

Monday				Thursday			
Time	Class	Instructor	Location	Time	Class	Instructor	Location
5:30-6:30A	Spin	Katie	B	5:30-6:25A	Strength	Jeannie	A
8:30-9:25A	Aqua Interval	Janine	Lap	8:30-9:25A	Aqua Medley	Linda	Lap
9:15-10:10A	•Ultimate Conditioning	Balvinder	A	9:00-9:55A	Pilates Barre	Julie P	A
9:30-10:15A	Aqua Medley	Janine	Lap	9:15-10:00A	Spin Xpress	Vicky	B
10:15-11:10A	Hatha Yoga	Julie P	A	9:30-10:15A	Aqua Tone	Linda	Warm
12:15-1:00P	Aqua Express	Dawn	Lap	10:15-11:10A	Strength	Vicky	A
12:15-1:00P	Mature Strength + Balance	Christine	A	10:30-11:15A	Aqua Mind Body Fusion	Debbie	Warm
12:15-1:00P	Spin + Media Mix	Lisa	B	11:30-12:15P	•Zumba® Gold	Christine	A
1:00-1:45P	Aqua Tone	Debbie	Warm	12:30-1:15P	Sit & Fit	JoAnn	A
1:15-2:00P	Stretch	Donna	A	1:30-2:15P	Aqua Xpress	Janine	Lap
2:00-2:45P	Aqua Tone	Debbie	Warm	5:00-5:55p	•Pi-Yo	Ylona	A
4:30-5:15P	Aqua Tabata	Kim	Lap	6:00-6:45P	Aqua Xpress	Rosie	Lap
4:30-5:30P	•Spin	Lisa	B	6:00-7:00P	Spin Flex	Ylona	B
6:00-6:45P	Aqua Tone	Rosie	Warm	Friday			
6:00-6:55P	Total Body Conditioning	Vicky	A				
7:00-7:55	•Hatha Yoga	Victoria	A	Time	Class	Instructor	Location
Tuesday				5:30-6:30A	Spin	Katie	B
				6:00-6:55A	Hatha Yoga	Patti	A
Time	Class	Instructor	Location	8:30-9:25A	Aqua Circuit	Debbie	Lap
5:30-6:25A	Pilates Barre + Mat Combo	Marianne	A	9:15-10:10A	•Tabata Training	Balvinder	A
8:30-9:25A	Aqua Cardio	Rosie	Lap	9:30-10:15A	•Aqua Zumba®	Lisa/Chris	Lap
9:00-10:00A	Power Yoga	Ericka	A	10:15-11:30A	Hatha Yoga	Victoria	A
9:15-10:00A	•Spin Xpress	Balvinder	B	12:15-1:00P	Aqua Interval	Linda	Lap
9:30-10:15A	Aqua Tone	Rosie	Warm	12:30-1:15P	Chair Yoga	Donna	A
10:15-11:10A	Strength	JoAnn	A	1:00-1:45P	Aqua Tone	Linda	Warm
11:30-12:15P	Low & Light	Christine	A	6:00-6:45P	Aqua Tone	Debbie	Warm
12:30-1:15P	Sit & Fit	Christine	A	Saturday			
1:30-2:15P	Aqua Interval	Dolly	Lap				
5:00-5:45P	Aqua Mind Body Fusion	Debbie	Warm	Time	Class	Instructor	Location
6:00-6:45P	Aqua Xpress	Dawn	Lap	8:15-9:10A	Ultimate Conditioning	Nancy	A
6:00-6:45P	•Butts & Guts	Erin	A	8:15-9:15A	•Spin	Julie B	B
6:00-7:00P	Spin Core	Nancy	B	8:45-9:30A	•Aqua Xpress	Courtney	Lap
Wednesday				9:15-10:10A	•Tabata Training	Balvinder	A
				10:15-11:00A	Pilates Mat	Nancy	A
Time	Class	Instructor	Location	11:30-12:15P	Aqua Tone	Rosie	Warm
5:30-6:30A	Spin	Ellen	B	Sunday			
8:30-9:25A	Aqua Interval	Jennifer	Lap				
9:15-10:10A	Step 360™ Cross Train	Ericka	A	Time	Class	Instructor	Location
9:30-10:15A	Aqua Xpress	Jennifer	Lap	8:00-9:00A	Morning Yoga Wake Up	Anne	A
10:15-11:10A	Hatha Yoga	Julie P.	A	8:30-9:25A	Aqua Medley	Debbie	Lap
11:15-12:00P	Mature Strength	Vicky	A	9:15-10:10A	Strength	Julie B	A
12:15-1:00P	Aqua Xpress	Rosie	Lap	9:30-10:15A	Aqua MB Fusion	Debbie	Warm
12:15-1:00P	Heart & Sole	Darlene	A	10:15-11:10A	Nia®	Catherine	A
12:15-1:00P	Spin + Media Mix	Vicky	B	Locations			
1:00-1:45P	Aqua Tone	Rosie	Warm				
2:00-2:45P	Aqua Tone	Rosie	Warm	A	Studio A	Lower Level	
3:30-4:30P	Hatha Yoga	Anne	A	B	Studio B	Lower Level	
4:30-5:15P	Aqua Circuit	Kim	Lap	Lap	Lap Pool	Level 1	
5:00-5:55P	Tabata Training	Ylona	A	Warm	Warm Pool	Level 1	
6:00-6:45P	Aqua Tone	Debbie	Warm	QUESTIONS			
6:00-6:55P	Strength	Ylona	A				
7:15-8:10P	Hatha Yoga	Patti	A	Colleen Eggers, MA, Coordinator Land Based Programs			
Visit our live web calendar for up to date class information including weather and holiday related class cancellations.				Colleen.Eggers@advocatehealth.com / 630.275.2874			
				Christine Cornell, BA, Group Exercise Coordinator			
www.advocatehealth.com/gsam/wellness				Christine.Cornell@advocatehealth.com / 630.275.2283			
				•Denotes change in time, format, instructor, or new class.			
				Updated 07/11/2014			

