

# GROUP EXERCISE SCHEDULE | August 17–October 4, 2020

Monday	No Classes Sept. 7th		Room	Format	Max Cap.
8:15–9:00 am	Piloxing	Sindy	G		15
9:00–9:50 am	H2O Fitness	Dawn	IP		15
4:30–5:01 pm	31 and DONE	Judy	1		8
5:00–5:50 pm	Virtual Zumba	Carol	Z		NA
5:15–6:00 pm	Cycle	Judy	G		15
6:15–7:05 pm	Yoga	Sarah	2		8
6:30–7:20 pm	H2O Fitness	Rotation	IP		15

Tuesday	Room	Format	Max Cap.
6:15–7:00 am	Cycle	Nancy G	15
8:30–9:15 am	Personal Circuit	Dawn 1	8
9:30–10:20 am	Virtual Pilates	Maggie Z	NA
9:30–10:15 am	WERQ	Molly G	15
11:30–12:20 pm	Outdoor Yoga Lite	Diane O	11
5:00–5:45 pm	Outdoor Cardio HIIT	Sindy O	11
6:00–6:45 pm	Pilates	Diane 2	8

Wednesday	Room	Format	Max Cap.
6:15–7:00 am	Muscle Conditioning	Nancy O	15
8:30–9:15 am	Vertical Pilates	Diane 1	8
9:00–9:50 am	H2O Fitness	Dawn IP	15
4:30–5:15 pm	Muscle Conditioning	Molly 1	8
5:30–6:00 pm	Virtual Core 360°	Judy Z	NA
5:30–6:15 pm	Outdoor WERQ	Molly O	11

Thursday	Room	Format	Max Cap.
6:15–7:00 am	Cycle	Nancy G	15
8:00–8:31 am	Virtual 31 and DONE	Beth Z	NA
8:30–9:15 am	Personal Circuit	Dawn 1	8
9:30–10:15 am	Outdoor Pilates	Beth O	15
10:30–11:15 am	Zumba Gold	Carol G	15
5:00–5:45 pm	Piloxing	Sindy 1	8
5:50–6:40 pm	Outdoor Yoga	Diane O	11

Friday	Room	Format	Max Cap.
8:00–8:50 am	Virtual ROM	Diane Z	NA
8:30–9:15 am	Outdoor Cardio HIIT	Carol O	15
12:00–12:50 pm	Virtual Hero Workout	Christine Z	NA

Saturday	Room	Format	Max Cap.
7:30–8:15 am	Cycle	Dawn G	15
8:00–8:50 am	H2O Fitness	Carol/Judy IP	15
8:30–9:00 am	Core 360°	Beth 1	8
9:00–9:50 am	Virtual Yoga	Diane Z	NA
9:15–10:00 am	Outdoor Zumba	Carol O	11

## COVID Safety Procedures:

### Live Indoor/Outdoor Class Reservations:

Reserve your space in live classes by calling customer service. **847.388.5430** Reservations can be made 24 hrs. - 1 hr. before class.

### Attending Live Indoor Classes:

1. Arrive for class 10 mins. before the start time
2. Check-in at the front desk with minimal personal items
3. Wait for the instructor to open the pool/gym/studio door
4. Find a fitness square in the studio or an open space in the pool
5. Wipe down your equipment before and after use with cleaner provided

**\*For your safety, participants will not be admitted after the class start time**

### Face Coverings:

Face coverings are required at all times including land fitness classes. Face coverings must be worn to and from the pool deck

### Attending Live Outdoor Classes:

1. Bring your own mat (Equipment will not be provided)
  2. Meet in the grass outside the indoor pool entrance
  3. Class will be moved indoors, in inclement weather
- \*Call the front desk no more than 1 hour before for details

### MEMBERS ONLY Virtual Class Reservations:

Register for Zoom classes at any time by clicking "Join Meeting" and typing in the meeting ID at Zoom.us. See below. You will receive an email with the class link. **A NovaCare Fitness Center Membership is required for virtual classes starting Aug. 17th.**

Starting Aug. 17th, you must download Zoom Client to make a reservation and attend virtual classes.

The download is free and can be found under the "Resources" tab at Zoom.us.

Meeting ID numbers are listed on the back of this schedule.

Format Options: Aqua Cardio Fusion Mind Body Strength



MUNDELEIN PARK & RECREATION DISTRICT

847.388.5430 | mundeleinparks.org  
M-F: 6 am–8 pm Sa-Su: 7 am–5 pm

## GROUP FITNESS All Level Classes:

**31 and DONE:** In this 31 minute PERSONAL circuit class, you will focus on sculpting different muscle groups with a variety of equipment. The transitions will give you just enough time to recover and prepare. **THUR ZOOM ID: 876 9566 3695**

**Personal Circuit:** Workouts are more fun when they are done in a group! Create your own circuit with select pieces of equipment. Press through the strength drills by using the encouragement of the friends around you.

**Core 360°:** Do not stop at the abdominals. Work all degrees of your core in 30 mins. through flexion, extension and rotation drills. Balance will also be tested along with cardio strength during short challenges. **WED ZOOM ID: 883 2244 8656**

**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.

**Hero Workout:** Calling all Healthy Mind Healthy Body members. This workout is just for you! A perfect complement to your routine and a great place to meet other HMHB participants. **FRI ZOOM ID: 270 213 473**

**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:** Practice 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. **TUES ZOOM ID: 894 0552 4509**

**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.

**Cardio HIIT:** 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 to refine your practice. Props are available to assist with more difficult poses and increase comfort. **SAT ZOOM ID: 846 0992 6376**

**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. **MON ZOOM ID: 833 3813 1144**

## GROUP FITNESS For Active Older Adults and Novice Participants:

**Aqua ROM:** Will return at a later date

**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. **FRI ZOOM ID: 884 7293 2116**

**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.

**Yoga Lite:** Receive all the great benefits of yoga while moving at a slower pace. You will have the option to remain standing during a majority of the poses.

## Paid Programs Available at an Additional Cost:

**Barre Tone, Cycle and Strength, Hard Core Training, Piloxing Barre, Tai Chi, TRX Training and TRX Yoga**  
Please see the Mundelein Park and Recreation District 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.
- Reserve your space in class by calling customer service 24 hrs.—1 hr. before the class start time. 1 class reservation per day
- For safety reasons, participants are not allowed to join class after the start time. Arrive 10 mins. before the start of class.
- Location: 1- Studio 1 2- Studio 2 G- Community Center Gymnasium O-Outdoors at NovaCare Fitness Center Z- Zoom
- Youth ages 12+ may participate in group exercise classes. Youth ages 12-13 must have a parent present.
- Child Care is unavailable at this time. Tentative reopening date is Oct. 5th, 2020