



GetFit.

FITNESS PREMIER | 2024 CLASSES

Group Exercise At It's Best: Featuring top tier fitness instructors teaching innovative classes designed to transform how you move, recover, and perform. Join a welcoming fitness community unlike any other and get stronger together.

CLASS SCHEDULE:

HIIT | TUESDAY | 7-7:45 AM

Rotate through various stations for high intensity interval training to achieve optimal conditioning by burning calories in a short amount of time and keep burning calories hours after the workout.

GOLF CORE AND STRENGTH

TUESDAY 5:30PM - 6PM

SATURDAY 9AM - 9:30AM

These classes are designed for Golf Members to explore their fitness journey and improve their game on the course! Classes include stretching, strengthening and core exercises that enhance and improve alignment, weight distribution, swing speed and stamina.

TABATA | THURSDAY | 7AM - 7:45AM

Tabata is another form of high intensity interval training and is designed to improve cardiovascular fitness, burn fat and build muscular strength. Tabata classes are designed to exercise at a high intensity for 30 seconds then rest for 30 seconds.

Benefits of HIIT: Burn Fat, Build Muscle, Stress Relief, Heart Healthy & Strengthen Bones.

\$99 A MONTH FOR UNLIMITED CLASSES!

For More Information - Contact Andrew Gaynor at
AGAYNOR@ARCISGOLF.COM | 630.208.4653


EAGLE BROOK
Country Club