

GROUP EXERCISE CLASS SCHEDULE

Effective January 3, 2012

MONDAY

| <u>Time</u> | <u>Class</u> | <u>Room</u> | <u>Instructor</u> |
|----------------|-------------------|-------------|-------------------|
| 5:45 - 6:40 am | Boot Camp | L14 | Martine |
| 8:00 - 8:55 am | Step & Tone | L12 | Bonnie |
| 9:00 - 9:55 am | Body Pump | L14 | Martine |
| 9:00 - 9:55 am | Low-Impact & Tone | L12 | Chick |
| 9:00 - 9:55 am | Yoga | L10 | Susan M. |
| 10:05-11:00 am | Zumba | L12 | Robin |
| 10:05-11:00 am | Cycle | L21 | Jessica |
| 10:10-11:05 am | Pilates | L14 | Martine |
| 6:00 - 6:55 pm | Body Pump | L12 | Katerina |
| 6:00 - 6:55 pm | Step &Tone | L14 | Bonnie |
| 6:30 - 7:25 pm | Cycle | L21 | Amanda |
| 7:05 - 8:00 pm | Pilates | L14 | Linda |

TUESDAY

| <u>Time</u> | <u>Class</u> | <u>Room</u> | <u>Instructor</u> |
|----------------|--------------|-------------|-------------------|
| 5:30 - 6:25 am | Cycle | L21 | Michelle |
| 8:45 - 9:40 am | Sculpt | L14 | Martine |
| 9:00 - 9:55 am | Cycle | L21 | Charles |
| 9:00 - 9:55 am | Turbo Kick | L12 | Jessica |
| 6:00 - 6:55 pm | Just Lift | L14 | Alison |
| 6:30 - 7:25 pm | Zumba | L12 | Latisha |
| 7:30 - 8:25 pm | Yoga | L12 | Carrie |

WEDNESDAY

| <u>Time</u> | <u>Class</u> | <u>Room</u> | <u>Instructor</u> |
|-----------------|-------------------|-------------|-------------------|
| 5:45 - 6:40 am | Boot Camp | L14 | Michael |
| 9:00 - 9:55 am | Step & Tone | L14 | Bonnie |
| 9:00 - 9:55 am | Low-Impact & Tone | L12 | Chick |
| 9:00 - 9:55 am | Yoga | L10 | Susan M. |
| 10:00- 10:55 am | PIYO | L12 | Becky |
| 10:05- 11:00 am | Drills Extreme | L14 | Jessica |
| 6:00 - 6:55 pm | Yoga | L12 | Susan M. |
| 6:00 - 6:55 pm | Body Pump | L14 | Lynn |
| 6:00 - 6:55 pm | Cycle | L21 | Alli |
| 7:00 - 7:55 pm | Pilates | L12 | Susan M. |

THURSDAY

| <u>Time</u> | <u>Class</u> | <u>Room</u> | <u>Instructor</u> |
|----------------|--------------|-------------|-------------------|
| 5:30 - 6:25 am | Cycle | L21 | Michelle |
| 8:45 - 9:40 am | Sculpt | L14 | Martine |
| 9:00 - 9:55 am | Body Pump | L12 | Charles |
| 9:30 - 10:25am | PIYO | L10 | Bonnie |
| 9:45 - 10:40am | Turbo Kick | L14 | Jessica |
| 6:00 - 6:55 pm | Step & Tone | L14 | Bonnie |
| 7:00 - 7:55 pm | Yoga | L12 | Amy |



FRIDAY

| <u>Time</u> | <u>Class</u> | <u>Room</u> | <u>Instructor</u> |
|----------------|-------------------|-------------|-------------------|
| 5:45 - 6:40 am | Boot Camp | L14 | Michael |
| 9:00 - 9:55 am | Step & Tone | L14 | Bonnie |
| 9:00 - 9:55 am | Cycle | L21 | Gary |
| 9:00 - 9:55 am | Pilates | L12 | Kim |
| 9:00 - 9:55 am | Yoga | L10 | Amy |
| 10:05-11:00 am | Zumba | L14 | Robin |
| 10:05-11:00 am | Low-Impact & Tone | L12 | Chick |
| 5:45 - 6:40 pm | Zumba | L12 | Vanessa |
| 5:45 - 6:40 pm | Cycle | L21 | Alli |

SATURDAY

| <u>Time</u> | <u>Class</u> | <u>Room</u> | <u>Instructor</u> |
|-----------------|--------------|-------------|-------------------|
| 7:15 - 8:10 am | Body Pump | L14 | Lynn |
| 8:05 - 9:00 am | Step & Tone | L12 | Bonnie |
| 8:30 - 9:15 am | Pilates Plus | L14 | Martine |
| 8:30 - 9:25 am | Cycle | L21 | Amanda |
| 9:15 - 10:10 am | Yoga | L12 | Alison |
| 9:30 - 10:25 am | Just Lift | L14 | Martine |
| 10:15 - 11:10am | Zumba | L12 | Latisha |

SUNDAY

| <u>Time</u> | <u>Class</u> | <u>Room</u> | <u>Instructor</u> |
|-----------------|------------------|-------------|-------------------|
| 8:15 - 9:00 am | Pilates Athletic | L12 | Bonnie |
| 9:15 - 10:10 am | Step & Tone | L12 | Bonnie |
| 9:15 - 10:10 am | Cycle | L21 | Charles |

Group Exercise Fees

| | Fitness Member | Resident | Nonresident |
|------------------|-----------------------|-----------------|--------------------|
| Daily | \$8 | \$10 | \$15 |
| 10 Visit | \$51 | \$58 | \$87 |
| 20 Visit | \$98 | \$112 | \$170 |
| Unlimited Annual | \$192 | n/a | n/a |

**Visits expire 6 months from the date of purchase, excluding unlimited.*

Kidzone Childcare Hours

Monday thru Friday: 8:30 am–1:00 pm & 4:00 pm– 8:00 pm
Saturday: 8:00 am – 11:30am
Holidays: Please check the website.

Group Class Etiquette

Refrain from wearing strong perfume/lotion, disruptive conversation, and cell phone usage/ringing.

*The Downers Grove Park District reserves the right to cancel or change classes that have consistent low enrollment and to change instructors with no advance notice. **Group exercise classes are for anyone ages 14 and older. If you are new to exercise, please inform the instructor. Please call the center for child care availability. Contact 630-960-7250 or check www.dgparks.org for updates regarding the cancelation of classes due to inclement weather.***

Downers Grove Recreation and Fitness Center
 4500 Belmont Road
 Downers Grove, IL 60515
 630.960.7250 - www.dgparks.org

Revised 12/29/11

Group Exercise Class Descriptions

Boot Camp: Military-style running, jump roping, push-ups and abdominal work. Improve your cardiovascular endurance, abdominal endurance, and your ability to withstand timed push-ups and squats. *This class can be modified for all fitness levels!*

Body Pump: Lifting way beyond your limits! A barbell class that strengthens your entire body. This class challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls. Get inspired and see fast results!

Cycle: A cardio endurance workout for both the novice bike riders and the hard-core bike riders! Simulate pedaling over flats, hills and jumps that build leg and abdominal strength. You will sweat in this class and a water bottle should be on hand to keep you hydrated.

Drills Extreme: This class is an intense mix of strength and cardio training instructed through extreme drills that will prove challenging to everyone. Due to its intensity, once per week should be the maximum training frequency. If you are looking for a high energy work out that offers the ultimate in muscle and cardio endurance, this is the class for you.

Just Lift: Power strength is pure strength, and this class will increase it! Lift your heavy weights in short repetitions. Learn proper form and execution with this full-body lifting class. You will strengthen and define your body using a step-platform, body bars, dumbbells and more!

Low Impact & Tone: This class is specifically designed for those who are new to fitness or for the active adult crowd. Start here to get fit and mobile! We'll be rockin' and moving while developing strength, flexibility, mobility, balance, agility and coordination. Get started now to tune up your muscles and cardio endurance!

Pilates: Stand taller; learn the fundamentals of pilates mat work. Based on the method of Joseph Pilates, this class works your powerhouse (your core) and makes gains in balance, strength and flexibility for the entire body. Props may be included to assist in movements.

Pilates Athletic: Based on pilates moves mixed with athletic ability and endurance! This is a fun class for those participants that want to burn the core muscles with bonus sculpting and strengthening work in the gluts and arms.

Pilates Plus: This class expands pilates moves by utilizing a variety of props, including body bars, weights, tubing and stability balls. Participants will learn effective core strengthening in this engaging, fun and energizing method.

PIYO: A completely unique, power, core strengthening and conditioning format. It is a faster-paced class designed to effectively improve functional training and dynamic balance using a fusion of athletic conditioning, functional training, rhythmic movement, and Pilates and yoga. Push the limits of agility, balance and strength in this fun contemporary class.

Sculpt: Reshape your body and strengthen the musculoskeletal system. Calories will be burned hours after this class as the body goes through its process of rebuilding the muscle fibers! Learn proper form and execution and strengthen your body using body bars, dumbbells, flex-bands, and more!

Step & Tone: Step up and burn those calories in this cardiovascular workout that will keep you moving and motivated. Do not be intimidated, the instructor will give the repetitions needed to practice before moving on. Wrap up this class with some toning exercises to create muscular definition in an atmosphere that is positively fun!

Turbo Kick: The hottest exercise class around for all fitness levels who want to try kickboxing. You'll punch and groove the calories away in this action packed, fun, safe and effective cardiovascular workout.

Yoga: Find the beauty and balance that is Hatha Yoga. Experience the original and timeless mind and body practice. With internal focus come significant improvements in balance, flexibility, strength and circulation. Calm the mind with breathing and meditation techniques that yoga has to offer.

Zumba: Maximize caloric output, fat burning and total body toning with Latin and International music. This class features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Easy to follow dance steps mixed in with body sculpting movements provide an effective fitness system that we call Zumba!