



Group Exercise Schedule

SPRING 2012

Effective Sunday, April 22nd



Studio Key	
-	Studio 41
☺	Performance Studio
⚓	Boat House
⌊	Multi-Purpose Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	CYCLING ☺ <i>Mike</i>	BODYPUMP <i>Monica</i>	CYCLING ☺ <i>John</i>	BODYPUMP <i>Monica</i>	CYCLING ☺ <i>John</i>	6:30 am CYCLING ☺ <i>Rotation</i>	
8:00 AM	ZUMBA <i>Erin</i>		CORE STRENGTH <i>Cheri</i>			GREAT STEP OFF ☺ <i>Barb</i>	7:45 am CYCLING ☺ <i>Jill</i>
9:00 AM	BODYVIVE <i>Wendy</i>	PILATES MAT <i>Janet</i>	BODYCOMBAT <i>Heather</i>	ZUMBA <i>Monica</i>	TBC <i>Estelle</i>	BODYCOMBAT <i>Heather G.</i>	GREAT STEP OFF <i>Barb</i>
	BODYCOMBAT ☺ <i>Mark</i>	FEELING FIT ☺ <i>Monica</i>	BODYVIVE ☺ <i>Monica</i>	LOW STEP 'N SCULPT ☺ <i>Cheri</i>	BODYVIVE ☺ <i>Cheri</i>	ZUMBA <i>Erin</i>	
				CREW CLASS ⚓ <i>Carol</i>		CREW CLASS ⚓ <i>Carol</i>	
10:15 AM	BODYPUMP <i>Heather G.</i>	CARDIO MIX & SCULPT <i>Wendy</i>	BODYPUMP <i>Heather</i>	CARDIO MIX & SCULPT <i>Wendy</i>	BODYPUMP <i>Cheri</i>	BODYPUMP <i>Heather G.</i>	PILATES MAT <i>Barb</i>
	BEGINNER'S CYCLING ☺ <i>Matt</i>	CYCLING ☺ <i>Jill</i>		CYCLING ☺ <i>Jill</i>	PILATES MAT ☺ <i>Tammy</i>		
4:30 PM	STEP REEBOK <i>Janet</i>	BODYPUMP <i>Heather G</i>	STEP REEBOK <i>Janet</i>	BODYPUMP <i>Heather H</i>			
5:45 PM	ZUMBA <i>Estelle</i>		PILATES MAT <i>Barb</i>				
	CYCLING ☺ <i>Paul</i>		CYCLING ☺ <i>Paul</i>				
7:00 PM	BODYPUMP <i>Cheri</i>	BODYCOMBAT <i>Heather</i>	BODYPUMP <i>Cheri</i>	BODYCOMBAT <i>Leigh Ann</i>			
	PILATES MAT ☺ <i>Barb</i>		STEP REEBOK ☺ <i>Barb</i>				
7:15 PM		CYCLING ☺ <i>Lesley</i>		CYCLING ☺ <i>Lesley</i>			
8:00 PM	ZUMBA <i>Monica</i>		CLASSY ABS ☺ <i>Jacqueline</i>				
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See back of schedule for class descriptions. Class Instructors may vary according to availability.
Omni reserves the right to alter classes dependant on class attendance.

ANYBODY'S AEROBICS: Consists of 30 minutes of low impact aerobics (no bouncing). "Anybody's" is for every body, every shape and every size. This class is designed for those who want to increase cardiovascular endurance, burn fat, increase flexibility, and firm up. (55 min - Level 2)

BEGINNER'S CYCLING: This class is for anybody looking for a high-intensity cardiovascular workout, but is new to Indoor Cycling! Your instructor will help you set up your bike and give you an orientation to the class, to get you on your way to pedaling the pounds away! (45 min - Level 1)

BODYCOMBAT: The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness. (55 min - Level 3)

BODYPUMP: The fastest way to shape up and loose body fat. This 60 minute workout challenges all your major muscle groups and will leave you feeling energized to face the days challenges ahead. It's a toning and conditioning class with barbells and is for just about everyone who wants to add strength training into their workout. (Level 2)

BODYVIVE: A low-impact group fitness workout that lets you choose just how hard you work. Using the VIVE™ balls, VIVE™ tubes and optional hand weights you're talked step-by-step through the entire class, while listening to uplifting and inspiring music. Best of all, you finish feeling thoroughly rejuvenated – and fizzing with energy. (55 min - Level 2)

CARDIO FUNK: Looking for something fun and different? Shake your booty funky style! This class includes 30 minutes of low impact aerobics

with funky moves; abs and stretching at the end. (55 min - Level 2)

CARDIO MIX/CARDIO MIX & SCULPT: A class with variety! It includes 30 minutes of intervals between Hi-low on the floor and step. Abs and stretching are included in the end. (55 min - Level 3)

CLASSY ABS: An intense workout just for the abdominal and lower back muscles. A great class to help increase your posture and core strength. (45 min - All Levels)

CORE STRENGTH: This is a total body strengthening class using functional movements of the upper and lower body, while incorporating internal body resistance, gravity, and balance to improve your core strength! Beginning Power Core utilizes simpler movements. (55 min - Level 1)

CREW CLASS: Come try this total body cardiovascular workout. Rowing is proven to be one of the best all-around workouts, strengthening the lower and upper body. (45 min - All Levels)

FEELING FIT: Feel fit by toning major muscle groups and increasing your endurance. The class includes low impact aerobics (no bouncing), easy to follow dance steps while including exercises for muscle sculpting. (55 min - Level 2)

Great Step Off: If you like to step and are ready for some fun, this class is for you! This class consists of 40 minutes of stepping, along with an aerobic cool down and core exercises. (60 min - Level 2)

INDOOR CYCLING: If you're looking for a high-intensity cardiovascular workout, our bikes are waiting for you! If you are new to Indoor Cycling, please come 15 minutes early for an orientation, or attend our Beginner's Cycling class. (45 min) Please note that Saturday and Sunday are 60 minute class. (Level 2)

LOW STEP 'N SCULPT: Same as Step 'n Sculpt but the step moves are basic and completely low impact (no bouncing). An excellent toning and aerobic class! (55 min - Level 2)

PILATES MAT: This is a GREAT workout for your core that will lengthen and strengthen your muscles, as well as improve your posture and increase your flexibility (55 min). Please note, Tuesday morning is a 45 minute class. (All Levels)

STEP REEBOK/STEP REEBOK & SCULPT: This class offers an incredible workout including 30 minutes of stepping and a perfect balance between muscle toning and fat burning. (55 min - Level 3)

TBC: This class will challenge all your muscles to get strong and toned using you're your own body weight and a variety of equipment while adding some cardio to the mix. This class is full of surprises so be ready for anything. Smiles are required! (60 min - Level 3)

ZUMBA: Dance...Dance...Dance... This high energy class uses motivating music with unique moves and combinations that allow you to leave your worries behind. Zumba is a mixture of body sculpting movements and exciting easy to follow dance steps. Only requirement is to have FUN! (55 min - All Levels)

* Each month, our group exercise class attendance will be evaluated using the Red-Light/Green-Light system. When a class attendance drops below the studio capacity of 30%, the instructor will be notified. The class then becomes a Red Light class and will be monitored for the next 60 days. If the class continues to be in the Red for a second month in a row, the class will be posted on the Member Information Board to notify members (located in the hall by the Performance Studio, next to the soda machines). If the class does not reach its target attendance and is in the Red for a third month in a row, Omni reserves the right to change or remove the class from the group fitness schedule. If you have any questions, please feel free to ask your instructors.