



Centre Club Libertyville

200 W. Golf Road, Libertyville, IL. 60048 / www.centreclub@condell.org

Group Exercise Schedule July 2008

Monday	Class	Instructor	Location
5:15am	Spin Endurance	Kim	Spin Studio
8:30am	Aero Dance	Jennifer	Gym Floor
	Muscle Works	Linda	Studio
9:30am	Spin Strength	Laura	Spin Studio
	Step	Maggie	Studio
	Senior Cardio	Karen	Club Room
	Zumba	Jennifer	Gym Floor
10:00am	Water Works	Cindy	Pool
10:30am	Low Impact Aerobics	Kit	Studio
	Yoga II (75 minute class)	Linda	Club Room
5:00pm	Spin / Circuit	Laura F.	Studio
6:00pm	Spin Endurance	Jenkins	Spin Studio
	Water Works	Jessica	Pool
Tuesday	Class	Instructor	Location
5:15am	Spin Strength	Jay	Spin Studio
7:30am	Yogalates	Michelle	Club Room
8:30am	Multi-Step	Linda	Studio
	Spin Endurance	Rhoni	Spin Studio
	Pilates	Michelle	Club Room
9:00am	Water Works	Nora	Pool
9:30am	Muscle Works	Maggie	Studio
	Senior Strength / SilverSneakers	Lisa	Club Room
10:30am	Yoga I	Kit	Club Room
5:30pm	Muscle Works	1,3 / Tracy 2,4 & 5 / Taylor	Studio
	Pilates	April	Club Room
6:30pm	Aero Dance	Angela	Studio
7:00pm	Spin Strength	Steve	Spin Studio
Wednesday	Class	Instructor	Location
5:15am	Spin Endurance	John M	Spin Studio
6:00am	Yoga I	Kim	Club Room
8:30am	Cardio Warm up and Workout (15 minute class)	Rhoni	Studio
	Yoga	Lucy	Club Room
	Aero Dance	Karen	Gym Floor
8:45am	Muscle Works (55 minute class)	Rhoni	Studio
9:30am	Senior Cardio	Deena	Club Room
9:30am	Spin (1 Hour Journey)	Laura F	Spin Studio
9:45am	Stretch & Relaxation (15 minute class)	Rhoni	Studio
10:00am	Water Works	Cindy	Pool
10:30am	Low Impact Aerobics	Kit	Studio
5:00pm	Yoga I	Melita	Club Room
6:00pm	Spin Endurance	Linda B	Spin Studio
	Water Works	1/3/5 Jessica 2/4 Jill	Pool
6:30pm	Zumba	Angela	Studio

Thursday	Class	Instructor	Location
5:15am	Spin Endurance	Jay	Spin Studio
7:30am	Yogalates	Linda	Club Room
8:30am	Kickboxing	Caryn	Studio
	Spin Endurance	Linda	Spin Studio
	Pilates	Taylor	Club Room
9:00am	Water Works	Nora	Pool
9:20am	Stretch, Flex & More	Linda	Spin Studio
9:30am	Muscle Works	Maggie	Studio
	Senior Strength / SilverSneakers	Cheryl	Club Room
10:30am	Yoga I	Martha	Club Room
5:30pm	Muscle Works	1 & 3/ Laura F. 2,4 & 5/ Tracy	Studio
	Pilates	Yvonne	Club Room
7:00pm	Spin Endurance	John C	Spin Studio
Friday	Class	Instructor	Location
6:00am	Yoga I	Karen H.	Club Room
8:15am	Gentle Yoga	Allison	Club Room
8:30am	Muscle Works	Caryn	Studio
	Aero Dance	Karen	Gym Floor
9:30am	Zumba	Sharon P.	Studio
	Yoga I	Martha	Club Room
	Spin (1 Hour Journey)	Maggie	Spin Studio
10:00am	Water Works	Jessica	Pool
10:30am	Low Impact Aerobics	Kit	Studio
	FL-AB (15 minute class)	Maggie	Spin Studio
10:45am	Yoga II	Adam	Club Room
Saturday	Class	Instructor	Location
7:30am	Step & Slide	1/ Rhoni 2,4 & 5/ Brenda 3/ Taylor	Studio
8:00am	Spin Interval	1 & 4/ Karen T 2/ Rhoni 3 & 5/ Jenkins	Spin Studio
8:30am	Muscle Works	1,3 & 5/ Rhoni 2 & 4/ Brenda	Studio
	Pilates	1/ Linda 2, 4 & 5/ Michelle 3/ Jessica	Club Room
9:00am	Water Works	1/ Jessica 2/ Theresa 3,4 & 5/ Taylor	Pool
	Spin Interval	1/ Kim M. 2/ Rhoni 3,4 & 5/ Jenkins	Spin Studio
9:30am	Step	1,2,,3 & 5/ Caryn 2 / Jodi	Studio
	Yoga I	1/ Linda 2 & 3/ Lorene. 4 & 5/ Martha	Club Room
Sunday	Class	Instructor	Location
8:00am	Spin Interval	1/ Steve R 2 & 5/ Jay 3/ Jenkins 4/ Sue	Spin Studio
9:00am	Spin Interval	1/ Steve R. 2 & 5/ Jay 3 & 4/ Jenkins	Spin Studio
	Yoga II (75 minutes)	1,3 & 5/ Linda 2 & 4/ Sharon	Club Room

Some Spin classes may ride outside weather permitting

For more information on the schedule please call Dan Garza (Group Exercise Director) at (847) 990-5742 or the Front Desk at (847) 990-5750. Classes are 55 minutes unless otherwise stated. Spinning classes are 40 minutes except Journey rides / Classes that do not maintain a minimum of 8 participants will be reviewed for cancellation.

More Zumba!
Try a new Zumba class Mondays at 9:30am on the gym floor beginning July 7th.

