

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 OCTOBER 26TH - DECEMBER 31ST
FALL 2 (8 WEEKS) SESSION CLASSES BEGIN OCTOBER 15TH

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|---|--|
| BOOT CAMP CONDITIONING 5:15-5:40am NICOLE SCHAPMAN | 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 | BOOT CAMP CONDITIONING 5:15-5:40am NICOLE SCHAPMAN | NO CARDIO BLAST CLASSES AVAILABLE CURRENTLY |
| 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 | |
| AEROBICS 101 8:30-9:25am KIM KNECHT | BEG. / INTERMED. YOGA 8:30-9:25am RUTH KUBICEK | AEROBICS 101 8:30-9:25am AMY NESBIT | BEG. / INTERMED. YOGA 8:30-9:25am RUTH KUBICEK | 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 | BEG. / INTERMED. YOGA 10:30-11:25am CATHERINE JACKSON | ZUMBA 10:30-11:25am LAURA GILOMEN | BEG. / INTERMED. YOGA 10:30-11:25am CATHERINE JACKSON | ZUMBA 10:30-11:25am LAURA GILOMEN | GENTLE YOGA 10:00-10:55am RUTH KUBICEK |
| BEG. / INTERMED. YOGA 11:30am-12:25pm STACEY STUFFLEBEAM | LUNCHTIME EXPRESS 12:10-12:50pm LARA COLLMANN | ZUMBA TONING 11:30am-12:00pm LAURA GILOMEN | LUNCHTIME EXPRESS 12:10-12:50pm LARA COLLMANN | BEG. / INTERMED. YOGA 11:30am-12:25pm STACEY STUFFLEBEAM | ZUMBA 11:00-11:55am ALICIA GIHRING |
| AWESOME ABS 4:30-4:55pm LARA COLLMANN | | TABATA 5:00-5:25pm LARA COLLMANN | | ADDITIONAL CLASSES: DROP-IN FITNESS CLASSES NIEBUR (ESIC) ACTIVITY ROOM BAREFOOT FUSION *NEW* TU • 5:00 - 5:55PM CHAIR YOGA TU & TH • 12:30-1:25PM DANCE FITNESS M & W • 8:30-9:25AM NIEBUR (ESIC) GYMNASIUM SILVERSNEAKERS CLASSIC TU & TH • 8:30-9:20AM SESSION FITNESS CLASSES NIEBUR (ESIC) ACTIVITY ROOM BARRE M or F • 10:30-11:25AM TU or THURS • 7:00-7:55PM MEMB \$55 • NON-MEMB \$80 BUTI YOGA TH • 9:30-10:25AM MEMB \$40 • NON-MEMB \$72 | |
| TOTAL BODY TONING 5:00-5:55pm LARA COLLMANN | CORE & MORE 5:30-5:55pm BETH ALLEN | AWESOME ABS 5:30-5:55pm LARA COLLMANN | AWESOME ABS 5:30-5:55pm EMILY SMITH | | |
| STRENGTH TRAINING/ HIIT CARDIO 6:00-6:55pm LIZ DARNELL | GENTLE YOGA 6:00-6:55pm SHERIE O'BRIEN | STRENGTH TRAINING/ HIIT CARDIO 6:00-6:55pm KIMBERLY PUTNAM | 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 | BEG. / INTERMED. YOGA 7:00-7:55pm STACEY STUFFLEBEAM | | |
| BEG. / INTERMED. YOGA 8:00-8:55pm CATHERINE JACKSON | | RESTORATIVE YOGA 8:00-8:55pm SHERI O'BRIEN | 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 OCTOBER 26TH – DECEMBER 31ST

FALL 2 (8 WEEKS) SESSION CLASSES BEGIN OCTOBER 15TH

NIEBUR (ESIC) UPSTAIRS ACTIVITY ROOM

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| DANCE FITNESS 8:30 - 9:25am MELODY SEVER | | DANCE FITNESS 8:30 - 9:25am MELODY SEVER | BUTI YOGA 9:30 - 10:25am AMY NESBIT | |
| BARRE 10:30 - 11:25am MARY TEBBE | | | | BARRE 10:30 - 11:25am MARY TEBBE |
| | CHAIR YOGA 12:30 - 1:25pm JULIE HAMILTON | | CHAIR YOGA 12:30 - 1:25pm JULIE HAMILTON | |
| | BARRE 7:00 - 7:55pm MARY TEBBE | | BARRE 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 |
|--|--|--|--|--|
| SILVERSNEAKERS CLASSIC 8:30 - 9:25am MARY TEBBE MEYER GYMNASIUM | SILVERSNEAKERS CLASSIC 8:30 - 9:25am KIM KNECHT | SILVERSNEAKERS CLASSIC 8:30 - 9:25am MARY TEBBE MEYER GYMNASIUM | SILVERSNEAKERS CLASSIC 8:30 - 9:25am KIM KNECHT | SILVERSNEAKERS CLASSIC 8:30 - 9:25am MARY TEBBE MEYER GYMNASIUM |

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 1ST 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 LEAH/LIZZY | 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 10/12/18

2018 FALL GROUP FITNESS CLASSES

Meyer Center Only | 12+ Yrs.

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



EFFECTIVE OCTOBER 26TH – DECEMBER 31ST

FALL 2 (8 WEEKS) SESSION CLASSES BEGIN OCTOBER 15TH

MEYER UPSTAIRS BONUS ROOM

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| MAX FIT 5:30 - 6:15am LAILA GAGNON | | MAX FIT 5:30 - 6:15am LAILA GAGNON | | |
| WALK-15 AEROBICS 7:30 - 8:25AM KIM BONACORSI MEYER GYMNASIUM | | WALK-15 AEROBICS 7:30 - 8:25AM KIM BONACORSI MEYER GYMNASIUM | | |
| SILVERSNEAKERS CLASSIC 8:30 - 9:20am MARY TEBBE MEYER GYMNASIUM | | SILVERSNEAKERS CLASSIC 8:30 - 9:20am MARY TEBBE MEYER GYMNASIUM | | SILVERSNEAKERS CLASSIC 8:30 - 9:20am MARY TEBBE MEYER GYMNASIUM |
| TOTAL BODY TONING 9:30 - 10:25AM MARY TEBBE | WOMEN'S WEIGHT TRAINING 9:30 - 10:30am JO EARNHART FITNESS CENTER | EXPRESS CARDIO BARRE 9:35 - 10:10AM MARY TEBBE | WOMEN'S WEIGHT TRAINING 9:30 - 10:30am JO EARNHART FITNESS CENTER | PIYO 9:30 - 10:25AM LEANNE HOFFMAN |
| YOGA FLOW 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)