

# 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](http://www.waukeganparks.org) to check out the latest fitness schedule.

### No Group Fitness Classes

November 25-27      Thanksgiving  
December 20-January 1      Holiday Break



I have been a member of the Field House for over two years now. My experience has been great! The staff is very nice and welcoming. The classes offered are fun, interactive, intense and the schedules are very convenient.

—Yolanda Perez

## Park District Youth License Plate

Get Licensed to Support Illinois Youth!

The sale and subsequent renewals of each plate generate \$25 for the Power Play Grant Program, which funds youth programs in park and recreation agencies throughout Illinois. The goal of the Power Play program is to increase the number of opportunities designed to show youth the lifelong benefits of fitness, health and nutrition. See page 27 for more information.



Check Out  
Youth Fitness  
Classes  
on Page 40-42

## New! Group Exercise Class Structure

Basic classes are FREE to members and we now offer additional specialized classes to better serve your exercise needs and advance your level of workout! Check out our new specialized class list to stay in shape this fall!

## 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. Gold 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.

## 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 mid section 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 type exercises for those hard to define areas.

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

## Group Fitness Schedule

MO	TU	WE	TH	FR	SA
	<b>Boot Camp</b> 6:15-7:15am Specialized Class		<b>Boot Camp</b> 6:15-7:15am Specialized Class		<b>Advanced Cycle</b> 8-9am Specialized Class
<b>Six Pack Abs</b> 5:15-5:45pm	<b>Interval Explosion</b> 5-5:45pm		<b>Yogalates</b> 9-10am	<b>Strength Training</b> 9-10am Specialized Class	<b>Beginning Hatha Yoga</b> 10-11:30am
<b>Mat Pilates</b> 6-7pm	<b>Group Cycle</b> 6-6:55pm	<b>Butt &amp; Gut</b> 5:15-6pm	<b>Cycle &amp; Tone</b> 5-5:45pm	<b>Advanced Hatha Yoga</b> 5-6pm Specialized Class	
<b>WPD90X</b> 6-7pm Specialized Class	<b>Advanced Matt Pilates</b> 6-7pm Specialized Class	<b>WPD90X</b> 6-7pm Specialized Class	<b>Turbo Kick</b> 6-7pm	<b>Nonmember Options</b>  <b>7-Week Registration</b> \$51/\$56 <b>Drop-in Registration</b> \$9/\$12 <b>10-Punch Passport</b> \$50/\$60 (Basic Class=1 punch)	
<b>Zumba®</b> 7:15-8pm Specialized Class	<b>Ball Pilates</b> 6-7pm Specialized Class	<b>Intermediate Hatha Yoga</b> 7-8:30pm	<b>Zumba®</b> 7:15-8pm Specialized Class		

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

### 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. This Mat Pilates class is perfect for beginners. 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 Levels. 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!

### 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!

### 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!

### Turbo Kick

All levels. 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! Cool down at the end of class with a quick toning workout to improve strength and power.