

GROUP EXERCISE SCHEDULE

WINTER / Jan 4 - March 28

M	T	W	TH	F	S	SN
STRENGTH 6:00-7:00a Mary W.	SPIN 5:10-6:00a Elizabeth	STRENGTH 5:45-6:45a Peggy	SPIN 6:00-6:50a Tom	* SPIN * 5:10-6:00a NEW Kevin	STEP CIRCUIT 7:30-8:25a Peggy	SPIN 8:30-9:20a Tom
SENIOR FIT 8:00-9:00a Mary W. - Gym A	LITE FIT MIX 8:00-8:55a Sophia - Gym A	SPIN 6:00-6:50a Mary W.	ZUMBA! GOLD 8:00-8:50a Jeannie	SPIN 6:10-7:00a Trish	GENTLE YOGA 7:30-8:30a Megan M. - Rm 201	ZUMBA! 8:30-9:25a Debbie/Regina
LO IMPACT 8:00-9:00a Amy C.	AQUA 8:00-9:00a Jeannie	SENIOR FIT 8:00-9:00a Mary W. - Gym A	AQUA ZUMBA 8:45-9:45a NEW Regina	SENIOR FIT 8:00-9:00a Mary W. - Gym A	SPIN 7:30-8:20a Kevin	SPIN 9:30-10:20a NEW Ellen
SPIN 8:30-9:20a Trish	CORE FUSION 8:05-9:00a NEW Sheila	AQUA 8:00-9:00a Trish	SPIN & YOGA 9:00-10:15a Becky	LO IMPACT 8:00-8:55a Peggy	ZUMBA! 8:30-9:25a Ginger & Kellie	YOGA 9:30-10:45a Amy S. - Rm 202
AQUA 9:00-10:00a Susie	SPIN 8:30-9:20a Becky	STRENGTH 8:00-8:55a NEW Kathleen	TBC 9:10-10:10a Sheila	INTRO TO PILATES 8:00-9:00a Dawn - Mini-Gym	SPIN 8:30-9:20a Anna	POWER STRENGTH 9:30-10:25a Kellie
FLOW YOGA 9:00-10:15a Lisa - 201	PILATES 9:00-10:00a Kristen - Gym B	SPIN 8:30-9:20a Allyson	RAISE THE BAR 10:15-11:10a Missy	AQUA 8:00-9:00a Kellie	VINYASA YOGA 8:45-10:00a Megan M. - Rm 201	BOX N TONE 10:30-11:30a Kellie
CARDIO BLAST 9:10-10:10a Kathleen - Gym A	TBC 9:10-10:10a Kellie	LO IMPACT 9:00-9:55a NEW Kathleen	YIN & YANG YOGA 11:15a-12:25p David	SPIN 8:30-9:20a Anna	CONDITIONING 9:30-10:25a Doug	
STRENGTH 9:15-10:10a Missy/Ginger	Deep H2O 9:15-10:10a Anne	FLOW YOGA 9:00-10:15a Lisa - Rm 201	HEALING YOGA 12:30-1:30p David	FLOW YOGA 9:00-10:15a Lisa - Rm 201	Warm H2O Stretch 10:15-11:00a See brochure	
SPIN 9:30-10:20a NEW Ellen	VINYASA YOGA 9:30-10:45a Julie L. - Rm 201	LIGHT AQUA 9:15-10:00a NEW Mary Jo	TEEN FITNESS 4:00-5:00p See brochure	ADVANCED PILATES 9:00-10:00a Dawn - Mini-Gym	INTENSITY 10:30-11:20a NEW Doug	
LIGHT AQUA 10:15-11:00a Susie	SPIN 9:30-10:20a Missy	SPIN & CORE 9:35-10:45a Sheila	STRENGTH 5:00-5:50p Peggy	POWER STRENGTH 9:10-10:10a Kellie	PILATES 11:30a-12:30p Sophia	
INTENSITY 10:15-11:10a NEW Missy	ZUMBA 10:15-11:10a NEW Debbie	KICK IT 10:00-11:00a NEW Marnie	Warm H2O Stretch 5:10-5:55p See brochure	CARDIO BLAST 10:15-11:15a Kathleen		
GENTLE YOGA 10:30-11:30a Megan - Rm 201	YOGA 11:15a-12:25p David	PILATES 11:30a - 12:30p NEW Mary Jo	ZUMBA! 6:00-7:00p Melissa	LIGHT AQUA 10:15-11:00a Anne		
DRUMS ALIVE 11:15a-12:15p NEW Kristen	HEALING YOGA 12:30-1:30p David	TEEN FITNESS 4:00-5:00p See brochure	AQUA 6:00-7:00p Peggy	GENTLE YOGA 10:30-11:30a Lisa - Rm 201		
PILATES 11:35a-12:35p Mary Jo - Rm 201	STRENGTH 5:00-6:00p Peggy	YOGA 5:30-6:45p Bob - Room 101	FORREST YOGA 7:15-8:30p Magda			
HATHA YOGA 5:15-6:15p NEW Megan - Rm 201	Warm H2O Stretch 5:10-5:55p See brochure	CARDIO JAM 5:30-6:30p Kellie & Lisa D.				
ZUMBA! 5:30-6:30p Ginger & Kellie	SPIN 6:00-6:50p NEW Kevin	SPIN 6:15-7:05p Trish				
SPIN 6:30-7:20p Tom	AQUA 6:00-7:00p NEW Lisa T.	STRENGTH 6:40-7:40p Kellie				
CONDITIONING 6:40-7:40p Doug	TURBO KICK 6:10-7:10p NEW Erin					
	FORREST YOGA 7:15-8:30p Magda					

*** SPIN ***
Bike to Give Back!
Kevin has kindly volunteered his time to offer a **CHARITY SPIN CLASS**, Friday's at 5:10 am, for **The Northfield Food Pantry!** Bring a canned food donation and/or monetary donation to each class and bike for **FREE!** **NOT A PASSPORT CLASS. MUST BRING DONATION.**

- GROUP EXERCISE GUIDELINES**
- 1) GROUP EXERCISE PASSPORTS EXPIRE 6 MONTHS FROM PURCHASE.
 - 2) Be on time. Warm-ups prevent injury.
 - 3) No admittance 10 minutes past class start time.
 - 4) Classes and instructors subject to change at any time.
 - 5) Please refrain from wearing perfume or cologne.
 - 6) Please respect those around you and keep talking to a minimum.
 - 7) No food allowed in the studios.
 - 8) Please put away ALL equipment after class.
 - 9) No street shoes allowed.
 - 10) No sharing or transfers of passports.



GROUP EXERCISE CLASS DESCRIPTIONS

Schedules are available at Park Center and online at www.glenviewparks.org
All fitness levels welcome to classes. For information on specific classes please call Ginger Heisler, Group Exercise Coordinator, at 224.521.2608.

STUDIO CLASSES

Yoga/Hatha: For all levels of fitness. This class relaxes, strengthens, and soothes the body and mind. The focus is on increasing flexibility, balance, and strength through various postures and breathing.

Healing/Gentle Yoga: Suitable for beginners, seniors, and those with limitations or prior injury. Harness your mind and body's natural healing potential.

Flow Yoga/Vinyasa Yoga/Forrest Yoga: An energetic yoga practice that connects the breath (pranayama) to movement with longer held poses (asanas). This practice will allow you to refine postures and move beyond limitations of the body and mind. Pre-requisite: A strong yoga practice of at least 1 year.

Yin & Yang Yoga: Start by targeting connective tissues, ligaments and tendons with long held floor stretches. Follow up with a vigorous vinyasa flow to complete this perfectly balanced yoga class.

Intro. to Pilates: A full body, mat-based exercise class based on techniques developed by Joseph Pilates. Concentrate on restoring muscular balance, building strength, increasing flexibility, and improving coordination while improving body alignment and posture through core strength and stability.

Advanced Pilates: Pre-requisite: Strong knowledge of Basic Pilates fundamentals and a minimum 1 year mat Pilates experience.

Pilates Reformer available by appointment. Call Ginger Heisler, Group Exercise Coordinator, at 224.521.2608 for more information or an appt.

Core Fusion: A multi-level, total body workout focusing on core strength and flexibility with cardio & strength segments. BOSUs, med balls & barefoot training are all explored!

Strength/Power Strength/Conditioning: Strengthen with weights, tubing, fitness balls, medicine balls, dumbbells, etc. Proper technique and form are emphasized to create a workout that is effective, fun, and safe. "Power" adds an element of cardiovascular conditioning.

Step Circuit: Combine cardiovascular segments on the step with strength segments to increase both cardiovascular and muscular endurance.

Senior Fit: A workout on the lighter side that includes muscle toning, and balance work geared for the mature adult.

Zumba: Combine high-energy and motivating music with unique and easy moves that allow you to dance your worries away. Great for the body and mind. A feel-happy workout for all!

Zumba Gold: Zumba Gold is designed for the active, mature adult population or the true beginner participant. Improve coordination and balance with this easy to follow workout. Zumba Chair workout available.

Lite Fit Mix: An easy mix of cardiovascular exercise, resistance training, and stretch. Great for beginners or novice level exercisers, seniors, or anyone looking for a lighter, effective workout.

Lo Impact: Fitness for all ages! Adjust the intensity levels to meet your needs in this joint-friendly workout. Options will be offered for a low, moderate, or intense workout.

Box n Tone: 30 minutes of Cardio Kickbox and 30 minutes of toning. Get it all in one hour!

Intensity: All you'll need for a challenging total body workout is this class! Combine back-to-basics calisthenics, functional strength training, playground fitness, balance training, plyometrics, and cardio intervals in a nonstop, fun and ever-changing format.

Cardio Jam: Want to lose weight and burn calories by dancing with your girlfriends? Dance your way fit, in this easy-to-follow dance fitness class with creative choreography and fun, funky music.

STUDIO CLASSES (continued)

Raise the Bar: A bare-foot (optional) body sculpting and fat burning workout that will challenge all major muscle groups. Alternate between exercises that demand intense bursts of energy and deep stretches. Utilize the ballet bar, free weights, and mat work resulting in a more defined, stronger, leaner you.

DRUMS ALIVE®: Experience a workout like none other. Train the "whole body – whole mind" and have fun while doing it. Condition the cardiovascular system, core, and mind through rhythm, movement and creative expression. Create a better, more balanced you and have fun doing it!

TBC (Total Body Conditioning): Get a complete workout with cardio and strength! Classes vary weekly and may contain step, kickbox, strength, sports conditioning exercises, and/or drills. Abdominal work and stretches complete a total body workout.

Kick It: A traditional cardio kickbox workout! Class focuses on high-intensity footwork, kicking, punching, and blocking. Great music! Great energy, and great calorie burn! Abs and short stretch round out the class.

Turbo Kick®: The fat-blasting, ab-defining cardio workout that is sweeping the nation's health clubs! A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout.

Cardio Challenge: No equipment necessary! Focus on cardiovascular training. Class segments may include kickbox, sports conditioning drills, and high and low impact movement. Balance and core work make this a class for all levels.

SPIN CLASSES

Bike reservations required. Bike reservations held only 3 minutes past class start time.

Call 847-657-3249 to reserve a bike 24 hours prior to class.

Spin: A non-impact, high-energy, cardiovascular ride on a stationary bike. Builds strength, endurance and stamina – a great form of cross-training year-round!

Spin & Core: Use the first 45 to 55 minutes of class for your cardio workout and the remaining time to develop core strength.

Spin & Yoga: Get a full cycle class in first, then have the option while your muscles are warm to increase flexibility, balance, and strength with Yoga.

AQUA CLASSES

Aqua: A general conditioning class in the water to work all aspects of fitness: cardiovascular endurance, muscular strength, flexibility, and improved body composition. Uses aqua dumbbells, noodles, and resistance bands for strength training.

Light Aqua: A great class for individuals desiring a lighter workout in the water. Appropriate for participants recovering from hip and knee replacements, those looking to reduce joint pain, or to increase range of motion, joint strength, and flexibility.

Deep H2O: Aqua Joggers, noodles or suspension make this a challenging water workout.

Aqua Zumba: This year-round "pool party" brings the fun and flavor of Zumba to the water! After an energizing warm-up, our cardio workout will have you movin' and groovin' to Zumba's latin and international rhythms adapted to the pool environment. Resistance equipment will be used to strengthen and tone the upper body during the latter portion of class.

Warm H2O Stretch*: This warm water class is designed, but not limited to people with arthritis, limited range of motion or those looking for post-rehabilitation. Can also be used for post-recovery workout stretches.

*Registration required. Not a Passport class.