

Mon	Tue	Wed	Thu	Fri
<p>MAY 2012 GROUP EXERCISE SCHEDULE</p> <p>Executive Sports and Fitness Center 77 W. Wacker, Mezzanine 3 Chicago, IL 60601 PH: 312.849.2322 www.lifestart.net/executive</p>	<p>1</p> <p>11:15am-12:00pm CARDIO CIRCUIT w/ Jen 12:00-12:40pm & 12:40-1:20pm BODYSCULPT w/ Kira</p> <p>6:15-7:45pm STEP STRENGTH CIRCUIT w/ Marvin</p>	<p>2</p> <p>11:30am-12:15pm CYCLING + ABS w/ Yoli</p> <p>12:30-1:15pm KickBOX + Core w/ Jenna</p> <p>6:00-7:00pm YOGA w/ Bridget</p>	<p>3</p> <p>11:30am-12:15pm BODYSCULPT w/ Yoli 12:30-1:15PM CYCLING w/ Jen 5:30-6:15pm CYCLING w/ Jeanne</p> <p>6:15-7:45pm STEP STRENGTH CIRCUIT w/ Marvin</p>	<p>4</p> <p>11:30am-12:15pm BOOT CAMP w/ Kevin</p> <p>12:30-1:15pm ZUMBA® w/ Allegra</p>
<p>7</p> <p>11:30am-12:15pm STEP w/TBA 12:30-1:15pm RIPP'N'RIDE w/ Sharon</p> <p>5:30-6:15pm BODY BLAST w/ Kira</p>	<p>8</p> <p>11:15am-12:00pm CARDIO CIRCUIT w/ Jen 12:00-12:40pm & 12:40-1:20pm BODYSCULPT w/ Kira</p> <p>6:15-7:45pm STEP STRENGTH CIRCUIT w/ Marvin</p>	<p>9</p> <p>11:30am-12:15pm CYCLING w/ Yoli</p> <p>12:30-1:20pm FUSION w/ Trish</p> <p>6:00-7:00pm YOGA w/ Bridget</p>	<p>10</p> <p>11:30am-12:15pm BODYSCULPT w/ Yoli 12:30-1:15PM CYCLING w/ Sharon 5:30-6:15pm CYCLING w/ Jeanne</p> <p>6:15-7:45pm STEP STRENGTH CIRCUIT w/ Marvin</p>	<p>11</p> <p>11:30am-12:15pm BOOT CAMP w/ Kevin</p> <p>12:30-1:15pm ZUMBA® w/ Allegra</p>
<p>14</p> <p>11:30am-12:15pm STEP w/TBA 12:30-1:15pm Cycorga w/ Sharon</p> <p>5:30-6:15pm BODY BLAST w/ Kira</p>	<p>15</p> <p>11:15am-12:00pm CARDIO CIRCUIT w/ Jen 12:00-12:40pm & 12:40-1:20pm BODYSCULPT w/ Kira 5:00-5:45 FITNESS BINGO w/Jen</p> <p>6:15-7:45pm STEP STRENGTH CIRCUIT w/ Marvin</p>	<p>16</p> <p>National Employee Health & Fitness Day</p> <p>11:30am-12:15pm CYCLING + ABS w/ Yoli 12:30pm-1:15pm KickBOX + Core w/ Sharon</p> <p>6:00-7:00pm YOGA w/ Bridget</p>	<p>17</p> <p>11:30am-12:15pm BODYSCULPT w/ Yoli 12:30-1:15PM CYCLING w/ Sharon 5:30-6:15pm CYCLING w/ Jeanne</p> <p>6:15-7:45pm STEP STRENGTH CIRCUIT w/ Marvin</p>	<p>18</p> <p>11:30am-12:15pm BOOT CAMP w/ Kevin</p> <p>12:30-1:15pm ZUMBA® w/ Allegra</p>
<p>21</p> <p>11:30am-12:15pm STEP w/TBA 12:30-1:15pm RIPP'N'RIDE w/ Sharon</p> <p>5:30-6:15pm BODY BLAST w/ Kira</p>	<p>22</p> <p>11:15am-12:00pm CARDIO CIRCUIT w/ Jen 12:00-12:40pm & 12:40-1:20pm BODYSCULPT w/ Kira</p> <p>6:15-7:45pm STEP STRENGTH CIRCUIT w/ Marvin</p>	<p>23</p> <p>11:30am-12:15pm CYCLING w/ Yoli</p> <p>12:30-1:15pm Kickbox + Insane Intervals w/ Sharon</p> <p>6:00-7:00pm YOGA w/ Bridget</p>	<p>24</p> <p>11:30am-12:15pm BODYSCULPT w/ Yoli 12:30-1:15PM CYCLING w/ Sharon 5:30-6:15pm CYCLING w/ Jeanne</p> <p>6:15-7:45pm STEP STRENGTH CIRCUIT w/ Marvin</p>	<p>25</p> <p>11:30am-12:15pm BOOT CAMP w/ Kevin</p> <p>12:30-1:15pm ZUMBA® w/ Allegra</p>
<p>28</p> <p>11:30am-12:15pm STEP w/TBA 12:30-1:15pm RIPP'N'RIDE w/ Sharon 5:30-6:15pm BODY BLAST w/ Kira</p>	<p>29</p> <p>11:15am-12:00pm CARDIO CIRCUIT w/ Jen 12:00-12:40pm & 12:40-1:20pm BODYSCULPT w/ Kira</p> <p>6:15-7:45pm STEP STRENGTH CIRCUIT w/ Marvin</p>	<p>30</p> <p>11:30am-12:15pm CYCLING + ABS w/ Yoli</p> <p>12:30pm-1:15pm KickBOX + Core w/ Sharon</p> <p>6:00-7:00pm YOGA w/ Bridget</p>	<p>31</p> <p>11:30am-12:15pm BODYSCULPT w/ Yoli 12:30-1:15PM CYCLING w/ Sharon 5:30-6:15pm CYCLING w/ Jeanne</p> <p>6:15-7:45pm STEP STRENGTH CIRCUIT w/ Marvin</p>	<p>LifeStart™ WELLNESS NETWORK</p> <p>Facility Hours: Mon-Fri: 5:30am-8:00pm Saturday: 8:00am-3:00pm</p>

EXECUTIVE SPORTS AND FITNESS CENTER

Group Exercise Class Descriptions

BODY BLAST (c/s)	This class will keep you constantly moving and your heart rate up, putting you up to the ultimate fitness challenge. We focus on strength, balance, stability, core strength, agility, and endurance exercises. This intense class works every part of your body from head to toe using all fitness equipment! Whew!
BODY SCULPTING (s)	Full body resistance workout will tone, strengthen and increase lean muscle everywhere.
BOOT CAMP (c/s)	This military style class is not for the beginner! This class will push you to your limit!
CARDIO CIRCUIT (c/s)	Try this new high energy class that will keep your body moving and your heart pumping. Participants will rotate through a variety of cardiovascular stations to maximize the amount of calories burned.
CYCLING (c)**	This indoor cycling class simulates the varied terrain of an outdoor ride-including steady flats, hills, and sprints. What a ride!
FUSION (s/f/m/b)	The latest combination of strength, balance, Pilates and yoga mixed. Challenge every muscle in your body with functional and balance resistance exercises, core strengthening and the flexibility of yoga intertwined throughout the entire class. A super sweat without the stress on your joints.
KICKBOXING (c)	High energy full body cardiovascular workout utilizing boxing kicks, punches, jabs and many more unique moves!
RIPP N' RIDE (c/s)**	A unique combination of intense indoor cycling for half the class and strength training the other half combine it all into one. A great change of pace to the traditional cycling workout. Double trouble!
STEP (c)	This traditional step class uses a variety of patterns and combinations to make this high intensity class fun.
STEP STRENGTH CIRCUIT (c/s)	This class is for participants who love to sweat and enjoy intricate moves on the step with intervals of strength training using a variety of resistance tools. What a workout!
YOGA (f/m/b)	This class is based on Hatha and Vinyasa methods of yoga. Each session will combine breath-synchronized flowing movements, and static poses that focus on alignment. This class focuses on improving flexibility and building strength while developing a strong body-mind-spirit connection by emphasizing the flow of breath. All levels welcome!
ZUMBA® (c/s)	Join the latest fitness craze! Zumba is a dance fitness program based on international rhythms such as Salsa, Merengue, Reggaeton, Cumbia, Belly Dancing, Bollywood, African, Hip-Hop, Swing, and so on! There's no other fitness class like a Zumba Fitness-Party.

c-cardiovascular
s-strength
f-flexibility
m/b- mind/body

**Space is limited. Reservations required.
You may call one hour in advance (312.849.2322) to reserve a bike for Cycling and Ripp N' Ride.