

# Group Fitness

## GOLD CLASSES

Gold classes are **FREE** to **Gold** members with limited availability. To secure your spot, please check-in at the front desk before class. Please note that classes are subject to cancellation based upon enrollment and holiday hours. *No drop-ins for Fitness on Demand classes.*

### Zumba ★

Age 14+

All levels. This class combines Latin American, international music and dance to create one great class that's both fun and an easy way to lose weight. Come learn how to shimmy, shake, and move your feet to the music for a fun workout that feels like a party. We begin with basic steps so that you can learn, have fun, and sweat even if you have never danced a day in your life

### Boot Camp ★

Age 14+

If you are serious about getting into peak shape, this class is for you! Boot camp workouts involve calisthenics like pushups, 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 Kickboxing ★

Age 14+

Join us for the best fitness workout of your life. Whether you are a beginner or experienced, work with our trainers to get you in the best shape possible. Burn up to 600 calories a session; this class will push you physically and mentally to be your best while burning fat, building lean muscle, and increasing cardio endurance.

### Fitness on Demand ★

Age 14+

Enjoy many different fitness classes all day! Even during non-peak times, the Field House can now offer virtual fitness classes. Visit our website at [www.waukeganparks.org](http://www.waukeganparks.org) for an updated schedule. **Fitness on Demand is a GOLD Member only benefit.**

★ Programs are free with a Gold Level Membership



**Did you know that your health insurance may pay for your fitness membership?**

Check with your provider or call the Field House at

847-782-3300 for more information.



## Women's Weight Loss Program

Waukegan Park District and Synergized Coaching invites you to take the 180 in 180 Days Weight Loss Challenge, a comprehensive exercise program designed to help you lose up to 50 lbs. in 6 months! You **DO NOT** have to be a member of The Field House and you **DO NOT** have to sign a contract. You **DO** have to register as soon as possible, as space is limited. All ages (14+) and fitness levels are encouraged to join.

The winning participant will receive three free in-gym or in-home personal training sessions with Kaneicia Brown, a NASM certified personal trainer, former women's blue-chip semi-pro basketball player, nutrition and yoga enthusiast. Come to a free information session on December 11th to learn more. Are you up for the challenge?

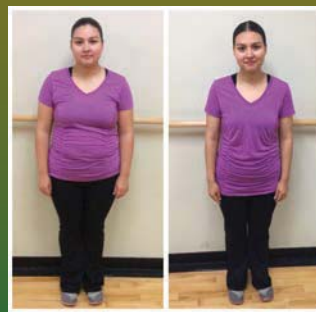
**Sign Up Today!**

THE  
**FIELD HOUSE**  
SPORTS & FITNESS CENTER  
AT HINKSTON PARK

Call 847-782-3300 or visit [www.waukeganparks.org](http://www.waukeganparks.org)



**Winner: Astra D.**  
Pounds Lost - 46  
Body Fat Lost - 22.5%



**Runner-Up: Rebecca T.**  
Pounds Lost - 44  
Body Fat Lost - 23%



**Runner-Up: Jelisa D.**  
Pounds Lost - 45  
Body Fat Lost - 19%



**Runner-Up: Norma R.**  
Pounds Lost - 54  
Body Fat Lost - 13%

## PLATINUM CLASSES

Platinum classes are strictly **fee based** and are designed to complement Silver and Gold classes with additional classes and times. Platinum classes are available to everyone with limited availability. To secure your spot, please pre-register online or at the front desk before the register by date.

### S.C.O.R.E – Self-Defense Fitness #20203306 Age 14+

S.C.O.R.E. training combines self-defense and fitness training in one class! You will work at a high level of fitness while instilling practical and proven self-defense concepts. S.C.O.R.E. stands for Survive, Counter, Offensive Response and Escape – and will be taught by Dwight Davis, a police sergeant and ISSA personal trainer who has studied martial arts for more than 25 years and taught police tactics and self-defense for over 15 years. This self-defense fitness class addresses current real-world violence while incorporating an intense workout. If you want to get in shape and improve your personal safety, then S.C.O.R.E. self-defense fitness is for you.

FH	FR	3/4-4/15	5:45-6:45pm	Reg by 2/26	\$51/\$56	-1A
FH	FR	4/29-6/3	5:45-6:45pm	Reg by 4/22	\$51/\$56	-2A

### Gerry Cook's Kickboxing Club #10203310 Age 14+


Burn up to 900 calories in just one hour while becoming stronger, more flexible and increasing speed of movement. Class will warm up through stretching, slow motion exercise and then move into an intense workout. Learn meditation and how to protect yourself in this Kick-Boxing Club! Participants may come to one, two or all three classes per week. It is encouraged to attend at least twice per week to gain the most benefit.

**Class days and times will be determined. Check waukeganparks.org for updates!**

### Sunday Sunrise Circuit Training #20203304 Age 14+

Start your Sundays with calorie burning, muscle toning exercises while training to the hottest songs! This 12-week session will cover flexibility, cardio, strength, balance and plyometric training. Classes will be taught by Kaneicia Brown, a certified personal trainer, nutrition enthusiast and life coach. All fitness levels are welcome. What are you waiting for? Sign up now to spend the next twelve Sundays slimming down at the Field House!

FH	SU	4/3-5/15	7:15-8:15am	Reg by 4/1	\$51/\$56	-1A
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# Brain Fitness CLUB

Exercise your brain by joining our club. We will practice mental workouts with fun trivia brain games and puzzles. You won't strain this large muscle of yours, but we plan to strengthen and enhance your brain to stimulate neurons as you challenge yourself to fun games. Don't miss out on this entertaining experience. Age 55+.

BRC TU 2/2, 3/1, 4/5 11-12pm Reg by 1/27 FREE #20204302-1A

# WorkFit

## CORPORATE RATES

A Corporate Discount Program is now available for the Field House Fitness Center. Check out our website for the latest information, or call 847-782-3625 and ask about how to get a group discount for your business.

## Keep Calm and Stretch #20203303

Age 14+

Did you know that stretching is as important as cardio and strength training combined? Stretching increases range of motion, flexibility, blood and nutrient flow, decreases muscle soreness, corrects posture, reduces stress, and so much more! If you're tight, recovering from surgery, injury, have muscle imbalances, coordination and/or balance concerns, this is the class for you! Renew your body Sunday mornings with Kaneicia Brown, a yoga enthusiast, Corrective Exercise Specialist and Certified Personal Trainer.

FH	SU	4/3-5/15	8:15-9:15am	Reg by 4/1	\$51/\$56	-1A
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## Yoga #20604310

Adult

Jacquelyn Cotey is a certified yoga instructor who will guide students in a program that is a combination of Eastern tradition-Hatha Yoga and contemporary western exercise physiology. It is designed to offer a relaxing environment and instruction will help you meet the demands of your busy lifestyle and your changing needs. Please wear loose, comfortable clothing and bring along a yoga mat and a pillow to each class.

JBC	TH	3/3-4/28*	7-8:15pm	Reg by 2/25	\$80/\$90	1A
JBC	TH	5/12-6/30	7-8:15pm	Reg by 5/5	\$80/\$90	2A

\*No class 3/24

## Women's Weight Loss 180/180 #10203302 Age 14+

Want to lose 50 lbs. in 6 months while getting in the best physical shape of your life? Join the 180° - 180 Weight Loss Challenge, a comprehensive diet and exercise program designed to help you reach your weight loss goals. All fitness levels are encouraged to join. Visit [www.waukeganparks.org](http://www.waukeganparks.org) for full program flyer. Want more information? Come to a free information session to learn more on Thursday, December 10 from 7-8pm in the Field House Meeting Room. Working out on a budget or tight schedule? You can now register for one, two (AM class only) or all three days; with our 30/60/90 pricing structure! \*Waukegan residents receive an additional discount

### MORNING CLASSES

FH	MO	3/7-3/28	5-6am	Reg by 2/26	\$27/\$30	-3A
FH	MO/TU	3/7-3/29	5-6am	Reg by 2/26	\$54/\$60	-3B
FH	MO/TU/TH	3/7-3/31	5-6am	Reg by 2/26	\$81/\$90	-3C
FH	MO	4/4-4/25	5-6am	Reg by 3/25	\$27/\$30	-4A
FH	MO/TU	4/4-4/26	5-6am	Reg by 3/25	\$54/\$60	-4B
FH	MO/TU/TH	4/4-4/28	5-6am	Reg by 3/25	\$81/\$90	-4C
H	MO	5/2-5/23	5-6am	Reg by 4/22	\$27/\$30	-5A
FH	MO/TU	5/2-5/24	5-6am	Reg by 4/22	\$54/\$60	-5B
FH	MO/TU/TH	5/2-5/26	5-6am	Reg by 4/22	\$81/\$90	-5C
FH	MO	5/31-6/20*	5-6am	Reg by 5/20	\$27/\$30	-6A
FH	MO/TU	5/31-6/22*	5-6am	Reg by 5/20	\$54/\$60	-6B
FH	MO/TU/TH	5/31-6/23*	5-6am	Reg by 5/20	\$81/\$90	-6C

### EVENING CLASSES

FH	MO/TU/TH	2/8-3/3	8-9pm	Reg by 1/29	\$81/\$90	-2D
FH	MO/TU/TH	3/7-3/31	8-9pm	Reg by 2/26	\$81/\$90	-3D
FH	MO/TU/TH	4/4-4/28	8-9pm	Reg by 3/25	\$81/\$90	-4D
FFH	MO/TU/TH	5/2-5/26	8-9pm	Reg by 4/22	\$81/\$90	-5D
FH	MO/TU/TH	5/31-6/23*	8-9pm	Reg by 5/20	\$81/\$90	-6D

\*No class 5/30

