



# DOWNERS GROVE PARK DISTRICT- 4500 FITNESS

## GROUP EXERCISE CLASS SCHEDULE

Effective June 5, 2017

### MONDAY

Time	Class	Room	Instructor
5:30 - 6:25 am	Body Pump	L14	Carmela A.
8:00 - 8:55 am	Step & Tone	L12	Carmelo
9:00 - 9:55 am	Body Pump	L14	Martine
9:00 - 9:55 am	Yoga	L10	Susan
9:00 - 9:55 am	Low-Impact & Tone	L12	Chick
10:00 - 10:30 am	Core Crunch	L12	Nicole
10:35 - 11:30 am	Zumba	L12	Nicole
6:00 - 6:55 pm	Body Pump	L12	Jennifer
6:00 - 6:55 pm	Boot Camp	L14	Carrie A.
6:30 - 7:25 pm	Cycle	L21	Amanda
7:05 - 8:00 pm	Pilates	L14	Linda

### TUESDAY

5:30 - 6:25 am	Cycle	L21	Alissa
5:45 - 6:15 am	Shred	L14	Carmela A.
7:45 - 8:40 am	Body Pump	L12	Carmelo
8:45 - 9:40 am	Sculpt	L14	Martine
9:00 - 9:55 am	Cycle	L21	Alissa
9:00 - 9:55 am	Yoga	L12	Amal
11:30 - 12:25 pm	Zumba Gold	L12	Staff
6:00 - 6:55 pm	Sculpt	L14	Alison M.
6:30 - 7:25 pm	Zumba	L12	Dangira
7:35 - 8:30 pm	Yoga	L12	Carrie S.

### WEDNESDAY

5:30 - 6:25 am	Power Circuit	L14	Taisha
8:00 - 8:45 am	Pilates	L12	Susan
8:30 - 9:25 am	Step & Tone	L14	Carmelo
9:00 - 9:55 am	Low-Impact & Tone	L12	Chick
9:00 - 9:55 am	Yoga	L10	Susan
9:30 - 10:25 am	Drills Extreme	L14	Nicole
10:05 - 10:50 am	Zumba Toning	L12	Carolyn
6:00 - 6:55 pm	Body Pump	L14	Lynn

### THURSDAY

5:30 - 6:25 am	Cycle	L21	Carmela A.
8:30 - 9:00 am	Cycle Crunch	L21	Alison G.
8:45 - 9:40 am	Sculpt	L12	Martine
9:05 - 10:00 am	Body Pump	L14	Jennifer
10:00 - 10:55 am	Zumba Gold	L12	Taisha
6:00 - 6:55 pm	Boot Camp	L14	Carrie A.
7:05 - 8:00 pm	Yoga	L12	Amy

### FRIDAY

Time	Class	Room	Instructor
8:30 - 9:10 am	Barre Sculpt	L14	Jessica
9:00 - 9:55 am	Yoga	L10	Amy
9:15 - 10:00 am	Drills Extreme	L14	Jessica
9:00 - 9:55 am	THE MIX	L12	Staff
10:05 - 10:35 am	Core Crunch	L14	Nicole

### SATURDAY

7:15 - 8:10 am	Body Pump	L14	Lynn
8:25 - 9:20 am	Zumba	L12	Taisha
8:30 - 9:15 am	Pilates Plus	L14	Martine
8:30 - 9:25 am	Cycle	L21	Amanda
9:30 - 10:25 am	Sculpt	L14	Martine

### SUNDAY

8:15 - 9:10 am	Sculpt	L12	Bonnie
8:30 - 9:25 am	Cycle	L21	Alison G.

#### Group Exercise Fees

	Fitness Member	Resident	Nonresident
1 Visit	\$8	\$10	\$15
5 Visit	\$30	\$38	\$57
10 Visit	\$56	\$70	\$105
Unlimited Annual	\$204	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

**Evening Hours: M & TU** 4:00-7:30pm, **W - F** 4:00 - 7:00 pm

**Saturday:** 8:15 am - 1:00 pm

Please call the center for child care availability.

#### Group Class Etiquette

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

**Group exercise classes are for anyone ages 15 and older. If you are new to exercise, please inform the instructor.**

#### Receive Text & Email Alerts for Group Exercise

Sign up to receive updates about schedule changes and class cancellations with Rainout Line. Learn more at [www.dgparks.org/places-to-go/weatherstatus](http://www.dgparks.org/places-to-go/weatherstatus)

#### Download the Free Mobile App

Android

iPhone



### *Group Exercise Class Descriptions*

**Barre Sculpt:** Low impact moves with light weights, this variable intensity workout blends strength, balance, and cardio. Mindful movement exercises extend your core strength and safely reshape your entire body. Non-skid socks, bare feet or gym shoes can be worn.

**Boot Camp:** High energy class to improve cardiovascular endurance, abdominal endurance, and to increase your ability to withstand timed push-ups and squats. Push your limits with the thrill of a group atmosphere!

**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!

**Core Crunch:** 30 minute attack on your core from every angle along with upright movements that require core muscles to work in all three planes of motion. Improve core strength to help your body move better!

**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.

**Cycle Crunch:** 30 minute overdrive cycle class. Shift your workout to high intensity interval training session that will push you to your max and leave you dripping in sweat.

**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.

**Kick-box Interval:** A full body workout designed for maximum calorie burn! Accelerated conditioning in strength, cardio, abs and kickboxing techniques provide constant variety and the ultimate challenge. **This class will be included in THE MIX class line-up on Fridays at 9:00am.**

**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 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.

**Power Circuit:** Circuit Training is one of the most effective forms of fitness. Combine easy to follow drills in an efficient and fast-paced workout that incorporates stations. Strength, cardio, plyometric, with endless combinations to keep you challenged

**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!

**Shred:** It's a quick, result-oriented, whole body workout lasting just 30 minutes. 3-2-1 weight training infused with metabolic resistance training. 3 minutes resistance, 2 minutes cardio, 1 minute of active recovery or core work.

**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!

**STRONG by Zumba:** A high intensity interval work out driven by the science of synced music motivation. The music matches every move, driving the intensity in progression that provides a total body work-out. Using your own body weight, gains in muscular endurance, tone, and definition you will experience. **This class will be included in THE MIX class line-up on Fridays at 9:00am.**

**THE MIX:** The Mix is a rotation of classes. Zumba Step, STRONG by Zumba, Kick-box Interval would be a few class type examples. Check the website at 4500 Fitness for detail.

**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:** Dance to great music and burn calories 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. Zesty Latin music, Merengue, Salsa, Reggaeton, Cumbia, and body sculpting movements provide an effective fitness system that we call Zumba. It is made for everyone!

**Zumba Gold:** Easy to follow low-impact moves for the beginner participant and the active older adult. Calorie burning dancing that emphasizes the basics of Latin and International dance rhythms. This class is friendly and fun for all!

**Zumba Step:** Combine the toning and strengthening power of step with the fun and effective Zumba program for a work-out targeting legs, glutes, and core. **This class will be included in THE MIX class line-up on Fridays at 9:00am.**

**Zumba Toning:** Blends Zumba moves and body sculpting techniques. The challenge of adding resistance by using light weights, helps you focus on specific muscle groups, so you (and your muscles) stay engaged.