

GROUP EXERCISE CLASSES

OPEN TO MEMBERS & NON-MEMBERS

In order to best meet the required capacity limits following state guidelines, group exercise class reservations will be required.

Reserve a Group Exercise Class

- Reservations are open to Group Exercise Class (Gold Pass) Add-on Members and Non-Members.
- The group exercise schedule will be posted weekly at dgparks.org/fitness-classes.
- To reserve a class, visit our registration site at dgparks.org.
 - Choose a class
 - Add to cart
 - Complete the waiver
 - Proceed to checkout
 - You will be charged \$0 for the class

CLICK TO REGISTER FOR GROUP EXERCISE CLASSES

CLASS:	ACTIVITY #:	DAY:	LOCATION:	CAPACITY:	CLASS TIME:	INSTRUCTOR:
Cycle	4301J82	M	L16	24	6:15-7:15a	Vicki K.
Step & Tone	4301J81	M	L18	25	7:45-8:45a	Carmelo E.
Body Pump	4301J80	M	L18	30	9:15-10:15a	Linda R.
Body Pump	4301J80	M	L18	30	6:00-7:00p	Jenn L.
Cycle	4301J82	T	L16	24	6:00-7:00a	Lori L.
Zumba	4301J89	T	L20	30	7:45-8:30a	Taisha S.
Sculpt	4301J85	T	L18	30	9:15-10:15a	Martine H.
Sculpt	4301J85	T	L18	30	5:30-6:15p	Karen J./Denise D.
Step & Tone	4301J81	W	L18	25	7:45-8:45a	Carmelo E.
Body Pump	4301J80	W	L20	30	9:15-10:15a	Linda R.
Body Pump	4301J80	W	L18	30	6:00-7:00p	Lynn G.
Cycle	4301J82	TH	L16	24	6:00-7:00a	Amanda M.
Cycle	4301J82	TH	L16	24	8:15-9:15a	Jessica V.
Yoga	4301J88	TH	L10	30	9:15-10:15a	Shiree B.
Cycle/Yoga Combo	4301J82	F	L16	24	6:00-7:00a	Amanda M.
Sculpt	4301J85	F	L18	30	7:45-8:45a	Carmelo E.
WERQ	4301J86	F	L20	30	9:15-10:15a	Xenia D.
Body Pump	4301J80	SA	L18	30	7:15-8:15a	Lynn G.
Cycle	4301J82	SA	L16	24	8:30-9:30a	Amanda M.

[RESERVE A WORKOUT TIME](#)
[REGISTER FOR GROUP EX](#)
[VIEW PT PACKAGES](#)
[DCEO GUIDELINES](#)

Information is subject to change as additional guidelines become available from state-wide agencies providing safety guidance regarding Phase 4 of the Restore Illinois Plan.