

VIRTUAL GROUP EXERCISE CLASSES

OPEN TO MEMBERS & NON-MEMBERS

Reserve a Group Exercise Class

- Reservations are open to Members and Non-Members.
- Classes will be held through Zoom.
- The group exercise schedule will be posted 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
- Participants will receive a unique web link and password via email to enter the class prior to the class start time.
- Late participants will not be admitted into the Zoom class, and will not receive refund.

MEMBERS/NON-MEMBERS: \$6 PER CLASS

[CLICK TO REGISTER FOR GROUP EXERCISE CLASSES](#)

VIRTUAL CLASS SCHEDULE: CLASSES BEGIN DEC. 7

| CLASS: | ACTIVITY #: | DAY: | LOCATION: | CLASS TIME: | INSTRUCTOR: |
|-----------------|-------------|------|-----------|--------------|-------------|
| Step & Tone | 4301J97 | M | | 7:45a-8:45a | Carmelo E. |
| Cardio/Strength | 4301J93 | M | | 7:30p-8:30p | Linda R. |
| Zumba | 4301J94 | TU | | 7:45a-8:45a | Taisha S. |
| Pilates | 4301J95 | TU | | 9:15a-10:15a | Martine H. |
| Sculpt | 4301J91 | TU | | 5:30p-6:15p | Karen J. |
| Step & Tone | 4301J97 | W | | 7:45a-8:45a | Carmelo E. |
| Chair Yoga | 4301J92 | W | | 9:00a-10:00a | Eileen J. |
| Yogalates | 4301J95 | W | | 6:00p-7:00p | Denise D. |
| Yoga | 4301J92 | TH | | 9:15a-10:15a | Shiree B. |
| Sculpt | 4301J91 | TH | | 6:00p-7:00p | Denise D. |
| Yoga | 4301J92 | F | | 6:00a-7:00a | Amanda M. |
| WERQ | 4301J96 | F | | 9:15a-10:15a | Xenia D. |

[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 Tier 3 Mitigations of the Restore Illinois Plan.