

Group Fitness

FITNESS CLASSES

Fitness classes are open to members and nonmembers alike. Our group classes offer variety and flexibility for diverse scheduling needs. All classes are free to members. Members are also required to sign in at the front desk before attending each class. Note: All classes are subject to cancellation based on enrollment and holiday hours.

Please stop by the Field House Sports and Fitness Center or go to www.waukeganparks.org to check out the latest fitness schedule.

No Group Fitness Classes

Routine Cleaning and Maintenance: August 28–September 3



BASIC CLASSES

Basic classes are **FREE** to members with limited availability. To secure your spot, please sign up at Front Desk the day of the class prior to attending. Non-members may also attend Basic classes by paying a **drop-in fee**, or purchasing a **Passport to Fitness**.

BASIC Classes include:

Six Pack Abs

All levels. Work on tightening and toning the midsection through a variety of abdominal exercises on the floor and on the ball.

Butt and Gut

All levels. Tighten the glutes and abs! Resistance and isometric exercises for those hard to define areas.

BOSU Combo

All levels. This class will utilize the BOSU ball to increase stability throughout your body while doing weight training with the arms.

Group Cycle

All levels. 45 minute indoor stationary spinning class that will incorporate hill climbs, sprints and jumps into an excellent cardio routine. Expose your inner athlete here!

NON-MEMBER FEE STRUCTURE

Drop-in to Group Fitness

Don't want to commit to just one class? Drop in so you may pick and choose which class you would like to attend that day.

Basic Classes R \$9 NR \$12

Passport to Group Fitness

Buy a Passport to Group Fitness so you may pick and choose which class you would like to attend while getting a better value than a drop-in. Looking to try several classes at the convenience of your busy schedule? Each passport allows up to 10 visits* and passport is good for up to 6 months from the date of purchase. Passports cannot be used for Fitness Center daily visit.

10 Visit Passports

\$50/\$60

To redeem for class: Basic Classes=1 punch

Passports are accepted on a first-come first-served basis. Please sign in at the front desk prior to attending class. Specialized classes are by registration. Fitness drop-ins and passports may only be used if the class does not meet the maximum number of registered participants.

**Check out
Youth Fitness
on Page 29**

Rev it UP

All levels. This fat burning, metabolism revving workout incorporates toning exercise with high intensity cardio intervals. Don't waste your time here! You will get a cardiovascular and strength training workout in one class.

Mat Pilates

All levels. This Mat Pilates class is perfect for beginners but will challenge experienced exercisers as well. Pilates is a mind-body technique that focuses on core strength, flexibility and lengthening the muscles. You will gain tighter abs, a stronger back, and build upper and lower body strength, all while you learn to stabilize your body in a way that will keep you feeling younger longer!

Beginning Hatha Yoga

Beginner Level. Learn the basic fundamentals of yoga through gentle and restorative stretching, while gradually building the core muscles. This class will focus on beginner based yoga, tending to the mind and spirit, while increasing strength, flexibility, and balance. This is a great class for people brand new to yoga, or recovering from past injuries. Instructor will teach modifications to customize your needs!

Group Fitness Schedule

SU	MO	TU	WE	TH	FR	SA
		Boot Camp 6:15-7:15am <i>Specialized Class</i>		Boot Camp 6:15-7:15am <i>Specialized Class</i>		
AM	Rev It Up! 9-10am	Total Body Sculpting 9-10am <i>Specialized Class</i>	Stability Ball Toning 9-10am	Indoor Cycling 7-8am	Yogalates 9-10am ♿	Beginning Hatha Yoga 10-11:30am ♿
	SilverSneakers 10:15-11am ♿		SilverSneakers® 10:15-11am ♿		SilverSneakers 10:15-11am ♿	
	Six Pack Abs 5:15-5:45pm		Weekend Warrior Sports 5:15-6:15pm <i>Specialized Class</i>	Butt & Gut 5:15-6pm		
PM	Mat Pilates 6-7pm Meeting	Group Cycle 6:10-6:55pm	Intermediate Hatha Yoga 6:30-8pm ♿	BOSU Combo 6:10-7pm	Nonmember Options	
	Zumba 7:15-8:15pm <i>Specialized Class</i>	Advanced Mat Pilates 7-8pm <i>Specialized Class</i>		Zumba 7:15-8:15pm <i>Specialized Class</i>	4-Week Registration \$29/\$35 Drop-in Registration \$9/\$12 10-Punch Passport \$50/\$60 (Basic Class=1 punch)	

Schedule subject to change without notice. All classes are open to ages 14 and up. Please preregister for *Specialized Classes*. Purchase passports and drop-ins at Front Desk. *Specialized Classes* have an additional fee to join.

Intermediate Hatha Yoga ♿

Intermediate Levels. Go beyond the basics, and enter the next level of yoga knowledge, philosophies, skills, and practices. This class will provide a more in depth exercise that is geared not only to increase strength, flexibility, and balance, but also teach and challenge breath work and meditation principles. Modifications will be offered to accommodate all physical abilities!

Stability Ball Toning

All levels. This is very good for beginners who want to learn more about correctly using the stability ball. In this class you will strengthen your entire body while utilizing the stability ball. You will increase your strength, flexibility, and balance through your major muscle groups.

Yogalates ♿

All levels. Start your day off right by relaxing and strengthening your body for the day ahead. This class combines both Yoga and Pilates exercises to focus on lengthening and strengthening your core muscles and increase flexibility. Charge your self for the stressful day to come!



These programs are low impact and build strength, flexibility and mobility. They are especially suitable for all ages and fitness levels including different levels of rehabilitation needs.

FREE! **FREE!**

Come join the party!

ZUMBA
PARTY

Tuesday, July 17, 2012 at 7pm

FREE to members and nonmembers.
You'll forget you're working out
because it feels like a PARTY!

THE
FIELD HOUSE

SPORTS & FITNESS CENTER

AT HINKSTON PARK

800 N. Baldwin Avenue • Waukegan, IL • 847-782-3300