

STUDIO 1

- **Barre Fusion 30.** Blends the grace and long lines of ballet, breathe awareness and flexibility of yoga and core stability and strength of Pilates, to help you shape and firm your entire body. Low-impact dynamic movements aid in elevating the heart rate and energizing the body while small isometric movements safely challenge the muscles to fatigue in just 30 minutes.
- **Butts and Guts.** Three Cheers for your rear! This class will incorporate lower body and core exercises to whittle your middle and strengthen your glutes. Stability balls, bosu balls, weights and resistance bands may be utilized.
- **Cardio Interval.** No choreography required to achieve a great workout! Athletic cardio intervals, designed to elevate the heart rate are alternated with full body strength exercises. Enjoy a complete unique workout!
- **Hard Core.** Learn to utilize and strengthen your core: your abdominal muscles, obliques, and lower back, through strength and balance challenges.
- **Light and Fit.** Basic interval workout with segments of toning and light cardio. Bands, stability balls, and weights are all utilized during class.
- **POUND.** Channel you inner performer and rock your body with easy to follow (not complex or embarrassing!) full body intervals that leave you dripping sweat and begging for more! Drum along to a slammin soundtrack using Ripstix weighted drumsticks.
- **Raise The Bar.** Complete a full-body strength and endurance workout utilizing barbell strength equipment. Appropriate for all fitness levels.
- **Stable Strides.** This class will focus on improving balance and coordination to help lower your risk for falls. The class will include multiple modes of exercise including; strength, flexibility, and agility all done in a fun and entertaining environment as well as a education in fall prevention. Prescreening with a wellness coach is recommended before attending this class.
- **Strength Express.** Enjoy a short, intense full body resistance workout that delivers maximal results in a minimal timeframe!
- **Strength Fusion.** Join us for an hour strength workout that is designed for all fitness levels. No choreography included! This class will target every muscle group utilizing barbells, dumbbells, bands, and Kettle Bells. Be ready for your muscles to scream and sweat to drip!!!

- **Triple Cardio.** Time flies when you experience three different cardio formats in one class! Class formats may include: step, double step, cardio-boxing, dance, indoor cycling, hi-low aerobics and more.
- **TRX Blast.** This workout will utilize TRX suspension training, kettle bells, battle ropes and much more! Be ready for a fast-paced, high intensity class that is sure to rev up your metabolism. (This class will meet on the fitness floor.)
- **Zumba.** Add some spice and flare to your workout! This Latin-infused class combines high energy and motivating music, with unique movements and combinations. Come dance your worries away! No dance experienced is required.

YOGA STUDIO

- **Active Flow Yoga.** Integrate the mind and body through movement to increase flexibility, strength and well-being. Some yoga experience helpful, but not required.
- **Arthritis Foundation Land Class (A.F.L.C.).** Take control of your arthritis with exercise. This class includes range of motion, muscles strengthening and/or exercises, body mechanics lectures and relaxation techniques. Routines can be quickly learned to easily practice at home.
- **Barre Fusion 60.** Blends the grace and long lines of ballet, breath awareness and flexibility of yoga and core stability and strength of Pilates, to help you shape and firm your entire body. Low-impact dynamic movements elevate the heart rate and energize the body while small and isometric movements safely challenge the muscles to fatigue.
- **Beginner Yoga.** Designed as an introductory for those new to yoga, or those looking to create a solid foundation for their yoga class, Beginner Yoga is a great place to start!
- **Slow Flow Yoga.** Enjoy the unity of movement, breath and energy that allows our nervous system to relax our muscles to both strengthen and lengthen and our mind to slow.
- **Yoga Strength.** This class will challenge you through a variety of yoga poses and the use of light hand weights, Pilates, rings, and Barre fusion balls, while integrating the mind and body through movements that will increase flexibility, strength and well being.
- **Yolates.** Lengthen and strengthen the entire body with this Yoga and Pilates fusion class.

CYCLE STUDIO

- **Cycle 30.** 30 minutes of extreme stationary cycling.
- **Cycle 45/60.** Visual imaginary guides you through a challenging stationary cycling class.

POOL

- **Aqua Fit.** Get ready for this high-energy class which utilizes dynamic sports movements to motivate you! Held in lap pool.
- **Aqua Interval.** Designed to push you to reach your fitness goals, this class alternates high-intensity intervals with short rest periods. This class ideal for those looking for intensity while remaining gentle on the joints.
- **Aqua Power.** Refresh your strength workout! Build muscular strength through functional exercises using the water's resistance, along with noodles, hand buoys, kickboards and more.
- **Aqua Zumba.** This class is the "pool party" workout for all ages. It will combine challenging water-based movements with Latin infused dance movements to create a class full of calorie burning and muscle toning.
- **Balance Recovery.** This class can benefit adults with movement disorders including, but not limited to, Multiple Sclerosis, Parkinson's Disease, Huntington's Disease, tremors or those recovering from stroke. The goal is to achieve improvements in balance, muscular strength, coordination, and to increase circulation. Please allow plenty of time to prepare prior to the start of the class. Individuals who require extra assistance are strongly encouraged to bring a friend or care taker to participate in the class. The assistant will not be charged.
- **Deep Water Power.** This class will help you increase your core strength while performing exercise in the water such as jogging, skiing, and other exercises. All participants will use a flotation belt that will allow you freedom of movement through the water without touching or standing on the pool bottom. Class will be held in the deep water, and is limited to 20 participants. Please obtain a voucher from the front desk to reserve your flotation belt.
- **Jogua.** Get Ready for this high energy water jogging/yoga class in the water. Class will begin with an intense jogging workout and will close with a relaxed yet challenging yoga workout.
- **Senior Fit.** A fun, energetic class that follows the Arthritis Foundation guidelines and focuses on joint movement and light cardio. Available in the warm water therapy pool.

Group Fitness Class Schedule



LAND/AQUATICS

2016 Winter Schedule Begins January 18



100 Fitness Drive
Bourbonnais, Illinois 60914
Phone: (815) 929-1200
Website: www.rhfc.me

LAND CLASS SCHEDULE

updated January 18, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 am to 6:00 am Cycle 45 (AR)	5:15 am to 6:15 am R.T.B (EM)	5:15 am to 6:00 am Cycle 45 (JY)	5:15 am to 6:00 am TRX Blast (SO)	5:15 am to 6:15 am Active Flow Yoga (MJ)	7:15 am to 8:15 am Cycle 60 (JY)
6:00 am to 6:30 am Butts & Guts (AR)	8:30 am to 9:30 am Strength Fusion (AD)	8:15 am to 9:15 am Zumba (MC)	8:30 am to 9:15 am Cycle 45 (DB)	8:30 am to 9:15 am Cardio Interval (MC)	8:15 am to 9:15 am Zumba (AD)
8:30 am to 9:15 am Triple Cardio (DB)	8:30 am to 9:15 am Cycle 45 (KA)	8:30 am to 9:15 am Cycle 45 (NG)	9:20 am to 10:05 am POUND (AD)	9:20 am to 10:20 am R.T.B. (MC)	8:15 am to 9:15 am Active Flow Yoga (MJ)
9:20 am to 10:05 am Strength Express (DB)	9:20 am to 10:20 am Yoga Strength (MF)	9:20 am to 10:05 am Strength Fusion (MC)	9:20 am to 10:05 am Yolates (DB)	9:20 am to 10:20 am Barre Fusion (MJ)	9:20 am to 10:20 am R.T.B. (CFW)
11:00 am to 11:45 am Light & Fit (LF)	11:15 am to 12:00 pm Stable Strides (HW)	12:15 pm to 1:00 pm Gentle Yoga (JH)	11:15 am to 12:00 pm AFLC (CB)	11:15 am to 12:00 pm Stable Strides (NW)	
4:30 pm to 5:30 pm R.T.B (CB)	4:30 pm to 5:00 pm Triple Cardio (LR)	4:30 pm to 5:15 pm Cardio Blast (JH)	4:30 pm to 5:30 pm Strength Fusion (AD)		
5:30 pm to 6:15 pm Cycle 45 (SB)	5:00 pm to 5:30 pm Barre Fusion 30 (LR)	5:30 pm to 6:30 pm R.T.B (CFW)	5:30 pm to 6:15 pm Cycle 45 (SB)		
5:30 pm to 6:30 pm Athletic Flow Yoga (MF)	5:30 pm to 6:15 pm POUND (AD)	5:30 pm to 6:00 pm Cycle 30 (LR)	5:30 pm to 6:00 pm Cardio Interval (EM)		
6:00 pm to 6:45 pm TRX Blast (AD)	6:00 pm to 6:30 pm Cycle 30 (SLB/MJ)	6:00 pm to 6:30 pm Hard Core (LR)	6:00 pm to 6:30 pm Butts & Guts (EM)		
	6:20 pm to 7:05 pm Zumba (AD)		6:30 pm to 7:10 pm POUND (MJ)		
	6:30 pm to 7:15 pm Slow Flow Yoga (JH)				
					SUNDAY
					8:30 am to 9:00 am Triple Cardio (LR)
					9:00 am to 9:30 am Hard Core (LR)

AQUATICS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:45 am to 9:30 am Deep Water Power (HJ)	9:30 am to 10:15 am Aqua Fit (AR)	8:45 am to 9:30 am Jogua (CR)	9:30 am to 10:15 am Aqua Zumba (MC)	8:45 am to 9:30 am Deep Water Power (CR)	9:30 am to 10:15 am Aqua Interval (LS)
9:30 am to 10:15 am Aqua Interval (SO)	11:15 am to 12:00 pm Balance Recovery (EL)	9:30 am to 10:15 am Aqua Power (AR)	11:15 am to 12:00 pm Balance Recovery (EL)	9:30 am to 10:15 am Aqua Fit (JH)	
12:15 pm to 1:00 pm Senior Fit (CB)	12:15 pm to 1:00 pm Senior Fit (JH)	11:15 am to 12:00 pm Senior Fit (NZP)	5:30 pm to 6:15 pm Aqua Interval (JH)	11:15 am to 12:00 pm Senior Fit (JH)	
5:30 pm to 6:15 pm Aqua Fit (NZP)		5:30 pm to 6:15 pm Aqua Fit (LS)			

INSTRUCTORS

Instructor initials are indicated on schedule after class name in parenthesis.

Anna Reed (AR)	Heather Johnson (HJ)	Laurie Ross (LR)	Nancy Zoller Pansa (NZP)
Casey Babinski (CB)	Hope Webster (HW)	Laura Schade (LS)	Shannon Boudreau (SB)
Cindi Faford (CF)	Jessi Holmes (JH)	Melissa Cox (MC)	Sam Bugajski (SLB)
Carrie Rink (CR)	Jen Yeates (JY)	Misty Field (MF)	Samantha Ochoa (SO)
Deann Brueggert (DB)	Khendal Andrews (KA)	Michele Janota (MJ)	
Emily LaVoie (EL)	Lindy Flanigan (LF)	Nicole Gavin (NG)	

FITNESS LEVELS

Classes are color coded by fitness level:

Beginners

Intermediate/Advanced

All Fitness Levels

WINTER HOURS

Monday – Thursday	5:00 am to 9:00 pm
Friday	5:00 am to 8:00 pm
Saturday	7:00 am to 5:00 pm
Sunday	8:00 am to 5:00 pm

PLEASE NOTE

All Cycle classes require a voucher.

Classes require a minimum of 2 participants to offer class. All classes below an average of 8 participants are subject to format changes or cancellation.

Class instructors may change without notice.