of integrating breath and refining postures, participants will increase flexibility, strength and balance and feel relaxed and restored.

MON 11:30AM - 12:25PM • NIEBUR (ESIC)

MON 8:00 - 8:55PM • NIEBUR (ESIC)

TUES 8:30 - 9:25AM • NIEBUR (ESIC)

TUES 10:30 - 11:25AM • NIEBUR (ESIC)

THURS 8:30 - 9:25AM • NIEBUR (ESIC)

THURS 10:30 - 11:25AM • NIEBUR (ESIC)

THURS 7:00 - 7:55PM • NIEBUR (ESIC)

FRI 11:30AM - 12:25PM • NIEBUR (ESIC)

MEMBERS \$40 • NON-MEMBERS \$72

GENTLE YOGA

This class explores asana (poses) including standing, seated, twists, back bends and the fundamentals of sun salutations. Poses and sequences are practiced with alignment in mind, offering practitioners the opportunity to gain confidence, strength, and flexibility. The finer details of basic postures are emphasized with variations so that students gain comfort and learn appropriate modifications for their personal practice. The unhurried pace and simple poses make this class great for beginners while the detailed alignment instructions and spiritual context keep it interesting and valuable for all levels of yoga students. Expect a well-rounded class that includes poses, breathing, meditation and philosophy.

TUES 7:00 - 7:55PM • NIEBUR (ESIC)
SAT 10:00 - 10:55AM • NIEBUR (ESIC)
MEMBERS \$40 • NON-MEMBERS \$72

CHAIR YOGA

A traditional yoga practice for people who cannot get on the floor, those recovering from injuries and those of all ages. There is breath work, stretching and balance work.

TUES & THURS 12:30 - 1:25PM • NIEBUR (ESIC)
FULL PRIVILEGE MEMBERS: FREE
BASIC MEMBERS: \$2 • NON-MEMBERS: \$5

YOGA ON THE LAWN *NEW*

Surround yourself with nature and immerse yourself into a grounded yoga practice. The class will link movement and breath to attain balance in the mind and body. All levels welcome. Class will take place on the Neibur Center lawn located next to the back parking lot. Please bring a yoga mat and water.

FALL 1 ONLY (7 WEEKS)
WED 9:45 - 10:45AM • NIEBUR (ESIC)
MEMBERS \$35 • NON-MEMBERS \$63

BARRE

Beyond a basic barre workout: this class encourages you to challenge yourself with weights, planks, pushups, thigh, glute and hamstring work sometimes using a barre for balance. A short, intense targeted core work at the end of the class will strengthen your abs and back muscles. This class is a combination of strength training, barre, yoga and pilates. It is equally challenging and effective for all ages!

ACTIVITY ROOM

MON 10:30 - 11:25AM • NIEBUR (ESIC)

TUES 7:00 - 7:55PM • NIEBUR (ESIC)

THURS 7:00 - 7:55PM • NIEBUR (ESIC)

FRI 10:30 - 11:25AM • NIEBUR (ESIC)

MEMBERS \$52 • NON-MEMBERS \$80

RESTORATIVE YOGA

Yoga practice for whole body deep healing for growth and repair. Restorative Yoga is wonderfully helpful when you are physically, emotionally, and tired by using props to hold postures to completely relax the body. Suitable for all levels.

WED 8:00 - 8:55PM • NIEBUR (ESIC)
MEMBERS \$40 • NON-MEMBERS \$72
SINGLE NIGHT CLASSES 6:30 - 7:45PM
SEPT. 21ST • OCT. 19TH • NOV. 16TH
MEMBERS \$10 • NON-MEMBERS \$20

BUTI YOGA

Buti Yoga workouts transform your BODY & SOUL with cardio-intensive burst of tribal dance, plyometrics & conditioning woven into a dynamic yoga practice.

THURS 9:30 - 10:25AM • NIEBUR (ESIC)
MEMBERS \$40 • NON-MEMBERS \$72

**SEE PAGE 38 FOR PRIVATE
YOGA SESSIONS!**

MEYER GROUP FITNESS

HOLIDAY YOGA *NEW*

Ate too much at last night's pre-holiday party? Over-indulged on the big day? Family stressing you out big time? Don't let the stress of holiday preparations bog you down. From healthy recipes to meditation practice and stress-melting asana sequences. We have you covered for a calmer holiday season. Destress, breath and re-energize for the holiday season. Each class will provide a relaxing yoga sequence and tips to make your holidays less stressful.

WED 9:45 - 10:45AM • FALL 2 ONLY • NIEBUR (ESIC) CENTER ACTIVITY ROOM
MEMBERS \$40 • NON-MEMBERS \$72

MEYER CENTER DROP-IN & SESSION CLASS SCHEDULE

EFFECTIVE SEPTEMBER 4TH - DECEMBER 31ST (AGES 12+)

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

CLASSES in blue box are a 7/8-week session & NOT offered in a "drop-in" setting.

M O N	WALK-15 AEROBICS 7:30 - 8:25am Upstairs Bonus Room	SILVERSNEAKERS CLASSIC 8:30 - 9:20am Gym		YOGA FLOW 11:00 - 11:50am Upstairs Viewing Room
W E D	WALK-15 AEROBICS 7:30 - 8:25am Upstairs Bonus Room	SILVERSNEAKERS CLASSIC 8:30 - 9:20am Gym	EXPRESS CARDIO BARRE 9:35 - 10:10am Upstairs Bonus Room	
F R I		SILVERSNEAKERS CLASSIC 8:30 - 9:20am Gym	PIYO 9:30 - 10:25am Upstairs Bonus Room	

PIYO

A unique class designed to build strength and increase flexibility using pilates and yoga poses. A class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.

EXPRESS CARDIO BARRE *NEW*

A barre based cardio class. Cardio intervals are used to raise the heart rate and barre moves provide an active recovery. The focus is more on fat burning, less on muscle building.

MON 9:35 - 10:10AM • MEYER
MEMBERS \$24 • NON-MEMBERS \$48

SILVERSNEAKERS CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and functionality for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

CLASSES HELD IN THE BASKETBALL GYMS

MON, WED & FRI 8:30 - 9:20AM • MEYER • TUES & THURS 8:30 - 9:20AM • NIEBUR (ESIC)

WALK-15 AEROBICS

Join us for a multi-muscle 3 mile "walk" which will promote a fun atmosphere, wellness and weight loss. See page 42 for full description.

YOGA FLOW *NEW ROOM*

A flowing, dynamic yoga practice that cultivate presence by connecting movement with breath. This class will feature several elements of traditional Ashtanga yoga including sun salutations, standing poses, preparation for arm balances, dynamic stretching, pranayama (breath-work) & meditation. You will build strength, and balance, while reducing stress and increasing vitality. Class is open for all levels, beginners to advanced.

MON 11:00 - 11:50AM • MEYER
NEW UPSTAIRS VIEWING AREA
MEMBERS \$40 • NON-MEMBERS \$72

NIEBUR DROP-IN GROUP FITNESS

AEROBICS 101

A lower intensity cardiovascular class that emphasizes basic movements, strengthening, and stretching. Senior adults, pregnant or postnatal women, and beginners will find this class to be a great choice.

AWESOME ABS

Drop in and work on those washboard abs! This class will also combine lower body sculpting and stretching exercises—short, sweet, and gets the job done!

BAREFOOT FUSION *NEW*

A feel-good mix of flowing toning exercises, Pilates and Yoga-inspired stretches. Burn fat and tone muscles with a relaxed mind.

BOOT CAMP CONDITIONING

Come join us for a workout designed to challenge and improve your strength, muscular and cardio endurance, flexibility, and body composition. This workout will help to increase your endurance with athletic movements and basic calisthenics.

Note: This class will utilize outdoor areas when weather permits.

CARDIO BLAST AM

Start your day with a class combining aerobics, step, and weights to maximize and mix up your work out!

CARDIO KICKBOXING

NEW Combining martial arts techniques with fast-paced cardio for a high-energy workout will challenge all fitness levels. Build stamina, improve coordination and flexibility, and burn calories while building lean muscle with this fun and challenging workout.

CORE & MORE

Abs, thighs and hips. What more could you want? Tighten up those trouble spots in this 30 minute toning workout.

DANCE FITNESS

Have fun while you stretch, move and groove to your favorites from the 50s, 60s and 70s to the hits of today. Dance your way to stamina, strength, flexibility and fun!

LUNCH TIME EXPRESS

Full body toning class on your lunch time. Get away from work and get your workout in during the day!

STRENGTH TRAINING/ HIIT CARDIO

This workout will take your fitness to a new level with the combination of Strength Training and High Intensity Interval Training.

TABATA

These bootcamp workouts are short in duration and designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over.

TAI CHI

Find poetry in motion. A Chinese martial art created to keep your body's energy flowing smoothly and to teach instinctive reactions that would keep you one step ahead in combat. Movements are designed to encourage a smooth flow of chi throughout the body, along with good breathing techniques and concentration.

TOTAL BODY TONING

Strengthen, tone, and stretch your arms, shoulders, abs, back, glutes and legs! A total body sculpting experience.

TURBO KICK

A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout!

WALK-15 AEROBICS

The "Studio" version of Leslie Sansone's Walk At Home DVD. This is a low impact aerobics class based on 4 basic moves. Join us for a multi-muscle 3 mile "walk" which will promote a fun atmosphere, wellness and weight loss.

ZUMBA

Move fast and have fun while learning how to Salsa, Samba and Meringue. You will be having so much fun in this Latin inspired fitness class.

ZUMBA COMBO

A combination of regular high impact Zumba with Zumba Step and Zumba toning allows a more complete and all-body workout. In the notes of latin and pop music, Zumba step will strengthen legs and glutes, while Zumba toning will shape your upper body. Abs work at the end will culminate this fitness experience. A lot of fun, dance and sweat! All fitness levels welcome.

ZUMBA TONING

Love Zumba and need to add some toning to complete your work out? Come to this 30 minute class to complete your workout.

SEE PAGE 41 FOR SILVER SNEAKERS CLASSIC!

NIEBUR GROUP FITNESS SCHEDULE

EFFECTIVE AUG. 27TH - DEC. 31ST • CLOSED SEPT. 3RD, NOV. 22ND & DEC. 25TH

SESSION CLASSES BEGIN AUGUST 27TH & OCTOBER 15TH

FULL PRIVILEGE MEMBERS: FREE • BASIC MEMBERS: \$2 • NON-MEMBERS: \$5
 PUNCH CARD: MEMBERS: \$20 FOR 11 CLASSES • NON-MEMBERS: \$50 FOR 10 CLASSES
 YOGA CLASSES in blue boxes are 7/8 week sessions & are NOT offered in a "drop-in" setting.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOOT CAMP CONDITIONING 5:15 - 5:40am				BOOT CAMP CONDITIONING 5:15 - 5:40am	NEW SATURDAY TIMES!
CARDIO BLAST AM 5:45 - 6:45am	BOOT CAMP CONDITIONING 5:30 - 6:00am	CARDIO BLAST AM 5:45 - 6:45am	BOOT CAMP CONDITIONING 5:30 - 6:00am	CARDIO BLAST AM 5:45 - 6:45am	
TAI CHI 7:30 - 8:25am	WALK-15 AEROBICS 7:30 - 8:15am	TAI CHI 7:30 - 8:25am	WALK-15 AEROBICS 7:30 - 8:15am	TAI CHI 7:30 - 8:25am	CARDIO BLAST AM 7:15 - 7:55am
AEROBICS 101 8:30 - 9:25am	BEG. / INTERMED. YOGA 8:30 - 9:25am	AEROBICS 101 8:30 - 9:25am	BEG. / INTERMED. YOGA 8:30 - 9:25am	AEROBICS 101 8:30 - 9:25am	BOOT CAMP CONDITIONING 8:00 - 8:55am
TURBO KICK 9:30 - 10:25am	BOOT CAMP CONDITIONING 9:30 - 10:25am	TOTAL BODY TONING 9:30 - 10:25am	CARDIO KICKBOXING 9:30 - 10:25am	BOOT CAMP CONDITIONING 9:30 - 10:25am	BOOT CAMP CONDITIONING 9:00 - 9:55am
ZUMBA 10:30 - 11:25am	BEG. / INTERMED. YOGA 10:30 - 11:25am	ZUMBA 10:30 - 11:25am	BEG. / INTERMED. YOGA 10:30 - 11:25am	ZUMBA 10:30 - 11:25am	GENTLE YOGA 10:00 - 10:55am
BEG./INTERMED. YOGA 11:30am-12:25pm	LUNCHTIME EXPRESS 12:10 - 12:50pm	ZUMBA TONING 11:30 - 12:00pm	LUNCHTIME EXPRESS 12:10 - 12:50pm	BEG./INTERMED. YOGA 11:30am-12:25pm	ZUMBA 11:00 - 11:55am
AWESOME ABS 4:30 - 4:55pm		TABATA 5:00 - 5:25pm			
TOTAL BODY TONING 5:00 - 5:55pm	CORE & MORE 5:30 - 5:55pm	AWESOME ABS 5:30 - 5:55pm	AWESOME ABS 5:30 - 5:55pm	ADDITIONAL CLASSES: DROP-IN UPSTAIRS ACTIVITY ROOM BAREFOOT FUSION *NEW* TU • 5:00 - 5:55PM CHAIR YOGA TU & TH • 12:30 - 1:25PM	
STRENGTH TRAINING/ HIIT CARDIO 6:00 - 6:55pm	GENTLE YOGA 6:00 - 6:55pm	STRENGTH TRAINING/ HIIT CARDIO 6:00 - 6:55pm	BOOT CAMP CONDITIONING 6:00 - 6:55pm	DANCE FITNESS M & W • 8:30 - 9:25AM GYMNASIUM SILVERSNEAKERS CLASSIC TU & TH • 8:30 - 9:20AM	
ZUMBA 7:00 - 7:55pm	BOOT CAMP CONDITIONING 7:00 - 7:55pm	ZUMBA 7:00 - 7:55pm	BEG. / INTERMED. YOGA 7:00 - 7:55pm	SESSION FITNESS CLASSES UPSTAIRS ACTIVITY ROOM	
BEG. / INTERMED. YOGA 8:00 - 8:55PM		RESTORATIVE YOGA 8:00 - 8:55PM	ZUMBA COMBO 8:00 - 8:55pm		

TURKEY BURN

FRIDAY, NOVEMBER 23RD • 8:30 - 10:00AM

Your favorite instructors teach a portion of their class!
 DONATIONS FOR GLEN ED PANTRY

CHRISTMAS EVE EXTRAVAGANZA

MONDAY, DECEMBER 24TH • 8:30 - 10:00AM

Combo of Turbo Kick, Boot Camp & Yoga with Amy.
 MEMBERS \$5 • NON-MEMBERS \$10

BARRE

M or F • 10:30 - 11:25AM
 TU or TH • 7:00 - 7:55PM
 MEM \$55 • NON-MEM \$80

BUTI YOGA

TH • 9:30 - 10:25AM
 MEM \$40 • NON-MEM \$72



OCTOBER 20TH

Race Starts at 8:30am

Registration Prices	5K/2-Mile Individual	Family of 4
Early Bird (by Oct. 3 RD)	\$25	\$65
Oct. 4 TH - 19 TH	\$30	\$70

Additional \$10 fee for Day-of Reg

**SIGN UP TODAY!
FUN FOR THE WHOLE FAMILY!**



HO HO HOLD YOUR WEIGHT!

Don't let the holiday weight sneak up on you! We have a great plan to keep the weight off during the holidays! This plan will help you say "NO" to those holiday cravings & challenge you to maintain your weight within 2lbs. for 7 weeks.

RECEIVE:

- Punch Card for 4 FREE Spin Classes
- Weekly Emails: Include An Exercise Challenge & A Healthy Recipe
- \$20 YMCA Voucher if you maintain your weight within 2lbs.
- If you gain more than 2lbs. your \$20 fee will go towards our 2019 Annual Campaign program that helps families in need.

DATES: RUNS NOVEMBER 1ST - DECEMBER 21ST

- Nov. 1ST or 2ND • 5:00am - 10:00pm: First Weigh-In at either Fitness Center
- 2 Weigh-In's To Help Keep You Accountable During The 7 Weeks (Optional)
- Dec. 21ST: Final Weigh-in at either Fitness Center

FULL PRIVILEGE/FITNESS CENTER MEMBERS ONLY \$20

BUILDING HEALTHY EATERS *NEW* - 3 SESSION SERIES!

Did you know that building good nutrition habits that last a lifetime begin when you first introduce solids to your baby? Learn strategies to prevent or reduce picky eating, build well-balanced diets and preserve the intuitive nutrition skills our child is born with to ensure a lifetime of healthy habits. Classes will provide concepts, meal ideas, feeding expectations by age, trouble shooting for current nutrition problems & Ellyn Satter's division of responsibility in feeding. Designed for parents of kids of all ages.
SEPT. 19TH • OCT. 24TH • NOV. 28TH • 9:30 - 10:15AM • MEYER • MEMBERS \$6 • NON-MEMBERS \$10

KIDS IN THE KITCHEN IS BACK! (K - 5TH)

Nutrition habits are formed during youth. Let your kids get some healthy snack ideas while they are out of school on break for a hands on workshop that will explore what foods to put together to make a nutritious snack while learning useful food preparation skills for life.

TUESDAY, NOVEMBER 20TH • K-2ND 2:00 - 2:45PM • 3RD - 5TH 3:00 - 3:45PM • MEYER MEMBERS \$6 • NON-MEMBERS \$10

UPCOMING ANDERSON HOSPITAL SCREENINGS

CHOLESTEROL SCREENING • AUGUST 30TH • APPOINTMENT REQUIRED

BLOOD PRESSURE SCREENING • OCTOBER 8TH • TIMES TBD

PLEASE CHECK THE SERVICE DESK OR WEBSITE FOR MORE INFORMATION!

SPINNING

Sometimes referred to as the "The Ultimate Ride," SPINNING® is an indoor group cycling program that is held in an instructor led format where participants ride on a fully adjustable stationary bicycle. The bikes offer a customized fit, sleek racing bike geometry, fixed gear drive and true cycling components to deliver one of the smoothest, most comprehensive workouts available! Offering the full experience with motivational music and instruction to offer you a new workout journey! If you must cancel, please give at least 24 hour notice.

ALL SPINNING® CLASSES ARE PRE-PAID.

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 (SESSION CLASS)

Energized...that is how you will feel after taking this exciting combo class! To truly meet your fitness goals, you have to implement weight training & cardio. Get your cardio with a 30 minute spin & spend 45 minutes with our motivational instructors for strength training focusing on the whole body, using weight machines, free weights and body weight exercises.

MON, WED & FRI 8:00 - 9:15AM • NIEBUR (ESIC) CENTER

MON, WED & FRI 8:30 - 9:45AM • NIEBUR (ESIC) CENTER

MEMBERS \$86 • NON-MEMBERS \$138

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPINNING 6:00 - 6:45am	SPINNING 6:00 - 6:45am	SPINNING 6:00 - 6:45am	SPINNING 6:00 - 6:45am	SPINNING 6:00 - 6:45am	
SCULPT N' SPIN Spin 8:00 - 8:30am Sculpt 8:30 - 9:15am		SCULPT N' SPIN Spin 8:00 - 8:30am Sculpt 8:30 - 9:15am		SCULPT N' SPIN Spin 8:00 - 8:30am Sculpt 8:30 - 9:15am	SPINNING 8:30 - 9:15am
SCULPT N' SPIN Spin 8:30 - 9:00am Sculpt 9:00 - 9:45am		SCULPT N' SPIN Spin 8:30 - 9:00am Sculpt 9:00 - 9:45am		SCULPT N' SPIN Spin 8:30 - 9:00am Sculpt 9:00 - 9:45am	
	SPINNING 9:30 - 10:15am		SPINNING 9:30 - 10:15am	SPINNING 10:00 - 10:45am	
SPINNING 6:00 - 6:45pm	SPINNING 6:00 - 6:45pm	SPINNING 6:00 - 6:45pm	SPINNING 6:00 - 6:45pm		

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 Niebur (Esic) Fitness Center at 618.656.0436.

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