

2018 SUMMER 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 JULY 11TH - AUGUST 12TH

SESSION CLASSES BEGAN JULY 9TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOOT CAMP CONDITIONING 5:15-5:40am NICOLE SCHAPMAN				BOOT CAMP CONDITIONING 5:15-5:40am NICOLE SCHAPMAN	NEW SATURDAY TIMES!
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	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 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 \$25 • NON-MEMB \$45 BUTI YOGA TH • 9:00-9:55AM MEMB \$25 • NON-MEMB \$45	
TOTAL BODY TONING 5:00-5:55pm LARA COLLMANN	CORE & MORE 5:30-5:55pm HEATHER SCHWAEGL	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	BOOT CAMP CONDITIONING 6:00-6:55pm LACEY LUITJOHAN	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	GENTLE YOGA 7:00-7:55pm SHERIE O'BRIEN	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	RECOVERY 8:00-8:55pm HEATHER SCHWAEGL	RESTORATIVE YOGA 8:00-8:55pm SHERI O'BRIEN			

2018 SUMMER 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 MAY 29TH - AUGUST 12TH
SESSION CLASSES BEGIN JUNE 4TH & JULY 9TH

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 9:00 - 9:55am 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 5-WEEK (SUMMER 1) & 4-WEEK (SUMMER 2) SESSIONAL FORMAT

BUTI YOGA | MEMBERS \$25 • NON-MEMBERS \$45

BARRE | MEMBERS \$25 • NON-MEMBERS \$45

NIEBUR (ESIC) & MEYER GYMNASIUM

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

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

SPINNING SUMMER 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

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

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 LIZ		SPINNING 9:30 - 10:15am ANN		
				SPINNING 10:00 - 10:45am MONICA/ANN	
SPINNING 6:00 - 6:45pm ANN	SPINNING 6:00 - 6:45pm LAUREN	SPINNING 6:00 - 6:45pm ANN	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.

2018 WINTER/SPRING GROUP FITNESS CLASSES

Meyer Center Only | 12+ Yrs.

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



EFFECTIVE MARCH 12TH - MAY 18TH
SESSION CLASSES BEGIN APRIL 16TH

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		
SILVERSNEAKERS CLASSIC 8:30 - 9:25am MARY TEBBE MEYER GYMNASIUM		SILVERSNEAKERS CLASSIC 8:30 - 9:25am MARY TEBBE MEYER GYMNASIUM		SILVERSNEAKERS CLASSIC 8:30 - 9:25am MARY TEBBE MEYER GYMNASIUM
TOTAL BODY STRENGTH 9:30 - 10:25am HEATHER SCHWAEGL	WOMEN'S WEIGHT TRAINING 9:30 - 10:30am JO EARNHART FITNESS CENTER	TOTAL BODY STRENGTH 9:30 - 10:25am LIZ DARNELL	WOMEN'S WEIGHT TRAINING 9:30 - 10:30am JO EARNHART FITNESS CENTER	AWESOME ABS 9:30 - 9:55am LARA COLLMANN
VINYASA 10:30 - 11:25am CATHERINE JACKSON				ROCK THE TOP/ ROCK THE BOTTOM (Alternates Each Week) 10:00 - 10:30am LARA COLLMANN
LUNCHTIME EXPRESS 12:10 - 12:50pm LIZ DARNELL		LUNCHTIME EXPRESS 12:10 - 12:50pm LARA COLLMANN		

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

Max Fit | Members \$70 • Non-Members \$119 (2 Day Class)

Vinyasa | Members \$35 • Non-Members \$63

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