





Group Exercise Schedule – Fall 2010

Spring Schedule Consists of Two Sessions: 9/7-10/25 & 11/1-12/18

*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
		Boot Camp 6:15-7:15am <i>*Specialized</i>		Boot Camp 6:15-7:15am <i>*Specialized</i>		Advanced Cycle 8-9 am <i>*Specialized</i>
	Rev it UP! 9:00-10:00am		Ball Pilates 9-10:00am <i>*Specialized</i>	Yogalates 9-10 am	Strength Training 9am-10am <i>*Specialized</i>	
	6-Pack Abs 5:15-5:45 pm	Interval Explosion 5:00-5:45 pm	Butt & Gut 5:15-6:00 pm	Cycle & Tone 5:00-5:45 pm	Advanced Hatha Yoga 5:00-6:00pm <i>*Specialized</i>	Beginning Hatha Yoga 10-11:30 am
	Mat Pilates 6:00-7:00 pm Meeting Room WPD90X 6:00-7:00pm <i>*Specialized</i>	Group Cycle 6-6:55 pm	WPD90X 6:00-7:00pm <i>*Specialized</i>	Turbo Kick 6:00-7:00 pm		
	Zumba 7:15-8pm <i>*Specialized</i>	Advanced Mat Pilates 7:00-8:00pm <i>*Specialized</i> Meeting Room	Intermediate Hatha Yoga 7-8:30 pm	Zumba 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

10 Punch Passports:

Resident: \$50

Non-resident: \$60

Basic Class = 1 Punch

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

WAUKEGAN PARK DISTRICT

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.

Advanced Group Cycle- Advanced levels. Take your training to the next level. This class will increase your strength and cardiovascular fitness with steeper climbs, longer sprints, and higher intensity intervals. This class is a 60 minute indoor stationary spin class that will give you an extreme cardio routine. Add in visual imagery, and let your workout excel to the max!

Advanced Mat Pilates- Advanced levels. This class will be perfect for the advanced participant. It will challenge the experienced exerciser to the next level. 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!

Ball Pilates- In this class you will strengthen your body's core while having fun! The focus will be on strength, flexibility, and lengthening your muscles. You will use the stability ball, bosu balls, and medicine balls to tone your core while increasing your flexibility. The ball also increases the range of motion and adds intensity to many standard Pilates movements.

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.

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.

Strength Training- In this class you will use resistance to build muscular strength and aerobic endurance. You will use free weights, including dumbbells, barbells, and hand weights. You will strengthen and increase the amount of muscle mass in your body by making your muscles work harder than they are used to.

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!

WPD90X- This intense class is not for the timid. You are guaranteed a high intensity workout. Learn how to transform your body with this new workout routine! Whether you want to get lean, tone and tighten, or just have an intense workout, this class will keep you motivated! Work outs include chest and back, shoulders and arms, polymetrics, core strengthening exercises and more!

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.