

# GROUP EXERCISE CLASS SCHEDULE \* Winter - Revised 1/2/12



## Group Fitness News!

**BodyFlow has moved to Wednesdays @ 7pm.** Join the group and receive the benefits your body needs: relaxation and calmness for your mind, strength, balance and stretching for your body and nourishment for your soul.

**ZUMBA on Saturdays has arrived! Join us every Sat. starting with one FREE class Jan. 7th @ 10:45AM!**

**BodyPump & BodyFlow free launches will be posted soon! Giveaways at each event; reserve your spot now!**

**Spin with Nancy on Tuesday Nights @ 6:40PM - starts with one FREE class on Jan. 10!**

**Tai Chi has returned; join us every Thurs. @ 6pm starting with one FREE class on Jan. 19!**

## GROUP EXERCISE CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00AM <i>Kathy</i> <b>AquaFit</b>	10:15-11:15AM <i>Kathy</i> <b>Light Cardio, Strength, Balance &amp; Stretch</b>	9:00-10:00AM <i>Rita</i> <b>AquaFit</b>	10:15-11:15AM <i>Dale</i> <b>Light Cardio, Strength, Balance &amp; Stretch</b>	9:00-10:00AM <i>Rita</i> <b>AquaFit</b>	8:15-9:15AM <i>Julia</i> <b>Cardio Kickboxing</b>	
9:15-10:15AM <i>Sheila</i> <b>Spin &amp; Weights</b>	5:30-6:30PM <i>Sheila</i> <b>Boot Camp</b>	10:00-11:00AM <i>Rita</i> <b>AquaLight</b>	6:00-7:00PM <i>Dale</i> <b>Spin, Abs &amp; Stretch</b>	9:15-10:15AM <i>Angela</i> <b>BodyPump</b>	8:15-9:15AM <i>Dale</i> <b>Spin and Core</b>	
10:00-11:00AM <i>Kathy</i> <b>AquaLight</b>	6:40-7:30PM <i>Nancy</i> <b>**Begins 1/10 Spin</b>	4:45-5:45PM <i>Lou</i> <b>BodyPump</b>	6:00-7:00PM <i>Gordon</i> <b>**Begins 1/19 Tai Chi</b>	10:30-11:30AM <i>Erin</i> <b>Zumba Gold</b>	9:00-10:00AM <i>Rotation</i> <b>AquaFit</b>	
6:00-7:00PM <i>Julia</i> <b>Cardio Kickboxing</b>	7:00-8:00PM <i>Sherri</i> <b>AquaFit</b>	6:00-7:00PM <i>Barb</i> <b>Zumba</b>	6:30-7:30PM <b>Hatha Yoga*</b>		9:30-10:30AM <i>Jennie</i> <b>BodyPump</b>	
6:00-7:00PM <i>Kathy</i> <b>Step, Strength &amp; Stretch</b>	7:00-8:00PM <i>Jessica</i> <b>Back to the Barre</b>	7:00-7:55PM <b>Pilates*</b>	7:00-8:00PM <i>Kathy</i> <b>Aqua Fit</b>		9:30-10:30AM <i>Dale</i> <b>Light Cardio, Strength, Balance &amp; Stretch</b>	
7:00-7:55PM <b>Pilates*</b>		7:00-8:00PM <i>Ashley</i> <b>BodyFlow</b>	7:15-8:15PM <i>Karen</i> <b>BodyPump</b>		10:45-11:45AM <i>Arleta</i> <b>Zumba</b>	
7:10-8:10PM <i>Barb</i> <b>Zumba Toning</b>						
7:15-8:15PM <i>Jennie</i> <b>BodyPump</b>						9:30-10:30 <i>Ashley</i> <b>BodyFlow</b>

\*Please see the Program Guide for details about Pilates and Hatha Yoga.

	<b>CARDIO</b>
	<b>STRENGTH</b>
	<b>COMBO</b>
	<b>MIND / BODY</b>

### Group Exercise Guidelines and Information

- All Group Fitness classes are held upstairs at the CRC in either rooms 209 or 211. *See daily schedule posted at the bottom of the CRC lobby stairs.*
- Be on time. Warm-ups prevent injury.
- Classes and instructors subject to change at any time.
- Respect those around you by keeping talking to a minimum.
- Please return all equipment after class.
- No sharing or transfer of class passes.



For questions regarding Group Fitness, please call Elizabeth Robinson at (847) 465-2318.  
 For more information about the Fitness Center, visit [www.wheelingparkdistrict.com](http://www.wheelingparkdistrict.com)

## GROUP EXERCISE CLASS DESCRIPTIONS /CLASS PASSES\*

### Aqua Light

Light cardio and strength water exercises reduce joint pain and stiffness, increase flexibility, range of motion, and more!

### AquaFit

The use of Aqua Noodles, Water Barbells, Steps, Resistance Bands, and great choreography combine to help you get FIT without all the impact on your joints! Grab your suit and join us in the pool!

### Back to the Barre

Sculpt, tone, and strengthen your legs, glutes, and core like never before! Get your sweat on in this updated, fast-paced version of Barre class that will push your lower half to its limit while getting your heart rate going, too! Mat, Pilates, and core moves included.

### Body Flow

Movements from Yoga, Pilates, and Tai Chi strengthen abs, legs, upper body and glutes, and core. A 10-minute relaxation leaves you feeling strong, refreshed, relaxed, calm, and centered.

### Body Pump

The most effective 60-minute strength-training class tightens and tones legs, chest, back, glutes, biceps, shoulders, triceps (sleeveless shirt muscles), and abs using a barbell or body weight.

### Boot Camp

This intense cardio and strength training is guaranteed to boost your energy and metabolism using plyometrics, BoSU, jump rope, medicine ball, running drills, push-ups, and more!

### Cardio Kickboxing

This high-energy combination of boxing and martial arts offers a total body workout and hits your lower body like no other machine ever has! Abs included!

### Light Cardio, Strength, Balance & Stretch

Get your heart rate going, strengthen your muscles, work on improving balance, and finish with a nice relaxing stretch.

### Spin

Get a great cardio workout while cycling to fresh and fun music without the impact on joints!

### Spin and Abs/Core

Includes 45 minutes of Spin and 15 minutes of core work to strengthen and tone your abs and low back.

### Spin and Weights

Combines 30 minutes of Spin and 30 minutes of strength.

### Step, Strength & Stretch

This class includes 30 minutes of good ol' step, 20 minutes of toning and 10 minutes of a relaxing stretch.

### Tai Chi

Slow paced, low-impact movements reduce stress, improve balance, increase range of motion, calm the mind and improve overall health.

### ZUMBA

Slide, shuffle, and spin with footwork and body movements from the flamenco, salsa, merengue, samba, and more.

### Zumba Toning

The Zumba you love PLUS the use of toning sticks to target all of major muscle groups. Tone up while dancing to the music you love.

### Zumba Gold

Get your heart rate going moving to the Latin beat on Friday mornings. Whether you are new to Zumba, new to exercise, or just want to perfect your Zumba footwork, Zumba Gold is for you! This class will include a few exercises to improve your core, balance and finishes with a nice stretch. Zumba chair workout available.

Class Passes*	Resident	Non-Resident	Member (Fitness Ctr. Member)
One Class	\$6.75	\$8.75	\$6
10 Classes	\$60	\$80	\$52.50
20 Classes	\$95	\$135	\$80
Senior (62+) Single	\$5.45	\$7.05	\$4.85
Senior 10 Classes	\$46.50	\$62.50	\$40.50
Senior 20 Classes	\$77	\$109	\$65

\*Class Passes valid for six months from date of purchase. No refunds granted for unused Class Passes.