



December 2017

Group Exercise Schedule

1401 N. Midlothian Rd. Mundelein IL | www.mundeleinparks.org | 847.388.5430



MONDAY			
Time	Class	Instructor	Location/ Min
8:00 am	Muscle & Core *	Judy	ES/55
9:00 am	Water Fitness *	Dawn	IP/55
9:00 am	Vertical Pilates *	Diane	ES/55
6:00 pm	Cycling	Judy	CS/55
6:00 pm	Zumba	Carol	ES/55
6:15 pm	Water Fitness	Dawn	IP/55
7:00 pm	Pilates	Judy	AS/55
7:00 pm	Triple G	Sindy	ES/55

WEDNESDAY			
Time	Class	Instructor	Location/ Min
5:35 am	Cycling	Nancy	CS/55
8:00 am	Cardio Blend *	Diane	ES/55
9:00 am	Vertical Pilates *	Diane	ES/55
9:00 am	Water Fitness *	Dawn	IP/55
4:00 pm	Muscle & Core	Judy	ES/55
6:00 pm	Zumba	Stefanie	ES/55
6:00 pm	Barre	Kate	AS/45
6:00 pm	Water Fitness	Rotation	IP/55
7:00 pm	Cardio Drumming	Diane	AS/55

TUESDAY			
Time	Class	Instructor	Location/ Min
8:30 am	Group Training <small>no class on 12/26</small>	Dawn	FF/55
9:00 am	Pilates *	Maggie	ES/55
9:30 am	Gentle Yoga *	Stefanie	AS/30
10:00 am	Zumba Gold *	Stefanie	ES/45
12:00 pm	Aqua ROM	Maggie	IP/55
12:00 pm	Yoga	Tasha	ES/45
6:00 pm	Gentle Yoga	Jingli	ES/45
6:00 pm	Cycling	Dawn	CS/55
7:00 pm	Strong by Zumba	Sindy	AS/45

THURSDAY			
Time	Class	Instructor	Location/ Min
5:35 am	Rise and Shine	Kwame	ES/55
8:30 am	Group Training *	Dawn	FF/55
9:00 am	Pilates *	Maggie	ES/55
9:30 am	Gentle Yoga *	Stefanie	AS/30
10:00 am	Zumba Gold *	Stefanie	ES/45
12:00 pm	Aqua ROM	Dawn	IP/55
6:30 pm	Tabata	Rotation	AS/55
7:10 pm	Water Fitness	Bonnie	IP/55

CLASS LOCATION KEY			
Activity Studio (AS)	Fitness Floor (FF)		
Cycling Studio (CS)	Gym (G)		
Exercise Studio (ES)	Indoor Pool (IP)		

FRIDAY			
Time	Class	Instructor	Location/ Min
8:00 am	Muscle & Core *	Judy	ES/55
9:00 am	Water Fitness *	Dawn	IP/55
9:00 am	Gentle Yoga *	Stefanie	ES/55
12:00 pm	Yoga	Erin	ES/55

* asterisk denotes that Child Care is available
Classes and Instructors subject to change.



December 2017

Group Exercise Schedule

1401 N. Midlothian Rd. Mundelein IL | www.mundeleinparks.org | 847.388.5430

Class Rotations and Instructors are noted below.

SATURDAY			
Time	Class	Instructor	Location/Min
7:15 am	Cycling	Dawn	CS/55
8:00 am	Water Fitness	Rotation	IP/55
8:30 am	Hard Core Muscle	Dawn	ES/55
8:30 am	Barre/Pilates	Rotation	AS/55
9:35 am	Kickboxing/Strong by Zumba	Rotation	AS/55

SUNDAY			
Time	Class	Instructor	Location/Min
9:15 am	Cycling	Nancy	CS/55

AQUA WEDNESDAY 6PM	
12/6	No class-pool closure
12/13	Sindy
12/20	Shari
12/27	Sindy

TABATA THURSDAY 6:30PM	
12/7	Sindy
12/14	Kate
12/21	Sindy
12/28	Kate

AQUA SATURDAY 8:00AM	
12/2	Bonnie
12/9	No class-pool closure
12/16	Shari
12/23	No class
12/30	Bonnie

PILATES/BARRE SATURDAY 8:30AM	
12/2	Diane—Pilates
12/9	(TBD)—Barre
12/16	Diane—Pilates
12/23	No class
12/30	(TBD)—Barre

KICKBOXING/STRONG BY ZUMBA SATURDAY 9:35AM	
12/2	Sindy—Strong
12/9	Sindy & Diane—KB
12/16	Sindy—Strong
12/23	No class
12/30	Sindy & Diane—KB

CLASS TYPE KEY	
Core and Flexibility	
Strength	
Aerobic	
Aqua	
Cycling	



Important Dates:

Monday Dec. 4 to Sat. Dec 9:

The Indoor Pool will be closed for annual maintenance. No indoor pool classes will be held during this week.

December Holiday Schedule:

- Saturday, Dec 2 at 8:00am: Sweat with Santa event (Instructor: Bonnie)
- Saturday, Dec 23 there WILL be class for the 7:15am Cycling & 8:30am Hard Core Muscle with Dawn. *All other classes are cancelled on Dec. 23*
- Sunday, Dec 24 & Monday, Dec 25: No Group Fitness classes
- All classes will resume on Tuesday, Dec. 26 with the exception of the 8:30am Group Training class with Dawn, which will be cancelled.
- Dec 31 & Jan 1: No Group Fitness classes. Classes will resume on Jan 2, 2018

Parkview Fitness Center special hours:

Sunday, Dec. 24 7:00am to Noon

Monday, Dec. 25 CLOSED

Sunday, Dec. 31 7:00am to 3:30pm

Monday, Jan. 1, 2018 CLOSED



December

Group Exercise Schedule

1401 N. Midlothian Rd. Mundelein IL | www.mundeleinparks.org | 847.388.5430

CLASS DESCRIPTIONS

Schedule is Subject to Change. As a courtesy to others please turn off cell phones and refrain from excessive conversation in class.

Aqua Range of Motion: Aqua ROM is a low intensity water class that focuses on range-of-motion, strength, balance and functional movement. A therapeutic and enjoyable class for individuals that are post-rehabilitation, pre/post natal or experiencing neurological or joint difficulties. No swim experience required.

Barre: Barre is designed to trim, tighten and tone your entire body with an emphasis on defining your glutes and legs. By using small, controlled movements, isometric holds and high repetition, you can develop a dancer's physique much faster than you can imagine!

Cardio Blend: A mix of different types of cardio formats to give you that warm heart thumping fitness experience.

Cardio Drumming: Join us and get your heart pounding to the beat of your own "drum!" In this class we will burn Calories while increasing muscular strength. We use unique "drums" along with fun choreography and inspiring music! Come feel the beat!

Cycling: Cycling is an excellent cardio workout that incorporates different cycling cadence variations to mimic flats and hills. This class also emphasizes the importance of a proper warm-up, cool-down, and stretches. Reservations required. Call the front desk to reserve a bike at 847.388.5430.

Group Training: This class uses different cardiovascular machines, weight machines, free weights and resistance tubing. It's a great way to learn how to use different types of fitness equipment in a gym!

H2O Fitness: Uses water to assist your workout through gentle buoyancy and resistance. Buoyancy reduces impact to joints and water resistance (12x the resistance of air) helps build strength. This class will help increase range of motion, core stabilization and balance.

Hard Core Muscle: This class will leave you feeling sweaty and strong. No muscle group is off limits in this hour class. Challenge yourself with the workout you know you need!

In Balance: This class is specifically designed for the senior who needs support for ADL (activities of daily living). Warm up with a walk or seated machine like the NuStep. Following the warm up will be a series low impact move-

ments to improve balance and R.O.M. (range of motion).

Kickboxing: Mix of aerobic activity, target practice, and resistance training. Participants will work at higher intensities for short periods to increase anaerobic threshold. Plus, you get to kick and punch!

Muscle and Core: Use bands, hand weights, bounce balls and fitness balls to improve upper and lower body strength and toning. A dose of core work is included to make this an efficient all around workout. Beginners are welcome!

Pilates: Improve physical strength, flexibility and posture, while increasing body awareness. These mat-based exercises are designed to elongate and strengthen the muscles by using the body's core as the foundation for movement.

Rise and Shine: Start the day with this energetic circuit strength class; combining body weight, free weights, and bands. Will you rise to the occasion?



December

Group Exercise Schedule

1401 N. Midlothian Rd. Mundelein IL | www.mundeleinparks.org | 847.388.5430

CLASS DESCRIPTIONS

Schedule is Subject to Change. As a courtesy to others please turn off cell phones and refrain from excessive conversation in class.

Tabata: Mix up your routine with this fast and fun interval workout. Based on program design from Japanese Professor Izumi Tabata, you will work 20 second intervals with 10 seconds rest, repeated for 4 minutes. Build your anaerobic capacity while you burn Calories at a higher rate!

Triple G (Guts, Guns, and Glutes): Interval workout class consisting of exercises designed to target and tone your body. Each class is unique and promotes muscle confusion.

Vertical Pilates: A continual movement, zero impact class combining calorie burning aerobics, the lengthening and strengthening of Pilates and the balanced centering of Yoga all in one class.

Vinyasa Yoga: Vinyasa uses breathing exercises, a variety of poses, and relaxation tools to increase core strength, endurance and flexibility. This class will focus on Vinyasa Flow which focuses on linking one pose to another using our breath.

Gentle Yoga: yoga with a gentle touch and less vigorous. Modifications available for the participant needing a gentle approach. Ideal class for those new to yoga or those who wish to supplement a vigorous workout with basic stretching.

Strong by Zumba: Revolves around high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you to reach your fitness goals faster.

Yin Yoga: Yin is a slow paced, passive style held for an extended amount of time to improve flexibility, range of motion and athletic performance.

Zumba: Get fit and healthy with a new fusion of Latin & International dance music. Combines high energy music with unique Latin moves.

Zumba Gold: Zumba Gold is designed for our senior members or the member new to Zumba. Enjoy all the fun and music of Zumba but at a pace and intensity designed for the golden years! Come shake your tail with specialty trained instructors!