

Monday	12/24 Muscle, Yoga & Barebones 12/31 No Classes After 10am	Room	Format	Kidz Centre
5:40 - 6:25am	Barebones Intervals <b>NEW</b> Megan	1		
8:00 - 8:50am	Muscle Conditioning Judy	1		✓
8:00 - 8:50am	Yoga Diane	2		✓
9:00 - 9:45am	Barebones Intervals <b>NEW</b> 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		✓
5:30 - 6:20pm	Zumba Carol	1		✓
6:00 - 7:00pm	H2O Fitness Dawn	IP		✓
6:30 - 7:20pm	Pilates Nancy	1		✓
7:30 - 8:20pm	Muscle Conditioning Sindy	1		

Tuesday	12/25 & 1/1 No Classes	Room	Format	Kidz Centre
8:30 - 9:01am	31 and DONE Nicole	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 - 12:00pm	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		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		✓
10:00 - 10:50am	ROM Stefanie	1		✓
4:30 - 5:20pm	Pilates Judy	1		✓
5:30 - 6:20pm	WERQ Molly	1		✓
5:30 - 6:20pm	Cycle Judy	CS		✓
6:00 - 7:00pm	H2O Fitness Sindy	IP		✓
6:30 - 7:01pm	31 and DONE Molly	1		✓

Thursday		Room	Format	Kidz Centre
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 - 12:00pm	Yoga Express 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		✓
7:00 - 7:50pm	Cycle Nancy	CS		✓
7:10 - 8:10pm	H2O Fitness Bonnie	IP		✓

Friday		Room	Format	Kidz Centre
7:00 - 7:45am	Tabata Carol	1		
8:00 - 8:50am	Muscle Conditioning Judy	1		✓
9:00 - 9:50am	Vertical Pilates Diane	1		✓
9:00 - 10:00am	H2O Fitness Dawn	IP		✓
10:00 - 10:50am	ROM Diane	1		✓
11:00 - 11:50am	Yoga Diane	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	3/3 No Cycle for Triathlon	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		✓

## Indoor Quarter Triathlon Sun. 3/3 7am \$25M

A .25 mile swim, 1.5 mile run and 6.2 mile bike is the perfect first step and a great warm-up for the tri season.

Prepare your body and mind by registering for the Tri Training Program starting Jan. 9th.

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.

**Barebones Intervals:** Nothing but your bodyweight will be used for 45 seconds of work followed by 15 seconds of rest. You pick the pace and the intensity with a variety of options for each exercise.

**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:** 40 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.

**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.

**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:

**Aqua Pursuit, Flow Power Yoga, MHS Strength, MMA Conditioning, Power Ride, Tai Chi, Ultimate Boot Camp & Vinyasa Yoga:** Please see page 58-59 of the Mundelein Park and Recreation District Winter/Spring 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.