



DOWNERS GROVE PARK DISTRICT- 4500 FITNESS

GROUP EXERCISE CLASS SCHEDULE

Effective January 7, 2019

MONDAY

Time	Class	Room	Instructor
5:30 - 6:25 am	Cycle & Core Work	L21	Eileen
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
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 - 7:50 pm	Barre Sculpt	L14	Linda

TUESDAY

5:30 - 6:25 am	Cycle	L21	Mark
7:45 - 8:40 am	Body Pump	L12	Carmelo
8:45 - 9:40 am	Sculpt	L14	Martine
9:00 - 9:55 am	Cycle	L21	Charles
9:00 - 9:55 am	Yoga	L12	Amal
11:30 - 12:25 pm	Zumba Gold	L12	Taisha
6:00 - 6:55 pm	Sculpt	L14	Karen/Susan
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
10:05 - 10:50 am	Zumba Toning	L12	Carolyn
5:00 - 5:45 pm	Barre Sculpt	L14	Jessica
6:00 - 6:55 pm	Body Pump	L12	Lynn
6:00 - 6:55pm	STRONG	L14	Dangira
7:10 - 8:05pm	Pilates	L12	Luanne

THURSDAY

5:30 - 6:25 am	Cycle	L21	Amanda
8:30 - 9:00 am	Cycle Crunch	L21	Vicki
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
11:30 - 12:25 pm	Yoga	L12	Amal
6:00 - 6:55 pm	Boot Camp	L14	Carrie A.
6:00 - 6:55 pm	Yoga	L12	Rogina
7:00 - 7:55 pm	WERQ	L12	Xenia

FRIDAY

Time	Class	Room	Instructor
5:30 - 6:25 am	Cycle & Yoga Stretch	L21	Amanda
8:30 - 9:15am	Barre Sculpt	L14	Jessica
9:00 - 9:55 am	Cycle	L21	Lorri
9:00 - 9:55 am	Yoga	L10	Amy
9:00 - 9:55 am	Zumba	L12	Nicole
9:20 - 10:05 am	Drills	L14	Jessica

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
9:30 - 10:25 am	Yoga	L12	Rogina

SUNDAY

8:15 - 9:10 am	Sculpt	L12	Bonnie
8:30 - 9:25 am	Cycle	L21	Alissa/Mark

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.

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

Download the Free Mobile App

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Recreation and Fitness
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