



**4500 FITNESS**  
DOWNERS GROVE PARK DISTRICT

# MODIFIED GROUP EXERCISE CLASS SCHEDULE

## BEGINNING AUGUST 21

### STUDIO FLOOR REFINISHING

**AUGUST 21 - 25**

*\*Please Note Room Changes\**

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

#### WEDNESDAY, AUGUST 21

Time	Class	Room	Instructor
5:30 - 6:25 am	Power Circuit	Center GYM	Taisha
8:00 - 8:45 am	Pilates	L10	Luanne
8:00 - 8:55 am	Step & Tone	W/S GYM	Carmelo
9:05 - 10:00 am	Body Pump	W/S GYM	Jennifer
9:00 - 9:55 am	Low-Impact & Tone	E/N GYM	Chick
9:00 - 9:55 am	Yoga	L10	Rogina
10:10 - 10:55 am	Zumba Toning	E/N GYM	Carolyn
6:00 - 6:55 pm	Body Pump	W/S GYM	Lynn
6:00 - 6:55pm	STRONG	E/N GYM	Dangira
7:10 - 8:05pm	Pilates	L10	Luanne

#### THURSDAY, AUGUST 22

5:30 - 6:25 am	Cycle	E/S GYM	Amanda
8:30 - 9:00 am	Cycle Crunch	E/S GYM	Vicki
8:45 - 9:40 am	Sculpt	W/S GYM	Martine
9:05 - 10:00 am	Kick-Box Interval	E/N GYM	Dangira
10:00 - 10:55 am	Zumba Gold	W/S GYM	Taisha
11:30 - 12:25 pm	Yoga	L10	Amal
6:00 - 6:55 pm	Boot Camp	W/S GYM	Carrie A.
6:00 - 6:55 pm	Yoga	L10	Rogina
7:00 - 7:55 pm	WERQ	E/N GYM	Xenia

#### FRIDAY, AUGUST 23

5:30 - 6:25 am	Cycle & Yoga Stretch	E/S GYM	Amanda
8:30 - 9:15am	Barre Sculpt	W/S GYM	Jessica
9:00 - 9:55 am	Cycle	E/S GYM	Lorri
9:00 - 9:55 am	Yoga	L10	Carrie S.
9:00 - 9:55 am	<b>Zumba - FREE</b>	<b>*FISHEL</b>	Nicole
9:20 - 10:05 am	Drills	W/S GYM	Jessica

#### SATURDAY, AUGUST 24

7:15 - 8:10 am	Body Pump	W/S GYM	Lynn
8:25 - 9:20 am	<b>Zumba - FREE</b>	<b>*FISHEL</b>	Taisha
8:30 - 9:15 am	Pilates Plus	W/S GYM	Martine
8:30 - 9:25 am	Cycle	E/S GYM	Amanda
9:30 - 10:25 am	Sculpt	W/S GYM	Martine
9:30 - 10:25 am	<b>Yoga - FREE</b>	<b>*FISHEL</b>	Rogina

#### SUNDAY, AUGUST 25

8:15 - 9:10 am	Sculpt	W/S GYM	Bonnie
8:30 - 9:25 am	Cycle	E/S GYM	Alissa/Mark

### PARKING LOT IMPROVEMENTS

**\*AUGUST 26 - SEPTEMBER 1**

*\*Anticipated closure - dates subject to change\**

The Recreation Center & 4500 Fitness will be closed while our driveway undergoes construction as part of our parking lot improvement project

**During this closure FREE classes will be held outdoors**

*Weather permitting - During inclement weather classes will be cancelled.*

**Fishel Park  
1050 Grove St.**

**McCullum Park  
Pavilion  
6801 S. Main St**

**Receive text or email alert with Rainout Line**

**Check [www.dgparcs.org](http://www.dgparcs.org) or Call 630.960.7250**

↓ **FREE CLASSES HELD OUTDOORS** ↓

#### MONDAY, AUGUST 26

Day & Time	Class	Park	Instructor
9:00 - 9:55 am	Yoga	FISHEL	Rogina
10:00 - 10:30 am	Core Crunch	FISHEL	Nicole
6:00 - 6:55 pm	Boot Camp	MCCOLLUM	Carrie A.

#### TUESDAY, AUGUST 27

9:00 - 9:55 am	Yoga	FISHEL	Amal
11:30 - 12:25 pm	Zumba Gold	FISHEL	Taisha

#### WEDNESDAY, AUGUST 28

9:00 - 9:55 am	Low-Impact & Tone	FISHEL	Chick
10:10 - 10:55 am	Zumba Toning	FISHEL	Carolyn
6:00 - 6:55pm	STRONG	FISHEL	Dangira

#### THURSDAY, AUGUST 29

9:05 - 10:00 am	Kick-Box Interval	FISHEL	Dangira
10:00 - 10:55 am	Zumba Gold	FISHEL	Taisha
6:00 - 6:55 pm	Boot Camp	MCCOLLUM	Carrie A.

#### FRIDAY, AUGUST 30

9:00 - 9:55 am	Yoga	FISHEL	Carrie S.
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**No Group Exercise Classes on Labor Day Monday, Sept 2**

#### Group Exercise Fees

	Fitness Member	Resident	Nonresident
ONE CLASS	\$8	\$10	\$15
FIVE CLASSES	\$35	\$45	\$67
TEN CLASSES	\$60	\$80	\$120
Unlimited Annual	\$228	n/a	n/a

*\*Purchased classes expire 6 months from the date of purchase, excluding unlimited.*

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

**Yoga mats not provided at outdoor locations. Please bring your own mat.**

## 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.

**Cycle & Yoga Stretch:** Combining cycling for cardio and then yoga flexibility as an effort to improve movement patterns and to reduce the risk of joint dysfunctions. Expect the overall class time to be split evenly between cycling and stretching.

**Drills:** This class is a mix of strength and cardio training instructed through intense drills that will prove challenging to everyone. 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.

**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! High and low intensity options without pounding on knees and ankles. 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!

**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:** A high intensity interval work out driven by the science of synced music motivation that was created by Zumba. 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.

**WERQ:** Special focus on cardiovascular endurance. Hottest Pop & Hip hop music, a cardio dance with athletic moves for an intense calorie burn. Leave work and try WERQ!

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