

# Gold Coast WINTER effective 1.9.12



FITNESS FORMULA CLUBS

## Group Fitness Schedule

Download your Group Fitness Schedule anytime at [ffc.com/goldcoast/group-fitness](http://ffc.com/goldcoast/group-fitness).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

EARLY MORNING				
		6:00A-7:00A Chisel (2)	6:15A-7:15A Urban Athlete (2)	
6:15A-7:00A Spinning Interval (3)	6:15A-7:15A Spinning Interval (3)	6:15A-7:15A Spinning Interval (3)	6:15A-7:15A Spinning Interval (3)	6:15A-7:00A Spinning Interval (3)
7:00A-7:30A Amp'd UP (2)	6:30A-7:30A Vinyasa Flow (1)			7:00A-7:30A Amp'd UP (2)

MID-MORNING				
9:45A-10:45A Yoga Sculpt(1)		9:45A-10:45A Hatha Yoga (1)	9:45A-10:45A Power Yoga (1)	9:45A-10:45A Hatha Yoga (1)
10:00A-11:00A Cardio Mix (2)	10:00A-11:00A Chisel (2)	10:00A-11:00A FITKICK (2)	10:00A-11:00A Chisel (2)	10:30A-11:30A BeMoved (2)
10:00A-11:00A Hydro Fit (P)	10:00A-11:00A Hydro Fit (P)	10:00A-11:00A Hydro Fit (P)	10:00A-11:00A Hydro Fit (P)	10:00A-11:00A Hydro Fit (P)

LUNCHTIME				
12:00P-12:45P Pilates (1)	12:00P-12:45P Chisel (2)	12:00P-12:45P Body 360 (2)	12:00P-12:45P Ballet Sculpt (2)	12:00P-12:45P Pilates (1)

EVENING				
	5:30P-6:30P Power Yoga (1)	5:45P-6:45P Hatha Yoga (1)	5:30P-6:30P Step (2)	5:30P-6:25P Hatha Yoga (1)
5:45P-6:30P FITSPORT (2)	5:45P-6:45P 20/20/20 (2)	5:45P-6:30P Body 360 (2)		5:45P-6:30P FITSPORT (2)
6:00P-7:00P Spinning Interval (3)	6:00P-7:00P Spinning Interval (3)	6:00P-7:00P Spinning Interval(3)	6:00P-7:00P Spinning Interval (3)	
		6:30P-7:15P Ballet Sculpt (2)	6:30P-7:30P FITSTRENGTH (2)	
6:30P-7:15P Pilates (1)			6:30P-7:15P JUKARI Fit to Flex™ (1)	
6:30P-7:15P FITKICK (2)				6:30P-7:15P FITKICK (2)
	6:45P-7:30P Chisel (2)			
7:15P-8:30P Vinyasa Flow (1)	7:30P-8:15P Modern Mat (1)	7:15P-8:30P Vinyasa Flow (1)		
7:30P-8:30P Zumba (2)				

FFC Signature  
Group Fitness Classes  
FITCORE  
FITSTRENGTH I & II  
FITKICK  
FITSPORT  
FITSTRETCH

CLASS	LOCATION
1 .....	Studio 1
2 .....	Studio 2
3 .....	Studio 3
P .....	Pool
R .....	Rooftop
FF .....	Fitness Floor
\$ .....	Additional Fee & Sign-up Required

- 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.
  8. Any questions or comments please contact:  
Lois Miller, Group Fitness Manager at 312.902.2040 or [lois.miller@ffc.com](mailto:lois.miller@ffc.com)

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

Hours: M-T 5:00A-10:30P, Fri 5:00A-9:30P  
Sat & Sun 7:00A- 8:00P

Group Fitness Manager: Lois Miller

# Old Town WINTER effective 1.9.12



FITNESS FORMULA CLUBS

## Group Fitness Schedule

Download your Group Fitness Schedule anytime at [ffc.com/oldtown/group-fitness](http://ffc.com/oldtown/group-fitness).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

### EARLY MORNING

6:15A-7:15A Group Apparatus (P) \$	6:15A-7:00A Chisel (1)	6:15A-7:15A 20/20/20 (2)	6:15A-7:15A Iron Ride (1)	6:15A-7:15A Group Apparatus (P) \$		9:00A-10:00A Chisel (2)
6:30A-7:30A Yoga Basics (2)					9:30A-10:20A Spinning Interval (1)	

### MID-MORNING

11:00A-12:00P Pilates (2)	11:00A-12:00P Body 360 (2)	11:00A-12:00P Ballet Sculpt (2)	11:00A-12:00P Chisel (2)	11:00A-12:00P Pilates (2)	10:30A-11:25A Chisel (2)	10:00A-11:00A Hatha Yoga (2)
------------------------------	-------------------------------	------------------------------------	-----------------------------	------------------------------	-----------------------------	---------------------------------

### EVENING

5:30P-6:00P FITCORE (2)	5:45P-6:40P Pilates (2)	5:30P-6:00P FITCORE (2)	5:45P-6:40P Pilates (2)			
5:45P-6:40P Group Apparatus (P) \$				6:00P-7:00P Hatha Yoga (2)		
6:00P-6:45P Step (2)		6:00P-6:45P Step (2)				
6:30P-7:30P Spinning Interval (1)		6:30P-7:30P Spinning Interval (1)				
6:45P-7:30P Chisel (2)	6:45P-7:30P FITKICK (2)	6:45P-7:30P Chisel (2)	6:45P-7:30P FITKICK (2)			
7:30P-8:45P Vinyasa Yoga (2)	7:30P-8:30P Zumba (2)		7:30P-8:30P FITSTRENGTH (2)			

FFC Signature  
Group Fitness Classes  
FITCORE  
FITSTRENGTH I & II  
FITKICK  
FITSPORT  
FITSTRETCH

CLASS	LOCATION
1	Studio 1 (Downstairs)
2	Studio 2 (Upstairs)
P	Pilates Area
\$	Additional Fee & Sign-up Required

#### 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.
8. Any questions or comments please contact:  
Lois Miller, Group Fitness Manager at 312.640.1235 or [lois.miller@ffc.com](mailto:lois.miller@ffc.com)

#### OLD TOWN

1235 N. LaSalle St., Chicago, IL 60610  
312.640.1235

Hours: Open 24 hours from 4:30A Mon. to Fri 9:30P  
Sat & Sun 7:00A- 8:00P

Group Fitness Manager: Lois Miller

# Union Station

# WINTER

effective 1.9.12



FITNESS FORMULA CLUBS

# Group Fitness Schedule

Download your Group Fitness Schedule anytime at [ffc.com/unionstation/group-fitness](http://ffc.com/unionstation/group-fitness).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

EARLY MORNING	
6:30A-7:30A Spinning (6)	6:30A-7:15A Spinning (6)
7:00A-7:45A Yoga (1)	7:00A-7:45A Yoga (1)
	7:15A-8:00A Urban Athlete (4)
	6:30A-7:30A Spinning (6) Strength/Interval

9:00A-10:00A Chisel (4)
10:00A-11:00A Spinning (6)
10:00A-11:30P Yoga (1)

FFC Signature  
Group Fitness Classes  
FITCORE  
FITSTRENGTH I & II  
FITKICK  
FITSPORT  
FITSTRETCH

LUNCHTIME	
11:30A-12:15P Pilates (1)	11:30A-12:15P Pilates (1)
11:30A-12:15P FITKICK (4)	11:30A-12:15P JUKARI Fit to Flex™(4)
12:00P-12:45P Spinning (6) Strength/Interval	12:00P-12:45P Spinning (6) Interval
12:15P-1:15P Chisel (4)	12:15P-1:00P Zumba (4)
12:15P-1:15P Hatha Yoga (1)	12:15P-1:15P Hatha Yoga (1)
	1:00P-1:30P FITCORE (4)
	12:15P-1:15P Ashtanga Yoga (1)
	12:15P-1:15P Yoga (1)
	12:15P-1:15P Vinyasa Yoga (1)
	12:00P-12:45P Spinning (6)
	12:00P-12:45P Spinning (6)
	12:00P-12:45P Spinning (6)
	12:15P-1:00P Step (4)
	12:15P-1:15P Critical Mass (4)
	11:30A-12:15P Pilates (1)
	11:30A-12:15P Pilates (1)

10:30A-11:15A Spinning (6)
11:15A-12:00P FITSTRENGTH (4)
12:00P - 1:00P Yoga (1)

CLASS	LOCATION
1	West Studio
3	Pilates Studio
4	East Studio
5	Boxing Studio
6	Spin Studio
FF	Fitness Floor
P	Pool
G	Gymnasium
\$	Additional Fee & Sign-up Required

EVENING	
5:15P-5:45P FITCORE (4)	4:45P-5:30P Pilates Basics (1)
5:30P-6:15P Pilates (1)	5:30P-6:15P Pilates (1)
5:30P-6:25P Spinning (6)	5:30P-6:30P Vinyasa Yoga (1)
	5:30P-6:25P Chisel (4)
5:45P-6:30P Step (4)	5:30P-6:15P Hydro Fit (P)
6:15P-7:15P Vinyasa Yoga (1)	5:30P-6:25P Urban Athlete (4)
6:30P-7:15P Spinning (6)	5:45P-6:30P Zumba (4)
6:30P-7:15P Butts & Guts (4)	6:15P-7:15P Core Yoga (1)
	6:30P-7:30P Spinning Interval (6)
	6:30P-7:15P Spinning (6)
	6:30P-7:30P Spinning (6)
	6:30P-7:15P FITSTRENGTH (4)

- GROUP EXERCISE CLASS POLICIES:**
- Please be on time for class.
  - Please stay for the full length of the class.
  - Please return all equipment to its proper storage area.
  - Please refrain from using perfume or chewing gum while exercising.
  - FFC reserves the right to make any changes to the schedule at any time.
  - All classes are GROUP exercise classes. Please do not create your own routine.
  - Please inform the instructor of any medical conditions before class.
  - Any questions or comments please contact: Dominick DeFranco, Group Fitness Manager at 312.627.0444 (x250) or [ddefranco@ffc.com](mailto:ddefranco@ffc.com).

**UNION STATION**  
444 W. Jackson Blvd., Chicago, IL 60606  
312.627.0444

Hours: Mon-Thurs 5:00A-10:00P, Fri 5:00A-9:00P  
Sat - Sun 7:00A-300P  
Group Fitness Manager: Dominick DeFranco

# East Lakeview

# WINTER

effective 1.9.12



FITNESS FORMULA CLUBS

# Group Fitness Schedule

Download your Group Fitness Schedule anytime at [ffc.com/eastlakeview/group-fitness](http://ffc.com/eastlakeview/group-fitness).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

### EARLY MORNING

6:15A-7:00A Pilates (2)	6:00A-7:00A Yoga (2)	6:15A-7:00A Chisel (2)	6:00A-7:00A Yoga (2)	6:15A-7:00A Chisel (2)	8:45A-9:30A Spinning (1)	8:45A-9:30A Pilates (2)
----------------------------	-------------------------	---------------------------	-------------------------	---------------------------	-----------------------------	----------------------------

### MID-MORNING

9:00A-10:00A Aqua Zumba (P)	9:00A-10:00A Hydro-Fit (P)	9:00A-10:00A Hydro-Fit (P)	9:00A-10:00A Hydro-Fit (P)	9:00A-10:00A Hydro-Fit (P)	9:30A-10:15A Spinning (1)	9:15A-10:00A Spinning (1)
9:00A-10:00A Chisel (2)		9:00A-10:00A Chisel(2)		9:00A-10:00A FITSTRENGTH (2)	9:45A-10:15A FITCORE (2)	
10:00A-10:30A FITSTRETCH (2)		10:00A-10:45A ZUMBA (2)		10:00A-10:45A Pilates (2)	10:15A-11:15A Chisel (2)	10:00A-11:00A FITSPORT (2)
	10:15A-11:15A Yoga (2)		10:15A-11:15A Vinyasa Yoga (2)		11:15A-12:00P Pilates (2)	11:00A-12:30P Yoga (2)

### LUNCHTIME

11:30A-12:00P FITCORE (2)		11:30A-12:00P FITCORE (2)		11:30A-12:00P FITCORE (2)	11:45A-12:30P Hydro-Fit (P)	
12:00P-12:45P Spinning (1)		12:00P-12:45P Spinning (1)		12:00P-12:45P Spinning (1)	12:30P-1:15P Zumba (2)	

### EVENING

5:45P-6:30P FITSTRENGTH(2)	6:00P-6:30P FITCORE (2)	5:45P-6:30P FITSTRENGTH(2)	6:00P-6:30P FITCORE (2)	5:00P-5:30P FITCORE (2)	1:15P-1:45P FITCORE (2)	
				5:30P-6:30P Vinyasa Yoga (2)	1:45P-2:30P Hip Hop (2)	
6:30P-7:15P Spinning (1)	6:30P-7:15P Spinning (1)	6:30P-7:15P Spinning (1)	6:30P-7:15P Spinning (1)			
6:30P-7:15P FITKICK (2)	6:30P-7:15P FITSPORT (2)	6:30P-7:15P FITKICK (2)	6:30P-7:15P Pilates (2)	6:30P-7:15P Zumba (2)		
		7:00P-7:45P Aqua Zumba (P)				
7:15P-8:00P Spinning (1)	7:15P-8:00P Chisel (2)	7:15P-8:00P Spinning (1)	7:15P-8:00P Chisel (2)			
7:15P-7:45P FITCORE (2)		7:15P-7:45P FITCORE (2)				
7:45P-8:30P Zumba (2)		7:45P-8:45P Yoga (2)	7:30P-8:00P Tread (FF)			
	8:00P-8:30P FITCORE (2)		8:00P-8:30P FITCORE (2)			

FFC Signature  
Group Fitness Classes  
FITCORE  
FITSTRENGTH I & II  
FITKICK  
FITSPORT  
FITSTRETCH

CLASS	LOCATION
1 .....	Studio 1
2 .....	Studio 2
P .....	Pool
FF .....	Fitness Floor
\$ .....	Additional Fee & Sign-up Required

### 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.
8. Any questions or comments please contact:  
Kristin Strom, Group Fitness Manager at 773.755.3232 x223 or [kstrom@ffc.com](mailto:kstrom@ffc.com).

## EAST LAKEVIEW

3657 N. Pine Grove Ave., Chicago, IL 60613

773.477.3664

Hours: M-F Open 24hours Monday 4:30A until Fri 9:30P,  
Sat 7:00A- 8:00P Sun 7:00A- 8:00P

Group Exercise Manager: Kristin Strom

# Halsted Street

# WINTER

effective 1.9.12



FITNESS FORMULA CLUBS

# Group Fitness Schedule

Download your Group Fitness Schedule anytime at [ffc.com/halstedstreet/group-fitness](http://ffc.com/halstedstreet/group-fitness).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

### EARLY MORNING

6:00A-7:00A Chisel (1)	6:00A-7:00A FITKICK (2)	6:00A-7:00A Chisel (1)	6:00A-7:00A FITKICK (2)			
6:15A-7:00A Spinning (3)	6:15A-7:00A Spinning (3)		6:15A-7:00A Spinning (3)			
6:30A Bootcamp \$ (FF)			6:30A Bootcamp \$ (FF)			

### MID-MORNING

9:30A-10:30A Chisel (1)	9:30A-10:15A Zumba (1)	9:30A-10:30A Chisel (1)	9:30A-10:15A Zumba (1)	9:30A-10:30A FITSTRENGTH (1)		
10:30A-11:15A Pilates (2)	11:00A-12:00P Yoga (2)	10:30A-11:15A Pilates (2)	11:00A-12:00P Yoga (2)	10:30A-11:15A Ballet Sculpt (1)		

### EVENING

5:30P-6:00P FITCORE (3)	5:45P-6:30P Spinning (3)	5:30P-6:00P FITCORE (3)	4:30P-5:30P TRX \$ (FF)	5:15P-5:45P FITCORE (3)		
6:00P Prenatal Pilates \$		5:30P-6:30P TRX \$ (FF)	6:00P Pilates Group Apparatus \$			
6:00P-7:00P TRX \$ (FF)	6:00P-6:30P FITCORE (1)		6:00P-6:30P FITCORE (1)			
6:00P-6:45P Spinning (3)		6:00P-6:45P Spinning (3)		5:45P-6:45P Spin/Yoga (3)		
6:00P-6:45P Pilates (2)		6:00P-6:45P Pilates (2)				
6:15P-7:00P FITSPORT (1)	6:30P-7:15P Chisel (1)	6:15P-7:00P FITSPORT (1)	6:30P-7:15P FITSTRENGTH (1)			
6:45P-7:30P Spinning (3)	7:00P Bootcamp \$ (FF)	6:45P-7:30P Spinning (3)	7:00P Bootcamp \$ (FF)			
6:45P-8:00P Power Yoga (2)	7:00P-8:00P Vinyasa Yoga (2)	6:45P-8:00P Yoga (2)				
	7:00P Pilates Group Apparatus \$	6:45P Pilates Group Apparatus \$				
7:00P-7:30P FITCORE (1)	7:15P-7:45P FITCORE (1)	7:00P-7:30P FITCORE (1)	7:15P-7:45P FITCORE (1)			
7:30P-8:15P Hip Hop (3)		7:30P-8:15P Ballet Sculpt (1)				

8:30A-9:30A Spinning (3)						
9:30A-10:00A FITCORE (1)	9:30A-10:00A FITCORE (1)					
9:30A-11:00A Vinyasa Yoga (2)	10:00A-11:00A FITSTRENGTH(1)					
10:00A-11:00A FITSPORT (1)	11:00A-11:30A FITCORE (1)					
11:00A-11:45A Pilates (2)	11:00A-11:45A Spinning (3)					
11:00A-11:45A Zumba (1)						
					12:00P Bootcamp \$ (FF)	
					12:00P-12:45P Step (1)	

FFC Signature  
Group Fitness Classes  
FITCORE  
FITSTRENGTH I & II  
FITKICK  
FITSPORT  
FITSTRETCH

CLASS	LOCATION
1.....	Studio 1
2.....	Studio 2
3.....	Studio 3
FF.....	Fitness Floor
\$.....	Additional Fee & Sign-up Required

**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.
8. Any questions or comments please contact: Kristin Strom, Group Fitness Manager/Pilates Coordinator at 773.755.3232 x223 or [kstrom@ffc.com](mailto:kstrom@ffc.com)

**HALSTED STREET**  
3228 N. Halsted Street, Chicago, IL 60657  
773.755.3232

M-F Open 24 hours Monday 4:30A until Fri 9:30P,  
Sat 7:00A- 9:00P, Sun 8:00A-9:00P  
Group Fitness Manager: Kristin Strom

# Lincoln Park

# WINTER

effective 1.9.12



FITNESS FORMULA CLUBS

# Group Fitness Schedule

Download your Group Fitness Schedule anytime at [ffc.com/lincolnpark/group-fitness](http://ffc.com/lincolnpark/group-fitness).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

### EARLY MORNING

6:15A-7:00A Chisel (1)	6:30A-7:15A Modern Mat (1)	6:15A-7:00A Spinning (2)	6:15A-7:00A FITSPORT (1)	6:15A-7:00A Spinning (2)		
				7:00A-7:30A Amp'd UP (1)		

8:00A  
TRX Suspension  
Training™ (1) \$

9:00A-10:00A  
Spinning (2)

9:00A-10:00A  
FITSTRENGTH (1)

9:00A-9:45A  
Cardio Tai  
Box (1)

9:30A-10:30A  
Power Yoga (3)

9:00A-9:45A  
Tread (FF)

9:45A-10:30A  
Critical Mass (1)

10:00A-10:45A  
Spinning (2)

10:15A-11:15A  
Contact Boxing  
(BR)

10:00A-11:00A  
20/20/20 (1)

10:15A-11:45A  
Vinyasa Yoga (3)

10:30A-11:15A  
Zumba (1)

11:30A-12:30P  
Kangoo (1)

4:30P-6:00P  
Power Yoga (3)

### MID-MORNING

9:00A-9:45A Chisel (1)	9:00A-9:45A Spinning (2)	9:00A-9:45A Chisel (1)	9:00A-9:45A Spinning (2)	9:00A-9:45A FITSTRENGTH (1)		
9:30A-10:30A Vinyasa Yoga (3)		9:45A-10:30A Pilates (3)		9:30A-10:30A Vinyasa Yoga (3)		
	9:45A-10:30A Ballet Sculpt (1)	10:00A-10:45A Hydro-Fit (P)	9:45A-10:30A Ballet Sculpt (1)			

### LUNCHTIME

12:15P-1:00P Critical Mass (1)	12:15P-1:00P Yoga Sculpt (1)	12:15P-1:00P Spinning (2)	12:15P-1:00P Modern Mat (3)	12:15P-1:00P FITSPORT (1)		
-----------------------------------	---------------------------------	------------------------------	--------------------------------	------------------------------	--	--

### EVENING

5:30P-6:15P FITSTRENGTH (1)		5:30P-6:15P Chisel (1)	5:45P-6:30P Pilates (3)	5:45P-6:30P Spinning (2)		
	5:45P-6:30P Cardio Tai Box (1)		5:45P-6:30P Zumba® (1)	5:45P-6:30P Chisel (1)		
6:15P-7:00P Spinning (2)	6:15P-7:00P Spinning (2)	6:00P-6:45P Spinning (2)	6:00P-6:45P Spinning (2)			
6:15P-7:00P Cardio Tai Box (1)		6:15P-7:00P Kangoo (1)				
6:30P-7:30P Core Yoga (3)	6:30P-7:15P Body 360 (1)	6:45P-7:30P Tread (FF)	6:30P-7:00P FITCORE (1)			
7:00P-7:45P Chisel (1)	6:45P-7:45P Vinyasa Yoga (3)	7:00P-7:45P Critical Mass (1)	6:45P-7:45P Power Yoga (3)			

FFC Signature  
Group Fitness Classes  
FITCORE  
FITSTRENGTH I & II  
FITKICK  
FITSPORT  
FITSTRETCH

CLASS	LOCATION
1.....	Middle Floor
2.....	Middle Floor
3.....	Upper Floor
P.....	Pool
FF.....	Fitness Floor
BR.....	Boxing Ring
S.....	Sundeck
\$.....	Additional Fee & Sign-up Required

### 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.
8. Any questions or comments please contact:  
Dominick DeFranco, Group Fitness Manager at  
312.627.0444 (x250) or [ddefranco@ffc.com](mailto:ddefranco@ffc.com).

**LINCOLN PARK**  
939 W. North Ave., Chicago, IL 60642  
312.337.1244

Hours: Monday - Thursday 5:00A - 11:00P,  
Friday 5:00A - 9:00P, Saturday & Sunday 7:00A - 8:00P  
Group Fitness Manager: Dominick DeFranco

# South Loop WINTER effective 1.9.12



FITNESS FORMULA CLUBS

## Group Fitness Schedule

Download your Group Fitness Schedule anytime at [ffc.com/southloop/group-fitness](http://ffc.com/southloop/group-fitness).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

### EARLY MORNING

6:00A-7:00A Spinning (S)	6:00A-7:00A Yoga (1)	6:00A-7:00A Spinning (S)	6:00A-7:00A Yoga (1)	6:00A-7:00A Spinning (S)		
7:00A-7:45A Pilates (1)		7:00A-8:00A Ballet Sculpt (2)		7:00A-7:45A Pilates (1)		

### MID-MORNING

8:30A-9:30A FITSTRENGTH (2)					8:30A-9:30A Spinning (S)	
9:30A-10:30A Spinning (S)	9:30A-10:30A Chisel (2)	9:30A-10:15A Zumba® (2)	9:30A-10:30A Chisel (2)	9:30A-10:30A Spinning (S)		9:00A-10:00A Spinning (S)
				10:30A-11:30A Butts & Guts (2)	10:00A-11:00A FITKICK (2)	10:00A-10:30A Amp'd UP (2)
						10:30A-11:00A Low Body MeltDown (2)

### LUNCHTIME

	11:30A-12:15A Butts & Guts (2)		11:30A-12:15A FITSTRENGTH (2)		11:00P-12:00P Critical Mass (2)	11:00A-12:15P Vinyasa Yoga (1)
12:00P-12:45P Spinning (S)	12:15P-1:00P Pilates (2)	12:00P-12:45P Spinning (S)	12:15P-1:00P Pilates (2)		11:00A-12:00P Hip Hop (1)	
					12:00P-1:00P Pilates (1)	

### EVENING

5:45P-6:30P Pilates (1)	6:00P-7:00P Power Yoga (1)	5:45P-6:30P Pilates (1)	6:00P-7:00P Hatha Yoga (1)	6:00P-7:00P Yoga (1)		
5:45P-6:15P FITCORE (2)	6:00P-6:30P FITKICK (2)	5:45P-6:15P FITCORE (2)	6:00P-6:30P FITKICK (2)			
6:15P-7:15P Spinning (S)		6:15P-7:15P Spinning (S)				
6:15P-7:00P WERQ (2)	6:30P-7:15P Chisel (2)	6:15P-7:15P Zumba (2)	6:30P-7:15P Chisel (2)			
7:00P-8:00P Yoga (1)	6:45P-7:45P Spinning (S)	7:00P-8:00P Yoga Sculpt (1)	6:45P-7:45P Spinning (S)			
7:15P-8:00P FITSTRENGTH (2)		7:15P-8:00P Chisel (2)				

FFC Signature  
Group Fitness Classes  
FITCORE  
FITSTRENGTH I & II  
FITKICK  
FITSPORT  
FITSTRETCH

CLASS	LOCATION
1.....	West Studio
2.....	East Studio
S.....	Spin Studio
FF.....	Fitness Floor
O.....	Outdoor Class
\$.....	Additional Fee & Sign-up Required

### 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.
8. Any questions or comments please contact:  
Dominick DeFranco, Group Fitness Manager at  
312.627.0444 (x250) or [ddefranco@ffc.com](mailto:ddefranco@ffc.com).

### SOUTH LOOP

1151 S. State St., Chicago, IL 60605  
312.360.1151

Hours: Open 24 hours from 4:30A Mon. to Fri 9:30P  
Sat-Sun 7:00A- 9:00P

Group Fitness Manager: Dominick DeFranco

# West Loop WINTER effective 1.9.12



FITNESS FORMULA CLUBS

## Group Fitness Schedule

Download your Group Fitness Schedule anytime at [ffc.com/westloop/group-fitness](http://ffc.com/westloop/group-fitness).

### MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

#### EARLY MORNING

6:30A-7:15A Spin Interval (S)	6:30A-7:30A 20/20/20 (GF)	6:30A-7:15A Spin Interval (S)	5:00A-6:00A Functional Bootcamp (FF) \$	6:30A-7:15A Ballet Sculpt (GF)	6:30A-7:15A Tread (FF)
7:15A-8:00A FITSTRENGTH (GF)		7:15A-8:15A Heated Vinyasa Flow (MB)	7:00A-8:00A Functional Bootcamp (FF) \$		7:15A-8:00A Chisel (GF)

9:00A-10:00A Yoga Basics (MB)	9:00A-10:00A Hot Yoga (MB)
9:00A-10:00A Step Challenge (GF)	9:00A-10:00A Spin Interval (S)
9:30A-10:30A Spin Interval (S)	
10:00A-11:00A Chisel (GF)	10:00A-11:00A Spin Interval (S)
10:15A-11:30A Vinyasa Flow (MB)	11:00A-12:00P FITSTRENGTH (GF)

FFC Signature  
Group Fitness Classes  
FITCORE  
FITSTRENGTH I & II  
FITKICK  
FITSPORT  
FITSTRETCH

#### LUNCHTIME

11:00A-12:00P Hot Yoga (MB)			11:00A-12:00P Functional Bootcamp (FF) \$	11:00A-11:45A Body 360 (GF)
12:00P-12:45P Chisel (GF)	11:45A-12:30P Modern Mat (MB)	11:45A-12:30P Chisel (GF)	11:45A-12:30P Modern Mat (MB)	11:45A-12:30P Spin Interval (S)
12:45P-1:30P Tread (FF)	12:30P-1:15P Vinyasa Flow (MB)	12:30P-1:00P FITCORE (GF)	12:30P-1:15P Vinyasa Flow (MB)	12:30P-1:00P FITCORE (GF)
	12:00P-12:45P Spin Interval (S)		12:00P-12:45P Spin Interval (S)	

CLASS	LOCATION
GF .....	Group Fitness Studio
MB .....	Mind Body Studio
S .....	Spin Studio
P .....	Pool
PS .....	Pilates Studio
FF .....	Fitness Floor
\$ .....	Additional Fee & Sign-up Required

#### EVENING

5:00P-6:00P Pilates Group Appratus (PS) \$		5:00P-6:00P Pilates Group Appratus (PS) \$		
5:30P-6:30P Step Challenge (GF)		5:15P-6:00P Modern Mat (GF)		5:30P-6:30P Zumba (GF)
		5:30P-6:15P Spin Interval (S)		
6:00P-7:00P Pilates Group Appratus (PS) \$	5:45P-6:30P FITKICK (GF)	6:00P-7:00P Pilates Group Appratus (PS) \$	5:45P-6:45P 20/20/20 (GF)	
6:00P-7:15P Heated Vinyasa Flow (MB)		6:00P-7:15P Hatha Yoga (MB)		
6:15P-7:15P Spin Interval (S)	6:15P-7:00P Spin Interval (S)		6:15P-7:15P Spin Interval (S)	6:30P-7:30P Spin Interval (S)
6:30P-7:30P Chisel (GF)	6:30P-7:00P FITCORE (MB)	6:15P-7:00P Critical Mass (GF)	6:45P-7:30P Chisel (GF)	
	6:30P-7:30P Masters Swim (P) \$			
	6:30P-7:30P WERQ (GF)			
7:30P-8:30P Heated Vinyasa Flow (MB)	7:00P-7:45P Yoga for Athletes (MB)	7:00P-8:00P Zumba (GF)	7:15P-8:15P Heated Vinyasa Flow (MB)	
		8:00P-9:00P FITSPORT (GF)		

#### 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.
8. Any questions or comments please contact:  
Lois Miller, Group Fitness Manager at 312.902.2040 or [lois.miller@ffc.com](mailto:lois.miller@ffc.com)

#### WEST LOOP

10 S. Clinton, Chicago, IL 60661  
312.902.2040

M-F Open 24 hours Monday 4:30A until Fri 9:30P,  
Saturday and Sunday 7:00A-8:00P

Group Fitness Manager: Lois Miller

# Oak Park

# WINTER

effective 1.9.12



FITNESS FORMULA CLUBS

# Group Fitness Schedule

Download your Group Fitness Schedule anytime at [ffc.com/oakpark/group-fitness](http://ffc.com/oakpark/group-fitness).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

EARLY MORNING				
6:00A-7:00A Critical Mass (1)	6:00A-7:00A Core Yoga (2)	6:00A-7:00A FITSPORT (1)	6:00A-7:00A Yoga (2)	6:00A-7:00A 20/20/20 (1)
	6:00A-7:00A Spinning (1)		6:00A-7:00A Spinning (1)	
8:00A-9:00A Hatha Yoga (2)		8:00A-9:15A Hatha Yoga (2)		8:00A-9:00A Hatha Yoga (2)

MID-MORNING				
8:15A-9:00A Spinning (1)	9:00A-10:00A Pilates Mat (2)	8:15A-9:00A Spinning (1)	9:00A-10:00A NIA (2)	
9:15A-10:15A Hydro Fit (P)	9:15A-10:00A FITKICK (1)	9:15A-10:15A Hydro Fit (P)	9:15A-10:00A FITKICK (1)	9:15A-10:15A Hydro Fit (P)
9:15A-10:00A Spinning (1)		9:15A-10:00A Spinning (1)		9:15A-10:00A Spinning (1)
9:30A-10:45A Hatha Yoga (2)	10:00A-11:00A NIA (2)	9:30A-10:30A Hatha Yoga (2)	10:00A-11:00A Pilates Mat (2)	9:30A-10:45A Hatha Yoga (2)
10:15A-11:00A Zumba (1)	10:00A-11:00A FITSTRENGTH (1)	10:15A-11:00A Carnivale (1)	10:00A-11:00A FITSTRENGTH (1)	10:15A-11:00A Andanza (1)

LUNCHTIME				
12:00P-1:00P Core Yoga (2)	12:00P-1:00P Spinning (1)	12:00P-1:00P Yoga Sculpt (2)	12:00P-1:00P Spinning (1)	12:00P-1:00P Body 360 (2)

EVENING				
5:30P-6:00P FITCORE (1)	5:30P-6:00P Amp'd UP (1)	5:30P-6:00P FITCORE (1)	5:30P-6:00P Low Body Melt-down (1)	5:45P-6:45P Iron Ride (1)
6:00P-7:00P FITKICK (1)	6:00P-6:45P Zumba (1)	6:00P-7:00P FITSTRENGTH (1)	6:00P-6:45P Step (1)	6:00P-7:00P Hatha Yoga (2)
6:15P-7:00P Modern Mat (2)		6:15P-7:00P Modern Mat (2)		
6:30P-7:30P Hydro Fit (P)	6:45P-7:30P Critical Mass (1)		6:30P-7:30P Hydro Fit (P)	
7:00P-7:45P FITSTRENGTH (1)	6:45P-7:30P Yoga Sculpt (2)	7:00P-8:00P Iron Ride (1)	6:45P-7:30P FITSTRENGTH (1)	
7:00P-8:00P Hatha Yoga (2)		7:00P-8:00P Hatha Yoga (2)		
	7:45P-8:45P Spinning (1)		7:45P-8:45P Spinning (1)	

FFC Signature  
Group Fitness Classes  
FITCORE  
FITSTRENGTH I & II  
FITKICK  
FITSPORT  
FITSTRETCH

CLASS	LOCATION
1 .....	South Studio
2 .....	North Studio
P .....	Pool
FF .....	Fitness Floor
R .....	Roof Deck
\$ .....	Additional Fee & Sign-up Required

### 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.
8. Any questions or comments please contact:  
Tamara Barber at [tbarber@ffc.com](mailto:tbarber@ffc.com).

**OAK PARK**  
1114 Lake Street., Oak Park, IL 60301  
708.383.1114

Hours: Open 24 hours from 4:30A Mon. to Fri 9:30P, Sat-Sun 7:00A- 8:00P  
Kids Club Hours: M-T 8:30A - 8:00P, Fri 8:30A - 1:00P,  
Sat-Sun 8:30A - 1:00P



# GROUP FITNESS CLASS DESCRIPTIONS

## FFC Signature Group Fitness Classes

**FITCORE:** (formerly 6-Pack Abs) 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

**FITSTRENGTH:** This format utilizes the variable weighted barbell. The goal of this program is to make resistance training accessible to a wide variety of individuals by bringing it into a group exercise setting. In this format, there are ten major exercises, executed to music, producing improvements in body composition, muscle strength and muscle endurance, flexibility, and fitness.

**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 but, without body contact.

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

**FITSTRETCH:** Formatted 30 minute stretch class incorporating athletic yoga and Pilates-based stretches. Class is designed to increase range of motion and flexibility.

## AQUA

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

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

**Masters Swim:** This class is an interval-based training for novice to experienced swimmers. There is limited stroke instruction. This group workout is ideally structured for the competitive swimmer or triathlete. This format requires the ability to swim laps.

## CARDIO/DANCE

**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 and total body workout. All levels welcome.

**Andanza** (means Adventure): Experience the joy of movement! Move to the vibrant rhythms of Latin-Brazilian music and get an unforgettable dance workout. Get inspired, revitalized, connected with your inner self and others through movement. Newcomers welcome.

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

**BeMoved®:** a new dance fitness experience designed by Sherry Zunker. Classes begin with easy-to-follow therapeutic movements that integrate the upper and lower body. The warm up flows into dance styles inspired by a wide variety of musical genres. Each week focuses on a different musical and dance style such as Bollywood, jazz, Latin and disco. It is designed to inspire participants to embrace dance as a lifelong leans to health joy, and fulfillment.

**Cardio/Interval Tai Box:** Tai Box is a high energy, high impact mix of kicks and punches set to upbeat music. A perfect combination of martial arts, boxing and cardiovascular training. All levels welcome.

**Cardio Mix:** Class combines several cardio formats for variety such as step, hi/lo, plyometrics and sports conditioning drills for a fat-burning workout to high-energy music.

**Carnivale:** Sizzling with rhythmic pulsations, "CARNIVALE" the workout will get your heart pumping with the sites, sounds, and moves from the street parties of Rio de Janeiro. This high energy cardio-danced based workout will burn calories while tightening & toning the core muscles. No dance experience necessary.

**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.

**JUKARI Fit to Flex™:** The newest workout experience created by Reebok® and Cirque du Soleil® is specially designed to improve flexibility, and increase joint mobility and range of motion. As you manipulate the JUKARI Band™ you will create the shapes and flowing movement patterns seen in many Cirque du Soleil shows. Improve muscle endurance and core strength in a fun, challenging and dynamic way.

**Kangoo:** A class with bounce! Rebound sport shoes (provided by FFC) will get you hopping, jogging, kicking, and jumping your way through this workout. Experience the power, lightness and euphoria of Kangoo. This is a low-impact cardiovascular workout providing many great health benefits for everyone! The boots reduce impact by 40-80% compared to conventional training shoes. They protect your ankles, knees, hips, lower back, spinal column to secure a safer workout. All levels welcome.

**Step:** Step is a high intensity, predominately low impact activity which combines the benefits of cardiovascular fitness with strengthening and toning exercises for a total body workout.

**Step Challenge:** Take your Step class to the next level - challenge yourself. This format increases the intensity and cardio burn for a more advanced workout.

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

**Tread:** A class on the treadmill designed to accommodate all fitness levels of walkers and runners. Experience the different combinations of inclines and speeds during this class for an invigorating, effective and entertaining workout.

**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 the official music videos and the song lyrics. Expect to torch some major calories in this class. Are you ready to WERQ?

**Zumba®:** fuses hypnotic Latin/International rhythms and movements. These easy to follow moves feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. No prior experience necessary.

## DEFENSE/MARTIAL ARTS-BASED

**Contact Boxing:** The pro boxing ring and heavy bags will be used as participants work on defensive and offensive skills. Class is conducted in the Boxing Ring.

## MIND/BODY

**Ashtanga Basics:** Learn the fundamentals of Ashtanga Yoga. Ashtanga is "power" yoga - a more athletic form of Yoga that calls for upper body strength. This class will assist you in mastering the basics of this physically challenging yoga type.

**Ashtanga Yoga:** "Power Yoga" is a physically challenging yoga that builds strength, flexibility and stamina. Intermediate and advanced class.

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

**Hatha Yoga:** Class 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. Class appropriate for all levels.

**Heated Vinyasa Flow Yoga :** Heated Vinyasa Flow is practiced in a studio heated to 94 degrees. This yoga practice uses the postures in a flowing manor, connecting each posture with a breath; 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, healthier you. 26 postures are completed while the combination of heat and the breathing exercises improves oxygen utilization. Some yoga experience is necessary.

**Modern Mat:** This is a contemporary approach to a very traditional practice. Infuse 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, is a system of muscular skeletal exercises. This class is a total body-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.

**Pilates Basics:** Learn the fundamentals of Pilates Mat. This class is appropriate for all levels.

**Power Yoga:** Power yoga is closely modeled on the Ashtanga style of practice. A vigorous, fitness-based approach with an emphasis on strength and flexibility. Unlike Ashtanga, power yoga does not follow a set series of poses. All levels welcome. Previous Yoga experience helpful.

**Restorative Yoga:** Supported yoga poses and breath techniques to bring the body and mind to a state of stillness. Learning how to relax and breathe deeply promotes benefits of health, vitality and inner peace. All levels welcome.

**Vinyasa Yoga/Flow:** yoga practice using the postures in a flowing manor, connecting each posture with a breath. Class is appropriate for all levels.

**Yoga:** ancient form of physical, mental and spiritual practice dating back to 500 BC. Yoga is referred to as a tree, with each branch teaching a specific approach to life.

**Yoga Basics:** Learn the fundamentals of yoga postures. This class 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:** Experience this yoga class that incorporates resistance training with your yoga movements.

## MUSCLE CONDITIONING

**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.

**Butts & Guts:** A class focusing on toning and tightening your abdominals, hips, gluteals and legs.

**Body 360:** This format centers around the ballast/swiss ball and incorporates light weights, pilates rings and xerrings 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 non-stop, 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.

**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.

**Urban Athlete:** Get in on all the rage with heavy rope training! 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.

## SPINNING

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

**Spinning:** Indoor cycling workout, all levels

**Spinning Interval:** program is designed to enhance performance or competition. Interval training is abruptly increasing and decreasing the heart rate by manipulating the intensity of the activity.

**Spinning Strength/Interval:** format is a combination of the strength and interval energy zones. This format is considered a "classic" Spinning class.

**Spin/Yoga:** a high intensity cycling class, followed immediately by yoga and flexibility work. This class works to quickly raise the body's temperature and moves into extensive flexibility work while the muscles are still warm and supple. A great way to get the benefits of cardiovascular training, balance, flexibility and core work all in one class. You will leave feeling more relaxed, flexible and definitely more fit.