

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 focus 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">Per4mance Cycling</p> <p>fun and engaging cycling classes brought to life using leader board technology by fimetrix. See your numbers as the leaderboard tracks real time wattage, RPM and distances while elite cycling instructors guide you through different profiles that can include team challenges, individual work, distance racing, racing and more- No need to reserve your bike. Show up and pick a bike to get started.</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">ABSolution</p> <p>A 15 or 30 minutes abdominals training class that includes plank work, isometric work, work with equipment such as the BOSU, Medicine Ball and weights. . The solution to a Beautiful CORE. All levels welcome.</p>	<p align="center">Diesel Body</p> <p>Rev your engine with Diesel Body! This total body class is all lifting - no cardio - with an emphasis on building lean muscle and increasing overall strength to kick your fitness routine into high gear! Expect a Sets & Reps style class with two blocks of training with three sets of selected exercises within each block. There's a short rest cycle between each set for more efficient muscle recovery. Once block one is completed there is a core/abdominals section which leads into Block two. Your instructor will provide visual demonstrations, verbal cues and if necessary hands on assists to make sure you are working safely and feel supported in your journey to strength!</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">DEFCON</p> <p>The name of this class is a play on words in two ways. DEFINed CONditioning is our fitness goal and we are borrowing the name from the US Armed Forces Defense readiness condition system, which increases state of alert in severity from DEFCON 5 (least severe) to DEFCON 1 (most severe). Students will be pushed to discover and create this state of RED ALERT within themselves during class by continuously pushing their limits, shocking their bodies and choosing to be active and engaged in mind and body to counter the attack in the last block of class (DEFCON 1) and feel accomplished, successful, and proud of their effort in the end.</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">DIESEL upper</p> <p>A training class with TWO blocks of selected exercises that are run through three times- Instructors will use TECHNICAL CUEING and INSTRUCTION that focuses on MUSCLES of the upper half of the body- this includes arms, shoulders, chest, back and core- All types of equipment used- High and low repetition also explored.</p>
<p align="center">DIESEL lower</p> <p>A training class with STRICT TECHNICAL CUEING and INSTRUCTION that focuses on MUSCLES of the lower half of the body- LEGS! Techniques for the SQUAT, LATERAL LUNGE, BACKWARD LUNGE, CROSS BACK LUNGE and more are introduced during this class- Then all types of equipment used to continue the training with high and low repetition to maximize strength and endurance results.</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 Canelis – the creator of the ITUNES #1 Podcast Running To The Beat - and mapped out by our instructor Matt Modjeski. 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>

IC CORE STRENGTH CLASS DESCRIPTIONS

candle Light YOGA	vinyasaFLOW	FundamentalYOGA	Pilates Mat
<p>A special Friday Night Yin/Yin Yoga class by candlelight. Gentle flows are integrated with warm light and meditation. A beautiful way to unwind, relax and find your inner light and peace at the end of a long week</p>	<p>Level 2 Vinyasa Class- Creative sequencing introduces intermediate students to new postures and flowing transitions, while working to deepen understanding of yogic principals. This athletic, high energy, breath based yoga class, includes chaturangas, sun salutations, opportunities for inversions and powerful core series. Increase strength, flexibility, balance, and mental clarity, while releasing stress and tension. Ignite your power!</p>	<p>Yoga made simple! An intro to the series of poses, breathin exercises and yoga principles in the yoga discipline. Ideal for those who are new to yoga, but also a nice refresher for the seasoned yogi.</p>	<p>This Class focuses on the Classical approach to Pilates- developed by Joseph Pilates. The series remain the same with the emphasis on strengthening the core and lengthening muscles of the extremities while improving balance and coordination. All levels.</p>
restorative Yoga	outdoorYOGA	HATHA yoga	Yoga SCULPT
<p>A yin yoga class that is slow, gentle and relaxing. Focus on breath, alignment and calming the mind and body while relaxing into surrender postures. This is a great class for those who are feeling stressed and energetically depleted, achy, stiff and sore, or for athletes needing compassionate recovery.</p>	<p>Experience the oldest form of yoga often considered to be the most physically demanding of all Hatha Yoga Schools on our North Rooftop Area. Vinyasa means "breathe connected movements". This yoga offers an athletic, challenging practice that emphasizes breath, core strength and concentration. This yoga class will meet on the roof, weather permitting. Class will meet in the North Rooftop space weather permitting- otherwise we meet in Yoga Studio on B2</p>	<p>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.</p>	<p>A full body continioning class based on VinyasaFLOW yoga postures and sequences, integrating weight sand cardio intervals to amp up the intensity and maximize results! Expect a non-stop, fast paced, high energy, high rep class, that will push you to your edge every time! Show up prepared to work hard, work smart and have fun. This class is physically and mentally demanding, but pairs intention with intensity, and breath to movement, to deliver a mindful and motivating experience that is deeply fulfilling, leaving participants of all levels feeling successful, satisfied and excited to come back for more!</p>
Vinyasa Flow +			
<p>Level 3 Vinyasa Class- Creative sequencing introduces advanced students to new postures and flowing transitions, while working to deepen understanding of yogic principals. This athletic, high energy, breath based yoga class, includes chaturangas, sun salutations, opportunities for inversions and powerful core series. Increase strength, flexibility, balance, and mental clarity, while releasing stress and tension. Ignite your power!</p>			