



Onterie Fitness Center  
 446 East Ontario  
 Chicago, IL 60611-4418  
 312 642-0031  
 312 642-1961 (Fax)  
<http://onteriefitnesscenter.com/>

## Group Fitness Schedule Last Updated – August 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Strength Camp</b> Laura 12:05pm	<b>Cardio Camp</b> Laura 12:05pm	<b>Muscle Conditioning I</b> Chris 12:05pm	<b>Muscle Conditioning II</b> Chris 12:05pm	<b>Running Club</b> <b>(New!)</b> 12:05pm	<b>Jazzercise (New!)</b> Extra Fee 11:00am
<b>Zumba</b> Jean 6:00pm	<b>Core Training</b> Chris 6:30pm	<b>Intermediate Yoga</b> Peggy 6:30pm	<b>Yoga-lates</b> Peggy 6:00pm		
			<b>Jazzercise (New!)</b> Extra Fee 7:00pm		



### Class Descriptions

**Cardio Camp** – An advanced circuit utilizing core, body weight, resistance training exercises at each station to build your endurance.

**Core Training** - Pilates based stretching and core class where Chris incorporates Yoga and Fit-ball movements with advanced balance movements.

**Intermediate Yoga** - This class focuses on alignment, flow of movement, correct positioning, flexibility and balance as you reduce stress and enhance your concentration.

**Jazzercise (New Class!)** - Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise group fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. This class has an extra fee. Check out [www.jazzercise.com](http://www.jazzercise.com) for more details.

**Muscle Conditioning I** - Total body resistance training class focuses on form, repetition and overload necessary for gaining strength and losing fat.

**Muscle Conditioning II** - Utilizes High Intensity Interval Training to increase and tone lean muscle and decrease fat. Each exercise has elements of balance, strength, power, and control and will target the entire body.

**Running Club (New Class!)** – Take your workouts outside! All levels welcome, includes stretching and training tips.

**Strength Camp** – A strength-oriented class focusing on bodyweight exercises to increase and define muscle, incorporating balance and coordination.

**Yoga-lates** - This class focuses on the Joseph Pilates' principles by strengthening your core and lengthening your muscles while combining the stretching and flexibility of Yoga as well.

**Zumba** – This course teaches you the foundation and formula of Zumba. You will learn the steps to four basic rhythms; merengue, salsa, cumbia, reggaeton.

---

**Club Hours: Mon – Fri 6:00 AM – 10:00 PM**  
**Sat – Sun 8:00 AM – 6:00 PM**