

2018 WINTER/SPRING 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 MARCH 19TH - MAY 27TH

SESSION CLASSES BEGIN APRIL 16TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOOT CAMP CONDITIONING 5:15-5:40am NICOLE SCHAPMAN				BOOT CAMP CONDITIONING 5:15-5:40am 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	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 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		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	GENTLE YOGA 9:30-10:25am RUTH KUBICEK
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	ZUMBA 10:30-11:25am ALICIA GIHRING
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	
AWESOME ABS 4:30-4:55pm LARA COLLMANN		TABATA 5:00-5:25pm LIZ DARNELL		ADDITIONAL CLASSES: DROP-IN FITNESS CLASSES ESIC ACTIVITY ROOM CHAIR YOGA TU & TH • 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 BUTI YOGA *NEW* FRI • 9:00-9:55AM MEMB \$35 • NON-MEMB \$63	
TOTAL BODY TONING 5:00-5:55pm LARA COLLMANN	CORE & MORE 5:30-5:55pm HEATHER SCHWAEGL	AWESOME ABS 5:30-5:55pm LIZ DARNELL	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	TOTAL BODY TONING 6:00-6:55pm LARA COLLMANN	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	RECOVERY 8:00-8:55pm HEATHER SCHWAEGL	RESTORATIVE YOGA 8:00-8:55pm SHERIE O'BRIEN	ZUMBA 8:00-8:55pm CRISTINA DEMEIO		

2018 WINTER/SPRING 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 FEBRUARY 19TH - MAY 27TH

SESSION CLASSES BEGIN FEBRUARY 19TH & APRIL 16TH

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	PIYO 8:30 - 9:25am AMY NESBIT	BUTI YOGA *NEW* 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 7-WEEK SESSIONAL FORMAT

BUTI YOGA *NEW* | MEMBERS \$35 • NON-MEMBERS \$63

BARRE | MEMBERS \$45 • NON-MEMBERS \$63

ESIC GYMNASIUM

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SILVERSNEAKERS CLASSIC 8:30 - 9:25am KARIN SANDOVAL		SILVERSNEAKERS CLASSIC 8:30 - 9:25am KARIN SANDOVAL	

SPINNING WINTER/SPRING 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 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		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/JODI	
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.