

Group Exercise Schedule

Monday		Room	Format	Kidz Centre
5:40 - 6:11am	31 and DONE	Stacy	ES	
8:00 - 8:50am	Muscle Conditioning	Judy	ES	✓
9:00 - 9:50am	H2O Fitness	Dawn	IP	✓
9:00 - 9:50am	Zumba	Sindy	ES	✓
10:00 - 10:50am	Pilates	Nancy	ES	✓
4:30 - 5:20pm	Circuit Training	Judy	ES	✓
5:30 - 6:20pm	Cycle	Judy	CS	✓
6:00 - 6:50pm	H2O Fitness	Dawn	IP	✓
6:30 - 7:20pm	Zumba	Carol	ES	

Tuesday		Room	Format	Kidz Centre
8:30 - 9:20am	Circuit Training	Dawn	FF	✓
9:30 - 10:20am	Pilates	Maggie	ES	✓
10:30 - 11:15am	Zumba Gold	Stefanie	ES	✓
11:20 - 12:05pm	Yoga Express	Stefanie	ES	✓
12:00 - 12:50pm	Aqua ROM	Maggie	IP	✓
4:00 - 4:50pm	Piloxing	Nicole	ES	✓
5:00 - 5:50pm	Yoga	Jingli	ES	✓
6:00 - 6:50pm	Cycle	Dawn	CS	✓

Paid Program: 7:15pm SWEAT Boot Camp 6/5-7/10

Wednesday		Room	Format	Kidz Centre
5:40 - 6:30am	Cycle	Nancy	CS	
8:00 - 8:45am	Tabata	Diane	ES	✓
9:00 - 9:50am	H2O Fitness	Dawn	IP	✓
9:00 - 9:50am	Piloxing	Nicole	ES	✓
10:00 - 10:50am	ROM	Stefanie	ES	✓
4:30 - 5:20pm	Pilates	Judy	ES	✓
5:30 - 6:15pm	Tabata	Kate	ES	✓
6:00 - 6:50pm	H2O Fitness	Sindy	IP	✓
7:00 - 7:50pm	Muscle Conditioning	Sindy	ES	✓

Paid Program: 7:15pm Vinyasa Yoga 7/25-9/26

Thursday		Room	Format	Kidz Centre
8:30 - 9:20am	Circuit Training	Dawn	FF	✓
9:30 - 10:20am	Pilates	Maggie	ES	✓
10:30 - 11:15am	Zumba Gold	Stefanie	ES	✓
12:00 - 12:50pm	Aqua ROM	Dawn	IP	✓
4:00 - 4:45pm	Tabata	Nancy	ES	✓
5:00 - 5:50pm	Zumba	Sindy	ES	✓
6:00 - 6:50pm	Yoga	Jingli	AR	✓
7:10 - 8:00pm	H2O Fitness	Bonnie	IP	

Paid Program: 6:00pm Cycle and Strength 6/7-7/12

Paid Program: 7:15pm SWEAT Boot Camp 6/7-7/12

Friday		Room	Format	Kidz Centre
6:40 - 7:25am	Tabata	Carol	ES	
8:00 - 8:50am	Muscle Conditioning	Judy	ES	✓
9:00 - 9:50am	H2O Fitness	Dawn	IP	✓
9:00 - 9:50am	Vertical Pilates	Diane	ES	✓
10:00 - 10:50am	ROM	Diane	ES	✓
11:15 - 12:00pm	Yoga Express	Erin	ES	✓

Saturday		Room	Format	Kidz Centre
7:20 - 8:10am	Cycle	Dawn	CS	
8:00 - 8:50am	H2O Fitness	Shari/Bonnie	IP	✓
8:30 - 9:20am	Muscle Conditioning	Dawn	ES	✓
9:30 - 10:20am	Pilates	Beth	ES	✓

Paid Program: 8:30 & 9:30am Tai Chi 6/2-7/7

Sunday		Room	Format	Kidz Centre
10:00 - 10:50am	Zumba Toning	Steve	ES	

Class in the Grass

Join us **OUTSIDE** at Kracklauer Park for an all level adult workout

Tuesday June 26th, July 3rd and July 10th
6:00-6:45pm

FREE to Members and Non-Members
*In the event of inclement weather, this class will be canceled.

Format Options: Aqua Cardio Fusion Mind Body Strength

Do Something Different to Have Something Different

GROUP FITNESS All Level Classes:

31 and DONE: No time. No excuse. In this 31 minute circuit class, you will visit 5 stations. Each station will focus on sculpting a different muscle group with a variety of equipment. The transitions will give you just enough time to recover and prepare for a new task.

Circuit Training: Workouts are more fun when they are done in a group! Explore the equipment available on the fitness floor and unique equipment in the studio while strength training with friends. The instructor will offer options and demonstrate the exercises in each set.

***Formerly Group Training**

Cycle: Get in your zone as you ride to energizing music in a low lit room. The instructor will keep you motivated while you adjust resistance, play with speed and change body positions on the bike.

H2O Fitness: Using the resistance created by the water, you can increase muscle strength, build endurance and reduce impact placed on the joints during a land workout. Not to mention reducing stress and decreasing anxiety in a fun atmosphere.

Muscle Conditioning: Strengthen and tone every major muscle group with the help of balls, bands, dumbbells and more. The instructor will include options to accommodate all ability levels and help you reach your fitness goals. ***Formerly Muscle and Core**

Pilates: Using the same principles created by Joseph Pilates during the 20th century, you will complete movement patterns that will promote body alignment, core strength and muscular balance. The perfect compliment to any workout routine.

PILOXING : The unique blend of Pilates, boxing and dance will strengthen your muscles, improve your balance and increase your cardiovascular ability. The non-stop intervals will leave you feeling motivated and will make the class time fly by.

Tabata: A 45 minute interval workout designed to burn maximum calories during and after class. Move at your own pace as the instructor guides you through bursts of strength and aerobic training followed by recovery time.

Vertical Pilates: Receive the same benefits of Mat Pilates while remaining upright. Light weight and bodyweight sets will allow you to focus on fundamental movement patterns and tone muscles from head to toe.

Yoga: Take time to center yourself while increasing strength, stability and flexibility. A variety of poses will be presented each class to refine your practice. Props are available to assist with more difficult poses and increase comfort. (**Yoga Express:** 45 min. All Level)

ZUMBA 🎵: Nothing gets your heart racing and muscles pumping like a fitness dance party. Step, slide and shake your way through a variety of Latin music with help from your certified instructor. You will have so much fun that you will forget you are working out.

ZUMBA 🎵 **Toning:** Enjoy the same fitness party atmosphere as Zumba with a dash of muscle toning.

GROUP FITNESS For Active Older Adults and Novice Participants:

Aqua ROM: Step into a therapeutic environment. The water will alleviate pressure on injured or weak joints. During this class, you will increase strength and endurance in a cool and carefree environment.

ROM: Promote active aging by keeping your joints happy with the help of bands, balls and light weights. All activities will be low to no impact. Strength, balance and flexibility exercises are included to improve your quality of daily living.

ZUMBA 🎵 **Gold:** Take the fitness dance party down just a notch to create a great cardiovascular workout for active adults. Latin music and instructor enthusiasm will inspire you to let loose as you improve balance, coordination and range of motion.

Paid Programs Available at an Additional Cost:

Cycle and Strength, SWEAT Boot Camp, Tai Chi and Vinyasa Yoga

Please see page 58-59 of the Mundelein Park and Recreation Summer Program Guide for prices, descriptions and registration details.

- Classes have a maximum capacity based on space and equipment.
- Please pick up a place holder card at the front desk available 60 minutes before class. Limit 1 card per person per class.
- Location: AR– Activity Room CS– Cycle Studio ES– Exercise Studio IP– Indoor Pool
- Youth ages 12+ may participate in group exercise classes. Youth ages 12-13 must have a parent present.
- Child Care is available (3 months and 9 years) at the Kidz Centre. Maximum of 2 hours per visit. Drop-in rates are available.

Kidz Centre: Monday-Saturday 8am-12pm / Monday-Thursday 4pm-7pm