

2022 GROUP EXERCISE CLASS SCHEDULE

REGISTER FOR CLASSES ON CLUB LOCKER.

E-mail morris@ucco.com or call 312.696.2292 for more information.

All classes are held in the Group Exercise Studio B in the Lower Level.

MONDAY

- **QUICK FIT TOTAL BODY WITH TIM**
6:45 – 7:30 a.m.
- **IYENGAR YOGA WITH NATASHA**
11:30 a.m. – 12:45 p.m.
- **DEFINE YOURSELF WITH NICOLE**
5:30 – 6:15 p.m.

TUESDAY

- **IYENGAR YOGA WITH TODD**
6:45 – 8 a.m.
- **TAI CHI WITH JIM**
10 – 11 a.m.
- **FLUIDITY BAR WITH DARA**
11:30 a.m. – 12:30 p.m.
- **PILATES BALL & BAR WITH NICOLE**
5:30 – 6:15 p.m.

WEDNESDAY

- **IYENGAR YOGA WITH TODD**
6:45 – 8 a.m.
- **SPEED & AGILITY WITH MALCOLM**
11:45 a.m. – 12:30 p.m.
- **SIMPLY STRETCH WITH MICHAEL**
5 – 6 p.m.

THURSDAY

- **IYENGAR YOGA WITH TODD**
6:45 – 8 a.m.
- **QUICK FIT TOTAL BODY WITH TOM**
11:45 a.m. – 12:15 p.m.

FRIDAY

- **CARDIO BARRE WITH DARA**
11:30 a.m. – 12:30 p.m.
- **HAPPY HOUR YOGA WITH ANN**
6 – 7:15 p.m.

SATURDAY

- **VINYASA FLOW YOGA WITH BRENNA**
9:30 – 10:30 a.m.

- **CARDIO**
- **STRENGTH**
- **STRETCH**
- **YOGA**

FITNESS ON DEMAND

We have hundreds of digital fitness workouts available at your fingertips. Search by category, level, and duration to find the perfect workout. Using the touchscreen kiosk, pick your class and then tap play to begin your workout on the big TV screen.

Contact Nicole Morris at 312.696.2292 or morris@ucco.com to enroll in Fitness on Demand.