

Group Exercise Schedule

Monday		Room	Format	Kidz Centre
8:00 - 8:50am	Muscle Conditioning	Judy	1	✓
8:00 - 8:50am	Cardio Drumming	Diane	2	✓
9:00 - 9:45am	Tabata	Sindy	1	✓
9:00 - 10:00am	H2O Fitness	Dawn	IP	✓
4:30 - 5:20pm	Circuit Training	Judy	1	✓
5:30 - 6:20pm	Cycle	Judy	CS	✓
6:00 - 7:00pm	H2O Fitness	Dawn	IP	✓
6:30 - 7:20pm	Zumba	Carol	1	✓
7:30 - 8:20pm	Muscle Conditioning	Sindy	1	✓

Tuesday		Room	Format	Kidz Centre
8:30 - 9:20am	WERQ	Molly	1	✓
8:30 - 9:20am	Circuit Training	Dawn	FF	✓
9:30 - 10:20am	Pilates	Maggie	1	✓
10:30 - 11:15am	Zumba Gold	Stefanie	1	✓
11:20 - 12:05pm	Yoga Express	Stefanie	1	✓
12:00 - 1:00pm	Aqua ROM	Maggie	IP	✓
4:00 - 4:50pm	Piloxing	Nicole	1	✓
5:00 - 5:50pm	Yoga	Jingli	1	✓
6:00 - 6:50pm	Cycle	Dawn	CS	✓

Wednesday	*10/31 No classes after 12pm	Room	Format	Kidz Centre
5:40 - 6:30am	Cycle	Nancy	CS	✓
8:00 - 8:50am	Vertical Pilates	Diane	1	✓
9:00 - 9:45am	Tabata	Diane	1	✓
9:00 - 10:00am	H2O Fitness	Dawn	IP	✓
10:10 - 11:00am	ROM	Stefanie	1	✓
4:30 - 5:20pm	Pilates	Judy	1	✓
5:30 - 6:20pm	WERQ	Molly	1	✓
6:00 - 7:00pm	H2O Fitness	Sindy	IP	✓
6:30 - 7:01pm	31 and DONE	Molly	1	✓

Thursday	*11/22 No drop-in classes	Room	Format	Kidz Centre
8:30 - 9:20am	Circuit Training	Dawn	FF	✓
8:30 - 9:20am	Piloxing	Nicole	1	✓
9:30 - 10:20am	Pilates	Maggie	1	✓
10:30 - 11:15am	Zumba Gold	Stefanie	1	✓
11:30 - 12:15pm	Seated Yoga	Christine	1	✓
12:00 - 1:00pm	Aqua ROM	Dawn	IP	✓
4:20 - 4:51pm	31 and DONE	Sindy	1	✓
5:00 - 5:50pm	Muscle Conditioning	Sindy	1	✓
6:00 - 6:50pm	Yoga	Jingli	2	✓
7:10 - 8:10pm	H2O Fitness	Bonnie	IP	✓

Friday	*11/23 No 5:40am Tabata	Room	Format	Kidz Centre
5:40 - 6:25am	Tabata	Carol	1	✓
8:00 - 8:50am	Muscle Conditioning	Judy	1	✓
9:00 - 10:00am	H2O Fitness	Dawn	IP	✓
9:00 - 9:50am	Vertical Pilates	Diane	1	✓
10:10 - 11:00am	ROM	Diane	1	✓
11:20 - 12:05pm	Yoga Express	Stefanie	1	✓
6:00 - 6:50pm	Zumba	Sindy	1	✓

Saturday		Room	Format	Kidz Centre
7:15 - 8:05am	Cycle	Dawn	CS	✓
8:00 - 9:00am	H2O Fitness	Shari/Bonnie	IP	✓
8:30 - 9:20am	Muscle Conditioning	Dawn	1	✓
9:30 - 10:20am	Pilates	Beth	1	✓

Sunday		Room	Format	Kidz Centre
8:30 - 9:20am	Cycle	Nancy	CS	✓
9:00 - 9:45am	Tabata	Sindy	1	✓
9:30 - 10:20am	Pilates	Nancy	2	✓
10:00 - 10:50am	Zumba Toning	Steve	1	✓

TURKEY BURN

Thursday, November 22, 7-8:30am \$15 per person before 11/22 (Ages 14+)

Come young, old, fit or start out cold turkey. This large group workout can be modified for any fitness level and could become YOUR FAVORITE WORKOUT OF THE YEAR.

Format Options: Aqua Cardio Fusion Mind Body Strength

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.

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.

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.

WERQ : A fiercely fun dance fitness workout including pop, rock and hip hop music. You'll be right on count after the steps are previewed in the warm-up. Reward your hard working muscles with a yoga inspired stretch to finish the class.

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. Novice Level)

 **ZUMBA Fitness:** 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.

Cardio Drumming: Use unique "drums" along with fun choreography and inspiring music to burn calories and increase upper body strength.

ROM: Promote active aging or transition into a workout routine while keeping your joints happy. Bands, balls and light weights will be used during low to no impact movements. Strength, balance and flexibility exercises are included to improve your range of motion.

Seated Yoga: A gentle approach to yoga practice with the support of a chair. Great for beginners and active older adults.

 **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, MHS Strength, SWEAT, Tai Chi and Vinyasa Yoga: Please see page 50-51 of the Mundelein Park and Recreation District Fall Program Guide for prices, descriptions and registration details. *Register at least 1 week prior to the start date

- 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: 1– Studio 1 2– Studio 2 CS– Cycle Studio FF– Fitness Floor 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 - 9 years) at the Kidz Centre. Maximum of 2 hours per visit. Drop-in rates are available.