



# DOWNERS GROVE PARK DISTRICT- 4500 FITNESS

## GROUP EXERCISE CLASS SCHEDULE

Effective March 13, 2017

### MONDAY

Time	Class	Room	Instructor
8:00 - 8:45 am	Barre Sculpt	L14	Susan
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 - 6:55pm	Boot Camp	L14	Carrie A.
6:30 - 7:25 pm	Cycle	L21	Amanda
7:05 - 8:00 pm	Pilates	L14	Linda
<del>7:15 - 8:00 pm</del>	<del>Pound</del> <b>Canceled</b>	<del>L12</del>	<del>LaTisha</del>

### TUESDAY

5:30 - 6:25 am	Cycle	L21	Alissa
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 - 12:25pm	Zumba Gold	L12	Taisha
6:00 - 6:55 pm	Sculpt	L14	Alison M.
6:30 - 7:25pm	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
6:30 - 7:25 pm	Zumba	L12	LaTisha
7:30 - 8:15pm	Barre Sculpt	L12	Nancy

### THURSDAY

5:30 - 6:25 am	Cycle	L21	Amanda
8:15 - 9:10am	Cycle	L21	Nancy
8:45 - 9:40 am	Sculpt	L12	Martine
9:05 - 10:00 am	Body Pump	L14	Jennifer
10:00 - 10:55am	Zumba Gold	L12	Taisha
6:00 - 6:30 pm	Cycle Crunch	L21	Alison G.
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	Cycle	L21	Gary
9:00 - 9:55 am	Zumba Step	L12	Dangira
9:00 - 9:55 am	Yoga	L10	Amy
9:15 - 10:00 am	Insanity	L14	Jessica
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 - 9:15am	Pilates Plus	L14	Martine
8:30 - 9:25 am	Cycle	L21	Amanda
9:30 - 10:25 am	Yoga	L12	Kim
9:30 - 10:25 am	Sculpt	L14	Martine

### SUNDAY

7:45 - 8:15 am	Core Crunch	L14	Alison G.
8:15 - 9:10 am	Sculpt	L12	Bonnie
8:30 - 9:25am	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

#### 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 15 and older. If you are new to exercise, please inform the instructor.** Please call the center for child care availability.

