



























# GROUP EXERCISE SCHEDULE | May 27–August 11, 2019





Monday	*5/27 No Classes	Room	Format	Kidz Centre
8:00–8:50 am	Muscle Conditioning	Judy	1	 ✓
8:00–8:50 am	Yoga	Diane	2	 ✓
9:00–9:50 am	Piloxing	Sindy	1	 ✓
9:00–10:00 am	H2O Fitness	Dawn	IP	 ✓
4:30–5:20 pm	Circuit Training	Judy	1	 ✓
5:30–6:20 pm	Cycle	Judy	CS	 ✓
5:30–6:20 pm	Zumba	Carol	1	 ✓
6:00–7:00 pm	H2O Fitness	Dawn	IP	 ✓
6:30–7:20 pm	Muscle Conditioning	Sindy	1	 ✓
7:30–8:20 pm	Pilates	Nancy	1	 ✓
Paid Programs	Lakeside Pilates, Outdoor Fit, Power Tai Chi, and Yoga at the Lake			




Tuesday		Room	Format	Kidz Centre
8:30–9:01 am	31 and DONE	Carol	1	 ✓
8:30–9:20 am	Circuit Training	Dawn	FF	 ✓
9:30–10:20 am	Pilates	Maggie	1	 ✓
10:30–11:15 am	Zumba Gold	Stefanie	1	 ✓
11:25–12:05 pm	Yoga Express	Stefanie	1	 ✓
12:00–1:00 pm	Aqua ROM	Dawn	IP	 ✓
4:00–4:50 pm	Piloxing	Diane	1	 ✓
5:00–5:50 pm	Yoga	Diane	1	 ✓
6:00–6:50 pm	Cycle	Dawn	CS	 ✓
Paid Programs	Ultimate Boot Camp			

Wednesday		Room	Format	Kidz Centre
5:30–6:20 am	Cycle	Nancy	CS	 ✓
8:00–8:50 am	Vertical Pilates	Diane	1	 ✓
9:00–9:45 am	Tabata	Diane	1	 ✓
9:00–10:00 am	H2O Fitness	Dawn	IP	 ✓
10:00–10:50 am	ROM	Stefanie	1	 ✓
4:30–5:20 pm	Pilates	Judy	1	 ✓
5:30–6:01 pm	31 and DONE	Molly	1	 ✓
6:15–7:05 pm	WERQ	Molly	1	 ✓
Paid Programs	Vinyasa Yoga			

Thursday	*7/4 No Classes	Room	Format	Kidz Centre
8:30–9:20 am	Circuit Training	Dawn	1	 ✓
9:30–10:20 am	Pilates	Maggie	1	 ✓
10:30–11:15 am	Zumba Gold	Stefanie	1	 ✓
11:25–12:05 pm	Yoga Express	Christine	1	 ✓
12:00–1:00 pm	Aqua ROM	Dawn	IP	 ✓
4:00–4:50 pm	Yoga	Diane	1	 ✓
5:00–5:50 pm	Muscle Conditioning	Sindy	1	 ✓
7:00–7:50 pm	Cycle	Nancy	CS	 ✓
7:10–8:10 pm	H2O Fitness	Bonnie	IP	 ✓
Paid Programs	Lakeside Pilates, Power Ride, Run Club and Ultimate Boot Camp			

Friday		Room	Format	Kidz Centre
7:00–7:45 am	Tabata	Carol	1	 ✓
8:00–8:50 am	Muscle Conditioning	Judy	1	 ✓
9:00–9:50 am	Vertical Pilates	Diane	1	 ✓
9:00–10:00 am	H2O Fitness	Dawn	IP	 ✓
10:00–10:50 am	ROM	Diane	1	 ✓
11:00–11:50 am	Yoga	Diane	1	 ✓

Saturday		Room	Format	Kidz Centre
7:15–8:05 am	Cycle	Dawn	CS	 ✓
8:00–9:00 am	H2O Fitness	Shari/Bonnie	IP	 ✓
8:30–9:20 am	Muscle Conditioning	Dawn	1	 ✓
9:30–10:20 am	Pilates	Beth	1	 ✓
Paid Programs	Family Fit and Tai Chi			

Sunday	*7/28 Classes held in Studio 2	Room	Format	Kidz Centre
8:30–9:20 am	Piloxing	Sindy	1	 ✓
9:30–10:01 am	31 and DONE	Sindy	1	 ✓
10:15–11:05 am	Zumba	Steve	1	 ✓

**FREE! CLASS IN THE GRASS**  
 Tuesdays: 6/18, 6/25, 7/9 & 7/16 from 6:15–7 pm  
 Join us **OUTSIDE** at Kracklauer Park for an all level adult workout. *\*In the event of inclement weather, this class will be canceled.*

Format Options:  Aqua  Cardio  Fusion  Mind Body  Strength



MUNDELEIN PARK & RECREATION DISTRICT

847.388.5430 | mundeleinparks.org  
 M–Th: 5 am–9 pm F: 5 am–8 pm Sa–Su: 7 am–5 pm

## 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:** (Will Return Soon) If you are looking for a bodyweight fusion workout, try Class in the Grass.

**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** 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:

**Family Fit, Lakeside Mat Pilates, Outdoor Fit Fusion, Power Ride, Power Tai Chi, Run Club, Tai Chi, Ultimate Boot Camp, Vinyasa Yoga and Yoga and the Lake:** Please see the Mundelein Park and Recreation District Summer 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.
- Pick up a place holder card at the front desk available 60 min. before class - 5 min. after the start. Limit 1 card per person.
- For safety reasons, participants are not allowed to join class after 10 min. have passed from the start time.
- 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.

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