

Group Fitness Schedule

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**Choose to Lose
Boot Camp**
5-6am

AM

**Choose to Lose
Boot Camp**
5-6am

**Choose to Lose
Boot Camp**
5-6am

Boot Camp
5:45-6:30am
Gymnasium

Group Cycle
5:45-6:30am

Boot Camp
5:45-6:30am
Gymnasium

Boot Camp
5:45-6:30am
Gymnasium

ZUMBA®
8-8:45am

**Total Body
Conditioning**
9-10am

Gentle Yoga
8-9am

Butt N Gut
9-9:45am

**Pilates
Strength**
9-10am

Basic Yoga
9:15-10:15am

SilverSneakers
10:30-11:15am

SilverSneakers
10:30-11:15am

SilverSneakers
10:30-11:15am

SilverSneakers
10:30-11:15am

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Group Cycle
5-5:45pm

PM

Group Cycle
5-5:45pm

**Intermediate
Hatha Yoga**
6-7pm

**Choose to Lose
Boot Camp**
6-7pm

**Choose to Lose
Boot Camp**
6-7pm

**Choose to Lose
Boot Camp**
6-7pm

ZUMBA®
7:15-8pm

ZUMBA®
8:15-9pm

STRONG
BY ZUMBA
7:15-8pm

GOLD

PLATINUM

**7 Week Platinum
Registration**

See the program guide at waukeganparks.org

Drop-in Registration

Resident \$9/Nonresident \$12
Gold Classes Only

10 Punch Passport

Resident \$54/Nonresident \$64
Gold Classes Only-1 Punch

Bronze Member and Nonmember Options

All members and nonmembers must pay for Platinum Classes

See reverse for class descriptions

CLASS DESCRIPTIONS

Basic/Fundamentals Yoga

This is a foundational class to give students of all levels an opportunity to learn or brush up on the fundamental poses of yoga. This class introduces breathing techniques and emphasizes proper alignment. It promotes balance, flexibility and body awareness.

Boot Camp

An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. With a new workout every week, these classes are designed to push participants harder than they'd push themselves and to always keep the body guessing.

Butt N' Gut

Uses squats, lunges, and many floor based exercises to tighten and strengthen your glutes, thighs and core. This 30 minute fast-paced workout will get you sweating in no time, and give you results in all the right places!

Choose To Lose Women's Boot Camp

Interested in learning more about free weights and how to incorporate them into your workout? Then Choose To Lose Womens Boot Camp is for you! We will assist with improving form, increasing your strength, and losing body fat. Start seeing positive transformation to your body while getting stronger!

Gentle Yoga

This is a gentle, therapeutic style of yoga. This class moves slowly and is designed to focus on specific areas of the body. You will increase relaxation and revitalize your energy while increasing your mental and physical health.

Group Cycle

This 45 minute indoor stationary cycling class incorporates hill climbs, sprints, jumps and high intensity drills that will push you to your limit while working in different heart rate zones.

H.I.I.T

Maximize your time, burn double the calories and get the most out of your workout with this 30 minute program! In what is already growing in popularity, this shorter version of HIIT the parks program will work your entire body using a variety of today's popular circuit training!

Intermediate Hatha Yoga

In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, backbends, forward folds and hip openers.

Pilate Strength

Start your day off right by relaxing and strengthening your body for the day ahead. This class combines the calorie workout you need along with the deep muscle stretching afterwards, it's the best of both in one class setting.

SilverSneakers

SilverSneakers offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support.

STRONG by Zumba

Start training to the beat. Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

Total Body Conditioning

An entire class of total body conditioning will help you get your sweat on and keep your body guessing. This class will burn fat, tone your body and increase your metabolism. You will get a cardiovascular and strength training workout in one class! No wasting time here!

Zumba

A fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training—alternating fast and slow rhythm—to help improve cardiovascular fitness.

Gold and Platinum Classes

All members and nonmembers must pay for Platinum Classes. For more information and class descriptions of GOLD and PLATINUM classes, see our program guide or visit waukeganparks.org

Gold Classes Run Continuously - Remember to check-in before class.

Platinum Classes Everyone must pay for Platinum Classes, no check-in required.