

Gold Coast

WINTER

 effective 01.02.17

Group Fitness Schedule



Download your Group Fitness Schedule anytime at ffc.com/goldcoast/group-fitness.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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EARLY MORNING

6:15AM-7:00AM Spinning Interval (3)	6:15AM-7:15AM Spinning Interval (3)	6:00AM-6:45AM Chisel (2)	6:15AM-7:00AM Motiv8 (2)	6:15AM-7:00AM Chisel (2)		
	6:15AM-7:00AM Formula 94 (1)			6:15AM-7:00AM Spinning Interval (3)		
		6:45AM-7:00AM FITCORE (2)				
7:00AM-7:30AM #312 (2)			7:00AM-7:45AM Spinning Interval (3)	7:00AM-7:15AM FITCORE (2)		

MID-MORNING

9:45AM-10:45AM Vinyasa Yoga (1)	9:45AM-10:45AM Vinyasa Yoga (1)	9:45AM-10:45AM Hatha Yoga (1)	9:45AM-10:45AM Power Yoga (1)	9:45AM-10:45AM Hatha Yoga (1)		
10:00AM-11:00AM Hydro Fit (P)	10:00AM-11:00AM Hydro Fit (P)	10:00AM-11:00AM Aqua Pilates (P)	10:00AM-11:00AM Aqua X(treme) (P)	10:00AM-11:00AM Hydro Fit (P)		
10:00AM-11:00AM Cardio Mix (2)	10:00AM-11:00AM Chisel (2)	10:00AM-10:45AM FITKICK (2)	10:00AM-11:00AM Chisel (2)			

LUNCHTIME

11:00AM-11:45AM Pilates (1)	11:00AM-12:00PM TajjiFit (2)	11:00AM-11:45AM Modern Mat (1)	11:00AM-11:45AM Zumba Gold (2)	11:00AM-11:45AM Pilates (1)		
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EVENING

5:00PM-5:45PM Spinning Interval (3)	5:30PM-6:45PM Heated Vinyasa Yoga (1)	5:45PM-6:45PM Candlelight Yoga (1)	5:45PM-6:30PM Chisel (2)	5:30PM-6:30PM Vinyasa Yoga (1)		
5:45PM-6:30PM Chisel (2)	5:45PM-6:30PM Total Body Blast (2)	5:45PM-6:15PM #312 (2)	5:45PM-6:30PM Formula 94 (1)	5:45PM-6:45PM WERQ (2)		
6:00PM-6:45PM Spinning Interval (3)	6:30PM-7:15PM Spinning Interval (3)	6:15PM-6:30PM FITCORE (2)	6:30PM-7:15PM Spinning Interval (3)			
6:00PM-6:45PM Pilates (1)	6:30PM-7:15PM Chisel (2)	6:30PM-7:15PM Spinning Interval (3)	6:30PM-7:15PM Total Body Blast (2)			
6:30PM-6:50PM FITCORE (2)	6:45PM-7:00PM Unplug (1)	6:30PM-7:15PM WERQ (2)				
7:00PM-7:45PM Urban Athlete (2)	7:00PM-7:45PM Pilates (1)	7:15PM-8:30PM Heated Vinyasa Yoga (1)				
7:15PM-8:30PM Heated Vinyasa Yoga (1)						
7:45PM-8:00PM AfterBurn (2)						

CLASS	LOCATION
1	Studio 1
2	Studio 2
3	Studio 3
B	Basketball Court
P	Pool
R	Rooftop
FF	Fitness Floor

TRY Aqua X(treme) Our Newest Signature Class.

GROUP EXERCISE CLASS POLICIES:

1. Please be on time for class.
2. Please stay for the full length of the class.
3. Please return all equipment to its proper storage area.
4. Please refrain from using perfume or chewing gum while exercising.
5. FFC reserves the right to make any changes to the schedule at any time.
6. All classes are GROUP exercise classes. Please do not create your own routine.
7. Please inform the instructor of any medical conditions before class.

GOLD COAST
1030 N. Clark Street, Chicago, IL 60610
312.944.1030

Hours: M-T 5:00AM-10:30PM, Fri 5:00AM-9:30PM
Sat & Sun 7:00AM- 8:00PM
Group Fitness Manager: Ashley Peterson
apeterson@ffc.com

GROUP FITNESS

CLASS DESCRIPTIONS

AQUA

Aqua Zumba: Known as the “Zumba pool party,” Aqua Zumba integrates the Zumba formula and philosophy with traditional aqua fitness disciplines and blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating!

Aqua Pilates: This class is based on the Pilates method concepts and integrates the qualities of Peyow Aqua Pilates. The exercises are designed to use water’s natural resistance to increase the body’s full range of motion while stabilizing the core muscles. Active cardio movements help to develop flexibility and strength.

H Aqua X(treme): We are taking water workouts to the next level! This high intensity interval training format pulls from disciplines like kickboxing and plyometrics along with resistance from the water to maximize heart rate, stimulate the total body and force mega calorie burn.

Hydro-Fit: This moderately intense cross-training class utilizes the resistance of water to give you a great overall workout.

H Turbo Hydro: This 45 minute turbo-charged workout will get your heart rate up and burn calories with intervals of anaerobic activity. Resistance work will be integrated using the water, noodles and water dumbbells.

CARDIO

H 20/20/20: Maximize your workout with 20 minutes of cardio, 20 minutes of strength and 20 minutes of core/flexibility for a very efficient, total body workout. All levels welcome.

Barr-e-cuda: Take Barre to a whole new level by incorporating short interval bursts of activity to elevate heart rate, increase anaerobic threshold and skyrocket calorie expenditure with ten fierce, total body moves.

Cardio Mix: This class combines several varieties of cardio formats including step, hi/lo, plyometrics and sports conditioning drills for a fat-burning workout set to high-energy music.

Cardio Turn Up: This creative cardio based class draws influence from agility and conditioning drills, creative choreography and plyometric movements.

H FITKICK: A cardiovascular class using techniques from boxing and kickboxing. This is a great class for students who want to train like a professional boxer without the body contact.

H TIGR Training: We are ramping up our treadmill workouts with weighted strength exercises built into cardio drills. TIGR (Tread Intervals with Group Resistance) Training delivers a full body, comprehensive workout in just 45 minutes!

TNT: This hybrid class fuses the cardiovascular benefits of interval work on the treadmill with upper body muscular endurance exercise using resistance tubing.

H Tread/Tread Express: This class is conducted entirely on the treadmill and designed to accommodate all fitness levels of walkers and runners. Experience the different combinations of inclines and speeds for an invigorating, effective and entertaining workout.

DANCE

Hip Hop: This dance class is designed to deliver a cardiovascular workout choreographed to the latest hip hop music. Class is appropriate for all levels.

Jam Session: Take the “work” out of the workout and make this dance class one big Jam Session. Influences of hip hop, old school R&B and pop are all combined for this fun, easy to follow dance class.

Nia: This class draws from disciplines of the martial arts, dance arts and healing arts. Classes are taken barefoot to soul-stirring music and offer a unique combination of 52 moves that correspond with the main areas of the body: the base, the core and the upper extremities.

TaijiFit: TaijiFit is the most unique workout to come along in decades. It’s a ride along the wave of your Inner Power, like surfing on your own life energy – the Qi. It combines the best elements of fitness, meditation and the ancient martial art of Taiji (Tai Chi). There are no set routines to memorize – instead just follow the lead of the instructor.

WERQ™: Cardio dance fitness has never been this fierce! WERQ uses all your favorite current pop, rock and hip hop radio hits, so the dance steps come easy. Choreography is inspired by official music videos and song lyrics. Expect to torch some major calories in this class. Are you ready to WERQ?

Zumba®: Zumba fuses hypnotic Latin/international rhythms and movements. These easy to follow moves feature interval training sessions with fast and slow rhythms. In some classes, resistance training is integrated to tone and sculpt your body while burning fat. No prior experience necessary.

Zumba® Basic: All of the same music with a slower temp.

H Zumba® Strong: This high intensity interval class is driven by the science of Synced Music Motivation. Instead of creating moves to match the music, the music is crafted to fit the moves.

MIND/BODY

AfterBurn: Flexibility training involves more than stretching. Learn PNF (proprioceptive neuromuscular facilitation) techniques to increase movement efficiency, improve blood flow and nutrients to your joints and enhance neuromuscular coordination. Recommended immediately after a high intensity class.

Ashtanga Yoga: Ashtanga Yoga (or Power Yoga) is a physically challenging yoga that builds strength, flexibility and stamina. Both intermediate and advanced class levels are available.

Barefoot Bootcamp: This fusion of Pilates core work & yoga flow is designed to restore your posture by activating and strengthening the core muscles, decompress the spine, improve the flexibility of your hips and shoulders and improve your sense of balance/body awareness. This mind/body challenge will end with Shivasana (relaxation/meditation.) Beginners are welcome.

B.A.S.I.C.: B.A.S.I.C. stands for Balance and Strength Integrating Choreography. This class format focuses on the strength and stability that comes from balance postures and functional exercises. The class is geared for all age groups but moves at a slower, controlled pace.

Core Yoga: This is a flow-style yoga class focusing on specific postures to help build, strengthen and balance the muscles of the back, abdominals and glutes.

Hatha Yoga: Hatha Yoga focuses on the postures of physical well-being to balance body, mind and spirit. Learn simple breathing exercises, basic yoga poses, light meditation and relaxation techniques. This class is appropriate for all levels.

Heated Vinyasa Yoga: Heated Vinyasa Yoga is practiced in a studio heated to 94 degrees. This yoga practice utilizes postures in a flowing manner, connecting each posture with a breath. This class is appropriate for all levels.

Hot Yoga: Hot Yoga is practiced in a studio heated to 105 degrees. The temperature produces detoxification, promoting a new and healthier you. During the class, 26 postures are completed while the combination of heat and breathing exercises improves oxygen utilization. Some yoga experience is necessary.

Modern Mat: This is a contemporary approach to a very traditional practice. Modern Mat infuses the basic elements of Pilates with light weights, tubing and rings for a comprehensive, user-friendly workout.

Pilates: Founded by Joseph Pilates in the 1920s, Pilates is a system of muscular skeletal exercises. This class is a total body conditioning workout that emphasizes correct alignment and posture as well as flexibility and torso-strengthening exercises. This format is recommended for those with lower back problems and is appropriate for all levels of participation. Props may be used in some classes.

Restorative Yoga: This class uses supported yoga poses and breath techniques to bring the body and mind to a state of stillness. Learn how to relax and breathe deeply in order to achieve the benefits of health, vitality and inner peace. All levels welcome.

Restorative Pilates: This class is based on a traditional Mat Pilates workout format and brings Pilates onto the stability ball for those who may or may not feel comfortable lying on the floor. This class will challenge the core, balance and flexibility of anyone (from athletes to those recovering from injuries) by combining Pilates-based strength exercises with more modern stability training techniques. Appropriate for all levels.

Tai Chi: This form of martial art is known for its defense techniques and health benefits of alleviating stress and anxiety.

UnPlug: Learn how to calm your brain and body with simple meditation techniques. Experience an increase in self awareness, clarity and creativity.

Vinyasa Yoga: This yoga practice uses postures in a flowing manner and connects each posture with a breath. Class is appropriate for all levels.

Yoga Basics: This class teaches the fundamentals of yoga postures and is appropriate for all levels.

Yoga For Athletes: This basic yoga class is for anyone who experiences tightness due to sport-specific training like cycling, running and weight training. Learn easy exercises to open up your hips, hamstrings, lower back and shoulders and restore your body’s natural alignment.

Yoga Sculpt: This yoga class incorporates resistance training with basic yoga movements.

MUSCLE CONDITIONING

H #312: This intense, high energy 30-minute class delivers four different 6-minute circuits consisting of 3 minutes of cardio and 1 minute of core, immediately followed by 2 minutes of strength work. Movements are non-stop and recovery time is limited. All fitness levels are welcome and modifications are available. Ready, set, #youregoingtosweat!

Amp’d UP: Be the envy of everyone’s eye with our 30-minute upper body-only class that will tone and tighten your arms, back, shoulders and chest as well as improve posture.

Ballet Sculpt: This ballet Barre-inspired class will sculpt, strengthen and elongate all of your major muscle groups. Members need not have any dance experience. The class format may employ a multitude of training tools/techniques such as the ballet barre, light weights and body bars. “Train like a prima ballerina and BEYOND!”

Body 360: This format centers around the Ballast/Swiss Ball and incorporates light weights and Pilates rings for a challenging series of exercises. Lateral flexion and rotation on the ball, along with balance and stability work, will transform the look and feel of your core as well as sculpt your physique from head to toe.

Chisel: Reshape your body with this nonstop, fast-paced workout that focuses on compound exercises performed with lighter weights and higher repetitions.

Critical Mass: This total body resistance workout is designed to build muscular strength, increase bone density and maintain lean body mass with the emphasis on full range of motion exercises done with heavier weights and less repetition.

FITCORE: This class features 30 minutes of concentrated abdominal and lower back work. Plan your workout accordingly to put this quick class on the front or back end of your workout routine.

H FITSPORT: Previously known as Athletic Training, this challenging cardiovascular and muscle strength conditioning class is time efficient and effective. Divided into cardiovascular segments ranging from moderate to high intensity, the class utilizes sport-specific drills and compound muscle strength exercises to challenge all the major muscles of the body. This class is appropriate for all fitness levels.

H Formula 94: This calorie-torching format is performed barefoot in a 94 degree studio and combines the influences of yoga, Pilates and muscle sculpting. The use of light to moderate hand weights will help you incinerate body fat as you define your body from head to toe.

Fundamental Fitness: This class is designed for the older adult looking to improve strength, stability, and flexibility. A chair, hand weights, and exercise tubing will be used to accommodate a softer workout.

Low Body Meltdown: Dedicate 30 minutes to a high energy, lower-body training format guaranteed to blast the glutes, quads and hamstrings while strengthening your core. 45-minute class formats will include additional core work.

Mini Bar: This 30-minute full body workout is designed for members that need to get a quick strength workout in. You will work your upper body, lower body and core with the Body Bar in this intense, fun, fast-paced class. You will leave sweaty and satisfied! This class is appropriate for all fitness levels.

H Motiv8: This high intensity training workout is designed to increase aerobic and anaerobic capacity, enhance power production and develop overall strength. Short 20 second intervals at your “max” are followed by a ten second rest, which is repeated for eight total rounds. Six exercises per class are completed for an overall total body fat burning workout.

H Total Body Blast: This comprehensive full body workout is inspired by all the latest training trends.

Trippin’: Get back to the basics and brush up on your jump rope skills with intervals of body weight, core and muscle conditioning exercises integrated with 1 – 2 minutes on the jump rope.

H Urban Athlete: Get in on the heavy rope training trend! This total body circuit class keeps you moving through a diverse selection of challenging anaerobic and aerobic drills. Achieve a higher level of fitness and explore the athlete in you!

X Factor: This 30 minute, total-body resistance workout focuses on intensity techniques known as compound sets and super sets. These techniques are used to (X)haust your muscles in order to create fatigue, maximize time, and promote an increase in lean body mass.

SPINNING

H Iron Ride: Get the best of two different workouts with this interval fusion class combining the cardio benefits of spinning and strength benefits of off-the-bike resistance work.

H Spinning Interval: This program is designed to enhance your performance and competition level. Interval training is used to abruptly increase and decrease your heart rate through the manipulation of the intensity of the activity level during class.

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High Intensity Class - All fitness levels welcome!

Please feel free to notify your instructor of your fitness level.