



## Group Exercise Schedule – Spring 2010

Spring Schedule Consists of Two Sessions: 3/8-4/24 & 5/3-6/19

\*Please pre-register for Gold classes at the front desk. Please sign in at the front desk for ALL classes!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Boot Camp</b> 6-7:15am <i>*Specialized</i>		<b>Boot Camp</b> 6-7:15am <i>*Specialized</i>		<b>Group Cycle</b> 8-8:55 am <i>Silver</i>
	<b>Rev it Up!</b> 9-10 am <i>Silver</i>	<b>Group Cycle</b> 9-10 am <i>Silver</i>	<b>Stability Ball Toning</b> 9-10 am <i>Bronze</i>	<b>Yogalates</b> 9-10 am <i>Gold*</i>	<b>*NEW Cardio Combo</b> 9-10 am <i>Silver</i>	<b>Rev it Up!</b> 9-9:55 am <i>Bronze</i>
	<b>6-Pack Abs</b> 5:15-5:45 pm <i>Bronze</i>	<b>NEW! Interval Explosion</b> 5:00-5:45 pm <i>Bronze</i>	<b>Butt &amp; Gut</b> 5:15-6:00 pm <i>Bronze</i>	<b>Cycle &amp; Tone</b> 5:00-5:45 pm <i>Silver</i>		<b>Beginning Hatha Yoga</b> 10-11:30 am <i>Gold*</i>
	<b>Mat Pilates</b> 6:00-7:00 pm <i>Gold*</i>	<b>Group Cycle</b> 6-6:55 pm <i>Silver</i>	<b>NEW! Armtastic &amp; Cardio Blast</b> 6-6:20 6:20-7 pm <i>Silver</i>	<b>NEW! Turbo Kick</b> 6:00-7:00 pm <i>Gold*</i>		
	<b>Zumba</b> 7:15-8pm <i>*Specialized</i>		<b>Intermediate Hatha Yoga</b> 7-8:30 pm <i>Gold*</i>	<b>Zumba</b> 7:15-8pm <i>*Specialized</i>		

### Non-Member Options:

**7 Week Registration**

**Resident: \$51**

**Non-Resident: \$56**

**Drop-in Registration:**

**Resident: \$9 / Non-resident: \$12 (Bronze & Silver)**

**Resident: \$11 / Non-resident: \$14 (Gold)**

**10 Punch Passports:**

**Resident: \$45**

**Non-resident: \$50**

**Bronze & Silver = 1 Punch**

**Gold = 2 Punches**

*\*Gold Classes require pre-registration*

*\*Specialized Class- Participants must pay an additional fee to join.*

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# WAUKEGAN PARK DISTRICT

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**6 Pack Abs-** All levels. Works on tightening and toning the mid section through a variety of abdominal exercises on the floor and on the ball.

**Armastic-** All levels. This class focuses on arms and upper back while giving you a great cardio workout at the same time. The class will begin with arm toning and move to a more cardio routine as your body warms up. You will use interval training, and weights to get your heart rate moving and tone your arms.

**Butt and Gut-** All levels. Tighten the glutes and abs! Resistance and isometric type exercises for those hard to define areas.

**Beginning Hatha Yoga-** 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 who are brand new to yoga, or recovering from past injuries. Instructor will teach modifications to customize your needs.

**Boot Camp-** This class involves calisthenics like push-ups, jumping jacks, crunches and other body weight exercises. The difference lies in the intensity. Beginner? Exercises are modified for beginners, but you'll still burn lots of calories. Advanced? You'll work your entire body-heart and muscles- with a higher intensity and without resting.

**Cardio Combo-** All levels. This class focuses on strengthening a muscle group, and then immediately following up stretches for that muscle group. Use balls, bands, weights etc. to strengthen and tone your muscles while increasing your flexibility all in the same class!

**Cycle and Tone-** All levels. This class is meant to burn calories and get your heart rate moving! It will incorporate hill climbs, sprints, and jumps on the stationary bike for an excellent cardio routine, and tone those aggravating areas of your body.

**Group Cycle-** All levels. 55 minute indoor stationary spinning class that will incorporate hill climbs, sprints and jumps into an excellent cardio routine. Expose your inner athlete here!

**Intermediate Hatha Yoga-** 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!

**Interval Explosion-** All levels. This high energy class will challenge your endurance by using cardio and strength training and abdominal exercises using balls, bands, steps, and other various pieces of equipment.

**Mat Pilates-** All levels. Basic Pilates class 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.

**Rev it Up-** This fat burning, metabolism revving workout incorporates toning exercises with high intensity cardio intervals. Don't waste your time here! You will get a cardiovascular and strength training workout in one class.

**Stability Ball Toning -** All levels. Total core and muscle strength routine that will vary by week to give you an energizing body blast that tones your core muscles while burning calories. This class will challenge your endurance performing abdominal exercises using balls, bands, steps, and other various pieces of equipment.

**Turbo Kick-** All levels. Try this **NEW CLASS!** Cardio kickboxing to the max! This power packed class is high energy and great for burning calories and stress! Exercise using martial arts techniques to get an awesome workout!

**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!

**Zumba-** Ditch the workout and join the party! This class combines Latin American music and dance to create one great class that's both fun and easy to lose weight. Come learn how to shimmy, shake, and move your feet to the music for a fun workout.