

# 2018 FALL GROUP FITNESS CLASSES

Niebur (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 AUGUST 20<sup>TH</sup> - DECEMBER 31<sup>ST</sup>**

SESSION CLASSES BEGIN FALL 1 (7 WEEKS) AUGUST 27<sup>TH</sup> & FALL 2 (8 WEEKS) OCTOBER 15<sup>TH</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOOT CAMP CONDITIONING 5:15-5:40am NICOLE SCHAPMAN				BOOT CAMP CONDITIONING 5:15-5:40am NICOLE SCHAPMAN	<b>NEW SATURDAY TIMES!</b>
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 7:15-7:55am CINDY ZURLIENE
AEROBICS 101 8:30-9:25am KIM KNECHT	<b>BEG. / INTERMED. YOGA 8:30-9:25am RUTH KUBICEK</b>	AEROBICS 101 8:30-9:25am AMY NESBIT	<b>BEG. / INTERMED. YOGA 8:30-9:25am RUTH KUBICEK</b>	AEROBICS 101 8:30-9:25am KIM KNECHT	BOOT CAMP CONDITIONING 8:00-8:55am LAILA GAGNON OR LACEY LUITJOHAN
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	CARDIO KICKBOXING 9:30-10:25am KIM KNECHT	BOOT CAMP CONDITIONING 9:30-10:25am NICOLE SCHAPMAN	BOOT CAMP CONDITIONING 9:00-9:55am LAILA GAGNON OR LACEY LUITJOHAN
ZUMBA 10:30-11:25am LAURA GILOMEN	<b>BEG. / INTERMED. YOGA 10:30-11:25am CATHERINE JACKSON</b>	ZUMBA 10:30-11:25am LAURA GILOMEN	<b>BEG. / INTERMED. YOGA 10:30-11:25am CATHERINE JACKSON</b>	ZUMBA 10:30-11:25am LAURA GILOMEN	<b>GENTLE YOGA 10:00-10:55am RUTH KUBICEK</b>
<b>BEG. / INTERMED. YOGA 11:30am-12:25pm STACEY STUFFLEBEAM</b>	LUNCHTIME EXPRESS 12:10-12:50pm LARA COLLMANN	ZUMBA TONING 11:30am-12:00pm LAURA GILOMEN	LUNCHTIME EXPRESS 12:10-12:50pm LARA COLLMANN	<b>BEG. / INTERMED. YOGA 11:30am-12:25pm STACEY STUFFLEBEAM</b>	ZUMBA 11:00-11:55am ALICIA GIHRING
AWESOME ABS 4:30-4:55pm LARA COLLMANN		TABATA 5:00-5:25pm LARA COLLMANN		<b>ADDITIONAL CLASSES: DROP-IN FITNESS CLASSES NIEBUR (ESIC) ACTIVITY ROOM</b> <b>BAREFOOT FUSION *NEW*</b> <b>TU • 5:00 - 5:55PM</b> <b>CHAIR YOGA</b> <b>TU &amp; TH • 12:30-1:25PM</b> <b>DANCE FITNESS</b> <b>M &amp; W • 8:30-9:25AM</b> <b>NIEBUR (ESIC) GYMNASIUM</b> <b>SILVERSNEAKERS CLASSIC</b> <b>TU &amp; TH • 8:30-9:20AM</b> <b>SESSION FITNESS CLASSES</b> <b>NIEBUR (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 \$55 • NON-MEMB \$80</b> <b>BUTI YOGA</b> <b>TH • 9:30-10:25AM</b> <b>MEMB \$40 • NON-MEMB \$72</b>	
TOTAL BODY TONING 5:00-5:55pm LARA COLLMANN	CORE & MORE 5:30-5:55pm LIZ DARNELL	AWESOME ABS 5:30-5:55pm LARA COLLMANN	AWESOME ABS 5:30-5:55pm EMILY SMITH		
STRENGTH TRAINING/ HIIT CARDIO 6:00-6:55pm KIMBERLY PUTNAM	<b>GENTLE YOGA 6:00-6:55pm SHERIE O'BRIEN</b>	STRENGTH TRAINING/ HIIT CARDIO 6:00-6:55pm LIZ DARNELL	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 7:00-7:55pm STACEY STUFFLEBEAM</b>		
<b>BEG. / INTERMED. YOGA 8:00-8:55pm CATHERINE JACKSON</b>		<b>RESTORATIVE YOGA 8:00-8:55pm SHERI O'BRIEN</b>	ZUMBA COMBO 8:00 - 8:55PM CRISTINA DE MEO		

# 2018 FALL GROUP FITNESS CLASSES

Niebur (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 AUGUST 20<sup>TH</sup> - DECEMBER 31<sup>ST</sup>**

SESSION CLASSES BEGIN FALL 1 (7 WEEKS) AUGUST 27<sup>TH</sup> & FALL 2 (8 WEEKS) OCTOBER 15<sup>TH</sup>

## NIEBUR (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>BUTI YOGA</b> 9:30 - 10:25am 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>BAREFOOT FUSION</b> 5:00 - 5:55PM KATE ZABOTKA			
	<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 (Fall 1) & 8-Week (Fall 2) Sessional Format

**BUTI YOGA | MEMBERS \$40 • NON-MEMBERS \$72**

**BARRE | MEMBERS \$55 • NON-MEMBERS \$80**

## NIEBUR (ESIC) & MEYER GYMNASIUM

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SILVERSNEAKERS CLASSIC</b> 8:00 - 8:55am MARY TEBBE <b>MEYER GYMNASIUM</b>	<b>SILVERSNEAKERS CLASSIC</b> 8:30 - 9:25am KIM KNECHT	<b>SILVERSNEAKERS CLASSIC</b> 8:00 - 8:55am MARY TEBBE <b>MEYER GYMNASIUM</b>	<b>SILVERSNEAKERS CLASSIC</b> 8:30 - 9:25am KIM KNECHT	<b>SILVERSNEAKERS CLASSIC</b> 8:00 - 8:55am MARY TEBBE <b>MEYER GYMNASIUM</b>

# SPINNING FALL SCHEDULE

## Niebur (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

**FALL 1 (7 WEEKS) SESSIONAL CLASS: MEMBERS: \$100 • NON-MEMBERS: \$145**  
**FALL 2 (8 WEEKS) SESSIONAL CLASS: MEMBERS \$120 • NON-MEMBERS: \$165**

**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 LAUREN	SPINNING 6:00 - 6:45am PATTY	
SCULPT & SPIN 8:00 - 9:15am 8:00-8:30am:Spin 8:30-9:15am:Sculpt		SCULPT & SPIN 8:00 - 9:15am 8:00-8:30am:Spin 8:30-9:15am:Sculpt		SCULPT & SPIN 8:00 - 9:15am 8:00-8:30am:Spin 8:30-9:15am:Sculpt	
SCULPT & SPIN 8:30 - 9:45am 8:30-9:15am:Sculpt 9:15-9:45am:Spin		SCULPT & SPIN 8:30 - 9:45am 8:30-9:15am:Sculpt 9:15-9:45am:Spin		SCULPT & SPIN 8:30 - 9:45am 8:30-9:15am:Sculpt 9:15-9:45am:Spin	SPINNING 8:30 - 9:55am TBA
	SPINNING 9:30 - 10:15am KIM		SPINNING 9:30 - 10:15am ANN		
				SPINNING 10:00 - 10:45am ANN	
SPINNING 6:00 - 6:45pm ANN	SPINNING 6:00 - 6:45pm LIZZY	SPINNING 6:00 - 6:45pm ANN	SPINNING 6:00 - 6:45pm LEAH		



### 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.**

**Updated 8/6/18**

# 2018 FALL GROUP FITNESS CLASSES

Meyer Center Only | 12+ Yrs.

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



**DROP-IN EFFECTIVE SEPTEMBER 17<sup>TH</sup> – DECEMBER 31<sup>ST</sup>**  
 SESSION CLASSES BEGIN FALL 1 (7 WEEKS) AUGUST 27<sup>TH</sup> & FALL 2 (8 WEEKS) OCTOBER 15<sup>TH</sup>

## MEYER UPSTAIRS BONUS ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAX FIT</b> 5:30 – 6:15am LAILA GAGNON		<b>MAX FIT</b> 5:30 – 6:15am LAILA GAGNON		
<b>WALK-15 AEROBICS</b> 7:30 – 8:25AM KIM BONACORSI		<b>WALK-15 AEROBICS</b> 7:30 – 8:25AM KIM BONACORSI		
<b>SILVERSNEAKERS CLASSIC</b> 8:30 – 9:20am MARY TEBBE MEYER GYMNASIUM		<b>SILVERSNEAKERS CLASSIC</b> 8:30 – 9:20am MARY TEBBE MEYER GYMNASIUM		<b>SILVERSNEAKERS CLASSIC</b> 8:30 – 9:20am MARY TEBBE MEYER GYMNASIUM
	<b>WOMEN'S WEIGHT TRAINING</b> 9:30 – 10:30am JO EARNHART FITNESS CENTER	<b>EXPRESS CARDIO BARRE</b> 9:35 – 10:10AM MARY TEBBE	<b>WOMEN'S WEIGHT TRAINING</b> 9:30 – 10:30am JO EARNHART FITNESS CENTER	<b>PIYO</b> 9:30 – 10:25AM LEANNE HOFFMAN
<b>YOGA FLOW</b> 11:00 – 11:50am CATHERINE JACKSON UPSTAIRS VIEWING AREA BY GYMNASTICS				

Classes In Blue Box Is Only Offered In A Sessional Format (Registration Required)

**Max Fit | Members \$80 • Non-Members \$128 (2 Day Class)**

**Express Barre Cardio | Members \$24 • Non-Members \$48**

**Yoga Flow | Members \$40 • Non-Members \$72**

**Women's Weight Training | Members \$55 • Non-Members \$80 (2 Day Class)**