



# Centre Club Gurnee

1405 Hunt Club Rd., Gurnee, IL 60031 / [www.centreclub.org](http://www.centreclub.org)

## Group Exercise Schedule July 2008

<b>Monday</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
5:30pm	Spin Endurance	Kris	Spin Studio
8:30am	Step Extra	Karen T.	Studio
9:00am	Water Works	Sharon P.	Pool
	Spin Journey	Karen C.	Spin Studio
9:30am	Muscle Works	Rhoni	Studio
10:00am	Aqua Arthritis	Theresa	Therapy Pool
10:30am	Yoga I	Debbie	Spin Studio
	Zumba	Deena	Studio
11:00am	Aqua Arthritis	Susan	Therapy Pool
11:30am	Senior Cardio	Kim G.	Studio
12:00pm	Ai-Chi	Susan	Therapy Pool
5:00pm	Zumba	Kim G.	Studio
	Aqua Arthritis	Sarai	Therapy Pool
	Spin Endurance	1,3 & 5 Jennifer 2 & 4 Dan	Spin Studio
6:00pm	Muscle Works	1,3 & 5 Jennifer 2 & 4 Kim G.	Studio
	Spin Endurance	John M.	Spin Studio
7:00pm	Yoga II (75minute class)	Lucy	Spin Studio
<b>Tuesday</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
5:30am	Muscle Works	Donna K.	Studio
7:00am	Spin Strength	Nancy	Spin Studio
8:30am	Rev It Up	Julia	Studio
	Water Works	Theresa	Pool
9:30am	Step	Jodi	Studio
	Spin Strength	Lois	Spin Studio
	Aqua Arthritis	Susan	Therapy Pool
10:30am	Senior Strength	Theresa	Studio
	Spin 101	Pam	Spin Studio
	Ai-Chi	Susan	Therapy Pool
4:30pm	Pilates	Melanie	Spin Studio
5:00pm	Step	Brenda	Studio
5:30pm	Water Works	Sarai	Pool
	Yoga I	Amy F.	Spin Studio
6:00pm	Kickboxing	Kim M.	Studio
7:00pm	Spin Endurance	Nancy	Spin Studio
<b>Wednesday</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
5:30am	Spin Interval	Gary	Spin Studio
8:30am	Multi-Step	Linda	Studio
	Spin Endurance	Karen T.	Spin Studio
9:00am	Water Works	Theresa	Pool
9:30am	Muscle Works	Lois	Studio
	Yoga I	Sharon B.	Spin Studio
10:00am	Aqua Arthritis	Theresa	Therapy Pool
10:30am	Pilates	Tammy	Studio

<b>Wednesday</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
11:30am	Senior Cardio	Deena	Studio
5:00pm	Zumba Aqua Arthritis Spin Interval	Priscilla Sarai Heather K.	Studio Therapy Pool Spin Studio
6:00pm	Muscle Works Spin Endurance	Heather K. Carol	Studio Spin Studio
7:00pm	Yogalates	Kim G.	Spin Studio
<b>Thursday</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
5:30am	Yoga I	Donna	Spin Studio
7:00am	Spin Endurance	Nancy K.	Spin Studio
8:30am	Muscle Works Water Works	Sharon P. Heather L.	Studio Pool
9:30am	Pilates Spin Strength Aqua Dynamics Zumba	Sharon P. Rhoni & Sue Ann Jennifer	Studio Spin Studio Therapy Pool Gym Floor
10:30am	Gentle Yoga Ai -Chi	Theresa Ann	Studio Therapy Pool
4:30pm	Pilates	T.J.	Spin Studio
5:30pm	Water Works Yoga II Step	Sarai Elaine Petra	Pool Spin Studio Studio
7:00pm	Spin Interval	Kris	Spin Studio
<b>Friday</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
5:30am	Drill Bits Spin Strength	Heather K. Tim	Studio Spin Studio
8:30am	Step	Karen C.	Studio
9:00am	Water Works Spin Endurance	Heather L. Kim M.	Pool Spin Studio
9:30am	Cardio, Power and Pump	Kim G.	Studio
10:00am	Aqua Arthritis	Sarai	Therapy Pool
10:30am	Yoga II (75 minute class)	Kim G.	Spin Studio
5:30pm	Spin Strength	Mike	Spin Studio
<b>Saturday</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
8:00am	Spin Interval	1 & 5 Terry 2/ Steve R 3/ Gary 4/ Myron	Spin Studio
8:30am	Muscle Works	1/ Debbie S. 2/ Petra 3/ Myron 4 Linda B. 5/ April	Studio
9:00am	Spin Interval Water Works 3 <sup>rd</sup> & 5 <sup>th</sup> Saturday is a deep water workout	1 & 5 Terry 2/ Steve R 3/ Karen T. 4/ Myron 1/ Lindsay 2,4 & 5/ Amy P. 3/ Heather L.	Spin Studio Pool
9:30am	Step	1/ Debbie S. 2/ Petra 3/ Myron 4&5/ Jodi	Studio
10:00am	Aqua Arthritis Yoga I	1 & 3/ Heather 2,4 & 5/ Amy P. 1/ Melita 2/ Kim 3/ Linda 4 & 5/ Amy F.	Pool Spin Studio
<b>Sunday</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
8:00am	Spin Interval	1/ Kris 2/ Jenkins 3/ Jay 4/ Steve R. 5/ Gary	Spin Studio
8:30am	Step & Strength	1/ Debbie S. 2/ Brenda 3/ Julia 4 & 5/ Julie Z.	Studio
9:00am	Spin Interval	1/ Kris 2/ Jenkins 3/ Jay 4/ Steve R. 5/ Sue	Spin Studio
9:30am	Kickboxing	1 & 2/ Ashley 3/ Susie 4 & 5/ Julie Z.	Studio
10:30am	Pilates	1,3,4 & 5/ April 2/ Melanie	Studio