



# Group Fitness Schedule

Effective April 1st, 2024

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Monday</b>		
6:00 - 7:00 am	BODYPUMP	.....Raquel F. 4
9:15 - 10:05 am	HIT Cycle	..... Lynn K. C
10:00 - 11:00 am	Aqua Movement	..... Penny S. P
10:15 - 10:45 am	BODYPUMP Express	..... Lynn K. 4
11:00 - 12:00 pm	Functional Strength & Stretch	..... Robin G. 4
12:00 - 1:00 pm	Vinyasa Flow Yoga	..... Ken C. 2
5:00 - 5:30 pm	SPRINT	..... Cecelia W. C
5:45 - 6:15 pm	Les Mills CORE	..... Cecelia W. 4
6:30 - 7:30 pm	Hip Hop/Funk	..... Viola E. 4

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Friday</b>		
6:00 - 7:00 am	BODYPUMP	..... Laura B. 4
9:30 - 10:20 am	HIT Cycle	..... Lynn K. C
9:30 - 10:30 am	Sports Conditioning	..... Raquel F. 4
9:30 - 10:30 am	Zumba	..... Rhonda S. G
10:30 - 11:30 am	Yoga (Beginner)	..... Ken C. 2
10:45 - 11:30 am	BODYPUMP Express	..... Lynn K. 4
12:00 - 1:00 pm	Aqua Movement	..... Suzy C. P
1:00 - 2:00 pm	Gentle Pilates	..... Rena S. 2
5:30 - 6:30 pm	Hip Hop/Funk	..... Viola E. 4

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Tuesday</b>		
7:00 - 8:00 am	Yoga (Multi-Level)	.....Rebecca D. 2
9:00 - 10:00 am	Aqua Movement	..... Robin G. P
9:30 - 10:30 am	TRX	..... Julie L. 4
9:30 - 10:30 am	Yoga Sculpt	.....Mindy G. 2
10:45 - 11:45 am	Functional Strength & Stretch	..... Julie L. 4
11:00 - 12:00 pm	Yoga Beginner	..... John L. 2
12:00 - 1:00 pm	Barre	..... Annie H. 4
5:30 - 6:20 pm	HIT Cycle	..... Cathy L. C
5:30 - 6:30 pm	Pilates Mat	.....Niki M.H. 2

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Saturday</b>		
9:00 - 10:00 am	Pilates Mat	..... Niki M.H. 2
9:30 - 10:30 am	Total Body Training	..... Katy A. 4
10:00 - 11:00 am	Aqua TBT	..... Robin G. P
10:30 - 11:30 am	Nia	..... Myrna W. G
10:30 - 11:30 am	Yoga (Multi-Level)	.....Jancy 2
10:45 - 11:45 am	TRX	..... Julie L. 4
1:00 - 2:00 pm	Yin Yoga	..... Lauren T. 2

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Wednesday</b>		
6:00 - 7:00 am	Total Body Training	..... Rico B. 4
9:00 - 10:00 am	Vinyasa Flow Yoga	.....Lauren T. 2
9:30 - 10:00 am	SPRINT	..... Jennifer T. C
9:30 - 10:30 am	Zumba	.....Suzy C. G
10:15 - 10:45 am	Les Mills CORE	..... Jennifer T. 4
11:00 - 12:00 pm	Functional Strength + Stretch	..... Robin G. 4
6:00 - 7:00 pm	BODYPUMP	..... Lynn K. 4
6:00 - 7:00 pm	Aqua TBT	..... Robin G. P

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Sunday</b>		
8:30 - 9:20 am	HIT Cycle	..... Vlad B. C
9:30 - 10:30 am	BODYPUMP	..... Vlad B. 4
10:00 - 11:00 am	Aqua Movement	.....Robin G. P
10:30 - 11:30 am	Zumba	..... Cathy L. G
11:30 - 12:30 pm	Pilates Mat	.....Penny S. 2
12:45 - 1:45 pm	Vinyasa Flow Yoga	..... Kali O. 2

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Thursday</b>		
7:00 - 8:00 am	Vinyasa Flow Yoga	.....Rebecca D. 2
9:00 - 10:00 am	Aqua TBT	..... Lisa H. P
9:30 - 10:30 am	Nia	..... Myrna W. G
9:30 - 10:30 am	BODYPUMP	.....Raquel F. 4
9:30 - 10:30 am	Yoga (Multi-Level)	..... Kathy P. 2
10:45 - 11:45 am	Total Body Training	..... Julie L. 4
12:00 - 12:45 pm	Stretch	..... Julie L. 2
5:15 - 6:00 pm	BODYPUMP Express	.....Katherine M. 4
5:30 - 6:30 pm	Pilates Mat	.....Suzy C. 2

**2 = Studio 2**                      **4 = Studio 4**  
**P = Pool**                              **C = Cycle Studio**

Schedules subject to change. Please refer to CAC's new app for updates.

★ Find out more at [ChicagoAthleticClubs.com](http://ChicagoAthleticClubs.com) ★