



## Group Exercise Classes 8/11-10/5

Each class will be held in an 8-week session format.

Participants must register for each individual class.

Elite & FitCombo Members - \$0

Member - \$40 per class Non-Member - \$50 per class

**\*NO CLASSES ON: MONDAY, SEPTEMBER 1**

**\*NEXT AVAILABLE SIGN-UP DATE: SEPTEMBER 23**

- 1 Level 1 (Beginner)**
- 2 Level 2 (Intermediate)**
- 3 Level 3 (Advanced)**

CLASS:	LEVEL:	ACTIVITY #:	INSTRUCTOR:	DAY:	DATES:	LOCATION:	CLASS TIME:
Boot Camp	3	151124-1F	Tracey Z.	Mon	8/11-9/29	Room 301	5:45-6:35A
Virtual Boot Camp		151124-1FVR	Tracey Z.	Mon	8/11-9/29	Virtual	5:45-6:35A
Anything Goes	2	151114-1F	Vicki	Mon	8/11-9/29	Room 301	9:00-10:00A
Virtual Hatha Yoga	1	151323-1FVR	Terry	Mon	8/11-9/29	Virtual	10:00-10:50A
Zumba	2	151072-1F	Jessica	Mon	8/11-9/29	Room 301	11:00-11:50A
Boot Camp	2	151144-1F	Janet	Mon	8/11-9/29	Room 301	5:00-5:50P
TRX Kettlebell <b>*NEW TIME</b>	3	151118-1F	Nick	Mon	8/11-9/29	WCB Act.	<b>5:00-5:50P</b>
Fabucore	1	151023-1F	Laurel	Tue	8/12-9/30	Room 301	9:00-9:50A
Virtual Fabucore		151023-1FVR	Laurel	Tue	8/12-9/30	Virtual	9:00-9:50A
Gentle Cardio Dance	1	151117-1F	Laurel	Tue	8/12-9/30	Room 301	10:00-10:50A
StepZone	2	151115-1F	Nora	Tue	8/12-9/30	Room 301	5:15-6:05P
Virtual StepZone		151115-1FVR	Nora	Tue	8/12-9/30	Virtual	5:15-6:05P
Weighted Interval Training	2	151006-1F	Nora	Tue	8/12-9/30	Room 301	6:15-7:05P
Boot Camp	3	151126-1F	Tracey Z.	Wed	8/13-10/1	Room 301	5:45-6:35A
Virtual Boot Camp		151126-1FVR	Tracey Z.	Wed	8/13-10/1	Virtual	5:45-6:35A
Anything Goes	2	151124-1FF	Vicki	Wed	8/13-10/1	Room 301	9:00-9:50A
Total Body Stretch	1	151027-1F	Vicki	Wed	8/13-10/1	Room 301	10:00-10:30A
Zumba	2	151072-1FF	Jessica	Wed	8/13-10/1	Room 301	11:00-11:50A
Tabata Fusion	3	151142-1F	Nora	Wed	8/13-10/1	Room 301	5:15-6:05P
Virtual Tabata Fusion		151142-1FVR	Nora	Wed	8/13-10/1	Room 301	5:15-6:05P
Guns & Abs	2	151021-1F	Janet	Wed	8/13-10/1	Room 301	6:15-7:05P
Virtual Hatha Yoga	1	151145-1FVR	Terry	Wed	8/13-10/1	Virtual	7:00-7:50P
TRX CoreFit	2	151149-1F	Melanie	Thu	8/14-10/2	WCB Act.	5:45-6:35A
Strictly Strength	1	151132-1F	Janet	Thu	8/14-10/2	Room 301	9:00-9:50A
Virtual Strictly Strength	2	151132-1FVR	Janet	Thu	8/14-10/2	Virtual	9:00-9:50A
Power Hour Cardio	3	151139-1F	Nora	Thu	8/14-10/2	Room 301	5:15-6:05P
Virtual Power Hour Cardio		151139-1FVR	Nora	Thu	8/14-10/2	Virtual	5:15-6:05P
Barre	2	151133-1F	Nora	Thu	8/14-10/2	Room 301	6:15-7:05P
Boot Camp	3	151134-1F	Tracey Z.	Fri	8/15-10/3	Room 301	5:45-6:35A
Body Sculptor	1	151130-1F	Janet	Fri	8/15-10/3	Room 301	9:00-9:50A
Lunchtime Boot Camp	1	151137-1F	Nora	Fri	8/15-10/3	Room 301	12:15-1:05P
Virtual Lunchtime Boot Camp		151137-1FVR	Nora	Fri	8/15-10/3	Virtual	12:15-1:05P
Cycling	2	151141-1F	Melanie	Sat	8/16-10/4	Room 201	8:00-8:50A
Virtual Hatha Yoga	1	151140-1FVR	Terry	Sun	8/17-10/5	Room 301	9:00-9:50A
Restorative Yoga	1	151136-1FF	Beth	Sun	8/17-10/5	Room 301	11:00-11:50A
Virtual Restorative Yoga		151136-1FFVR	Beth	Sun	8/17-10/5	Virtual	11:00-11:50A

\*Classes that do not meet minimum participation will be cancelled for the entire 8-week session.

630.393.7279 | [www.warrenvilleparks.org](http://www.warrenvilleparks.org)

## GROUP FITNESS CLASS DESCRIPTIONS

### ANYTHING GOES

Challenge yourself and take it to the next level with a class that lets you experience something new each week. The instructor will get the heart pumping with exciting routines that may include strength training, cardio and a variety of equipment.

### BARRE

The ballet barre is your best friend during this class full of micro and isometric strength movements. Using light weights and lots of reps this class will target muscles you forgot you had!

### BOOT CAMP

The only thing we can promise about Boot Camp is that it will get you sweating! Be ready for different styles of cardio and strength training intended to work your entire body.

### CARDIO JAM

This energetic fitness class combines high-intensity cardio exercises with upbeat, rhythmic dance moves. Set to a motivating mix of music, this class is designed to get your heart pumping while improving endurance, coordination, and overall cardiovascular health.

### CYCLING

Love the calorie burning benefits of cardio but don't have a lot of time? Come take a ride during this 50-minute class, sure to get you sweating while working the legs and core.

### FABUCORE

This class is designed to strengthen ab and back muscles. The class is fun, educational, and full of practical advice on maintaining a strong core and posture throughout the day. A variety of ab, posture, and yoga work will be included.

### GENTLE CARDIO DANCE

This low impact cardio class mixes a variety of dance movements and involves the following: cardio, dance, strength, coordination, core, and balance.

### GUNS & ABS

Join us for upper body sculpting and toning along with core strengthening. We keep things fresh by utilizing techniques including circuits, mat work, and free weights set to an invigorating soundtrack.

### HATHA YOGA

This class introduces the new and experienced students who want to connect to the key elements of Yoga practice. Introducing the fundamentals of Yoga with a focus on breathing and alignment. One will be guided through Yoga postures to build strength, stamina and flexibility.

### POWER HOUR CARDIO

Work out your frustrations in this high-intensity class! You will burn fat and relieve stress while gaining a great sense of self-confidence.

### RESTORATIVE YOGA

Restorative Yoga is a gentle and nurturing practice that focuses on relaxation, restoration, and rejuvenation of the body, mind, and spirit. In this class, participants will explore a series of restful poses supported by props such as blankets, bolsters, and blocks, allowing the body to fully surrender into each posture.

### STEP

StepZone is a high-energy cardio workout that uses a raised platform (the step) to perform choreographed movements set to music. Designed to improve cardiovascular fitness, coordination, and lower-body strength.

### STRICTLY STRENGTH

Do you want to shape your body and develop strength, endurance and lean muscle? Discover the benefits of strength training. Not only does it have the potential to increase lean muscle and metabolism, it may help improve balance, flexibility, mobility and stability.

### TABATA FUSION

This high-energy workout blends the intensity of Tabata intervals with the best of cardio, strength, and flexibility training by alternate bursts of powerful movement with short recovery periods.

### TRX® KETTLEBELL

Ramp up your workout with this combination class that mixes suspension training with Kettlebell conditioning intervals. Increase strength, mobility, balance and core strength. Sculpt muscles and burn fat with this class.

### TRX® COREFIT

Strengthen, stabilize, and sculpt with this dynamic suspension training class focused on core power. Using TRX straps, you'll engage your entire body with low-impact, high-results movements that challenge balance, build strength, and boost endurance. All fitness levels welcome.

### TOTAL BODY STRETCH

In this class, we'll explore a variety of stretching techniques and exercises to target different muscle groups, improve joint mobility, and release tension accumulated from daily activities or intense workouts.

### WEIGHTED INTERVAL TRAINING

Use light to moderate weights allowing you to work your full body in a short period of time. The combination of using weights with multiple repetitions can burn fat and calories both during and after your workout, improving muscle tone, strength and overall health.

**\*All instructors can modify classes for every fitness level.**