

Illinois Center GF CLASS DESCRIPTIONS

<p align="center">ATHLETEzone!</p> <p>Designed for the advanced participant in that all forms of movement, strength training and cardiovascular training are explored in a circuit setting. Five exercises are given in the round- Each exercise is completed for 1 minute before having 10 seconds to move to the next station. Once two full rounds are completed you experience a recovery section where 5 new exercises are introduced for a second block of two rotations of the same interval, take another recovery while your 3rd and last block is introduced. Advanced levels only.</p>	<p align="center">CYCLE party</p> <p>a 45 minutes fun cycling class set to pop dance music- experience flats, hills, jumps, sprints and more. Super fun class for all</p>	<p align="center">FUERZAcontact</p> <p>A fusion of American Kickboxing and Karate class done on free standing kickboxing bags. Learn techniques and execute three rounds of training set to music. Gloves are provided and experience on the bags is not necessary. All levels welcome</p>	<p align="center">TETRA sculpt/ TETRA express</p> <p>A full body training class that focuses on 4 layers of training. Layer 1 is the simple/single lifting exercise that alternates between upper body and lower body interval style. Layer 2 is one compound exercise completed in 1 minute. Layer 3 is your core training layer for 2 minutes and layer 4 is your 3 minute cardio high intensity interval layer. All levels are welcome TETRA express is a 30 minute version of this class- scheduled early morning</p>
<p align="center">Body Formula</p> <p>BODYformula has evolved into a full body training system where simple to more complex exercises are explored using dumbbells, Body Bars, Medicine Balls and Step Platforms. Bursts of cardio appear within the frame of the class where the focus will be to push to an uncomfortable zone (anaerobic). Standing for nearly 3 quarters of the class, you finish class with multiple full body exercises that include core isometric work with dynamic stretching. All levels welcome.</p>	<p align="center">flex!</p> <p>flex! Pair functional load with explosive movement and you get flex! This class features paced strength training with racing cardio drills for a workout that leaves you strong and sweaty. Smart, efficient and FUN! Get ready for a balanced build of muscle and metabolic conditioning.</p>	<p align="center">Full Body Architect</p> <p>This Total Body Resistance Training class is taught by the LSF GF Body Training Team. The team will give you an individualized feel in a group setting while focusing on technical set up and form along with repetition and overload necessary for gaining strength and endurance. Class will also focus on progressing from simple to more complex exercises. All levels are welcome.</p>	<p align="center">SETS & REPS</p> <p>Going back to BASIC SCULPTING- using weights and body bars focus on two muscle groups at a time- execute 10 - 12 reps within a set of 3. Continue with a core segment before you begin another set. Class can range from 4 to 5 sets of training. Some of the sets will have compound exercises (upper and lower body combined). Sometimes there might be burst of 10-15 seconds of cardio to transition from sets to core training. All Levels welcome</p>
<p align="center">Dance Fitness</p> <p>A fun fitness Dance class that uses jazz, modern, ballet, pop styles of dance with easy to follow movement choreography for a full sweat session- Set to fun music, all levels welcome</p>	<p align="center">BODY sculpt</p> <p>A full body workout using weights, body bars, medicine balls and more. This is going back to the basics type of training. This class is open to all levels and demographics. Great for participants looking to just lift and work on strength and endurance. Simple to compound exercises will be explored.</p>	<p align="center">META circuit</p> <p>META circuit is a high intensity class designed for athletes looking to take their fitness to the next level. Using IndoRow water rowers, TRX, Barbells, Slam Balls, and Dumbbells members will test their limits in strength, power, muscle endurance and cardiovascular training. Athletes will be taken through four stations that will couple traditional strength training, metabolic work, and HIIT. Please reserve your spot on the MyLSF app prior to attendance as space is limited to 16 participants.</p>	<p align="center">Studio Cycling</p> <p>A cardiovascular class done on a cutting edge stationary bike. Classes can differ in style in that profiles can include hills, flat roads, sprints and endurance set to dynamic music. Some instructors will use Heart rate Monitors and RPMs to make the rides more efficient. Please arrive early if you are new to cycling in order for our instructors to set you up properly. All levels welcome.</p>
<p align="center">Barre Fitness</p> <p>A barre inspired class that uses elements of ballet training, leg work, abdominal work, sculpting exercises and cardio heat driven movement for a complete body workout.</p>	<p align="center">Tabata Fusion</p> <p>An hour long class that focuses on interval training. A fusion of cardio and strength exercises that you complete as fast as you can in 20 seconds, then rest 10 seconds. This is done a total of 8 times through. It is a challenging workout but since you are able to do this at your own pace within the 20 seconds interval it is a class that is friendly to all levels.</p>	<p align="center">PowerDASH</p> <p>this class focuses on high intensity training with TABATA intervals on and off the treadmill. All levels are welcome for this 45 minutes class. Start with a 10 minute warm up around the indoor track- that includes dynamic stretching and running drills- Split into two groups and experience Tabata training on the treadmill and Tabata functional strength/endurance training off the treadmill- Complete 3 rounds of selected exercises and running profiles to this 20 seconds on and 10 seconds off training system plus a cool down to wrap up a full calorie burning experience.</p>	<p align="center">TREAD IT</p> <p>A 45 minute treadmill class that follows real outdoor training for all level runners. Experience flats, sprints, hills and endurance training while being coached on technique and breathing. All levels welcome. You do not need to be a runner to take this class.</p>
<p align="center">triDECAfect</p> <p>This class, developed by Marcelo Ehrhardt, will introduce 10 exercises intentionally placed in a sequence to maximize body training results, each of these exercises runs a 1 minute interval with no rest in between. Complete the first 10 and rest 1 minute. Work either supine or prone isometric core work for 1 minute to 2 minutes- that's the end of block one- complete the same block three times through and you have your triDECAfect. Not for the very beginner but modifications allow for all demographics, limitations and skills to participate.</p>	<p align="center">strengthPLUS</p> <p>Strength plus just enough cardio to get the metabolism humming. This class uses timed intervals so that participants can work out at their own pace. Each session will combine compound exercises, core drills and sports drills to challenge every fitness level by focusing on increasing strength, endurance, balance and agility, thus creating the ability to progress from a very basic exercise (a squat) to a complex exercise (burpee). This class is exceptional for those who are new to exercise, recovering from an injury or those who just need a good cross training class.</p>	<p align="center">TECHcore</p> <p>this class targets all muscle groups that make up your CORE (abdominals and back) with technical set up and cues. It's a seamless series of isometric work with dynamic movement attached to it done both in supine and prone positions. All you need is your BODY for this short yet challenging class for all levels.</p>	<p align="center">TECH-upper</p> <p>targeting all muscle groups that make up the "UPPER" section of the torso with technical set up and cues. This class is a seamless 30 - of slow and low repetition with heavy weights; fast/high repetition or dynamic movement using lighter weights or your own body weight; exploration of anaerobic and aerobic training to maximize results. All participants of all demographics and levels are encouraged to attend as there is strong emphasis on progression.</p>
<p align="center">TECH-lower</p> <p>Technical Lower Body Training developed by Marcelo Ehrhardt targeting all muscle groups that make up the "LOWER" section of the torso with technical set up and cues. This class is a seamless 30-minutes of low and low repetition with heavy weights; or fast/high repetition or dynamic movements using lighter weights or your own body weight; exploration of anaerobic and aerobic training to maximize results. All participants of all demographics and levels are encouraged to attend as there is strong emphasis on progression.</p>	<p align="center">tripleBLOCKtraining</p> <p>Three blocks of training for the entire body, each block consists of strength training using multiple types of equipment for 4 to 5 minutes, a segment of cardio (1-2 minutes) followed by core work (1-3 minutes). The goal of this class is to get three elements of training within one block, instructors will set the amount of blocks within each class depending on whether the focus will be more cardio, strength or core work. All levels welcome.</p>	<p align="center">intervalMELTDOWN</p> <p>A class exclusive to LSF that focuses solely on interval training. Class is a total of two blocks that range from 15 to 17 minutes and comprised of carefully selected timed intervals using weights (heavy and light) and your own body weight. Take a mini break while putting boxing gloves to begin punching carefully selected intervals on a free standing bag. Participants should have some fitness training or cardiovascular training in order to participate.</p>	<p align="center">BBF- Bare Foot Fusion</p> <p>A fusion of functional bare foot movement, Pilates modern exercises and yoga. Meets in the Main Studio. All levels.</p>
<p align="center">CYCLE 2 the BEAT</p> <p>Lakeshore SF and Running To The Beat proudly present Cycle To The Beat. This class is inspired by the music of Peter Canellis – the creator of the iTunes #1 Podcast Running To The Beat - and mapped out by our instructor Matt Modleski. Matthew and Peter will take you on a high octave, mind blowing 1 hour ride. Cycle to the beat and get lost in the a musical journey. Cycle to the beat will have your heart pumping, legs moving and screaming for more. Increase your endurance, speed, rate of perceived exertion and UNLEASH THE ATHLETE WITHIN. First come First Serve.</p>	<p align="center">BARRE BODY</p> <p>this is a FULL body toning class inspired by BARRE/DANCE type training but adapted to using A BODY BAR for stabilization, balance and leg work. Resistance training is also incorporated into the formatted class. This class brings new intensity to classic BARRE-inspired exercises. BARRE-body is set to music for a non-stop, fun and energetic workout from warm-up to cool-down class and will include an easy to follow cardio movement burst at the half way point. Class ends on the mat with high rep conditioning work for the lower body and core. All levels welcome.</p>	<p align="center">CYCLE sculpt</p> <p>Meet in the Cycling Studio FOR THIS FULL BODY TRAINING CLASS don in blocks. HIGH INTENSITY interval training on the bike followed by muscle training off the bike using weights or your body weight. Three blocks of this equal the class. A full body workout</p>	<p align="center">Dance uR Mass OFF</p> <p>High Intensity Cardio Dance workout taken from all forms of dance such as Latin, Hip Hop, African, Jazz, Contemporary etc. set to amazing and energizing music. All levels welcome. This is a DANCE WORKOUT</p>
	<p align="center">flex!</p> <p>flex! Pair functional load with explosive movement and you get flex! This class features paced strength training with racing cardio drills for a workout that leaves you strong and sweaty. Smart, efficient and FUN! Get ready for a balanced build of muscle and metabolic conditioning.</p>		

IC CORE STRENGTH CLASS DESCRIPTIONS

candle Light YOGA

A Friday night special class that has a gentle approach to it. Flows are integrated with warm light and meditation. All levels are welcome

vinyasaFLOW

Experience the oldest form of yoga, often considered to be the most physically demanding of all Hatha yoga schools. Vinyasa means "breathe connected movement." This yoga offers an athletic, challenging practice that emphasizes breath, core strength and concentration. Look for the different levels assigned to each class to adequately attend the class that fits your need.

FundamentalYOGA

Yoga made simple! An intro to the series of poses and deep breathing involved in the yoga discipline. Ideal of members new to yoga, but also appropriate for all experience levels.

Pilates Mat

This class focuses on the classical repertoire of Joseph Pilates' principles. Strengthen your core and lengthen your muscles while improving your balance and coordination.

POWERflow

POWERflow yoga is the linking of breath with powerful and flowing movement. This class will challenge you mentally and physically building strength, focus, balance and flexibility. It is suggested that you have at least level 2 yoga experience to attend this class.

outdoorYOGA

A vinyasa inspired class that meets on the North Side Roof top weather permitting. Class always meets here unless specified. All levels are welcome to enjoy the outdoor elements surrounded by amazing and beautiful skyscrapers as you flow through vinyasa inspired movement.

HATHA yoga

The umbrella term for all schools of yoga. It is from this discipline that all yogas come from. Classic poses/postures combined with deep breathing to build strength and flexibility. Classes are open to all levels.

Yoga SCULPT

A fusion class of yoga flow plus sculpting elements that use weights to tone and hone the body. Some of the poses will be explored with light weights. Some proficiency in yoga required.

MEGA Mat

MEGA Mat translates the best of MEGAformer work to the group fitness studios for a workout that strengthens, lengthens and balances the body. What to expect: High intensity, low-impact, results-driven, non-stop Pilates Sequencing set to music with exercises and transitions cued at non-stop pace-it's nothing short of MEGA! A variety of tools such as rings, balls, disks, tubing, weights keep the workout dynamic & engaging. All levels welcome as modifications are provided to allow all participants to feel successful.

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