



3DF / FOD Class Schedule

June 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
** CLASSES IN RED ARE FOR 3DF MEMBERS ONLY. ALL OTHER CLASSES IN BLACK ARE OPEN TO Groupon USERS. !!! NOW OPEN ALL DAY !!! 3DF GYM HOURS MON-THURS 5a-8p FRI 5a-7p SAT 7a-12p; SUN 8a-12p			OUTDOOR "SUNRISE" BOOTCAMPS START IN JUNE! Multiple Locations Monday • Wednesday • Friday DETAILS WILL BE ON WEBSITE AS THEY BECOME AVAILABLE - KEEP CHECKING BACK!			1 8a SPIN 9:15a BEGINNER SPIN AM PERSONAL TRAINING
2	3	4	5	6	7	8
AM PERSONAL TRAINING	8a PILATES 9:15a SPIN 6p TRX ALL DAY PERSONAL TRAINING	9a BUTTS, GUTS & SCULPT 6:15p SPIN FUSION All DAY PERSONAL TRAINING	8:15a-9:45a CORE-SPIN-STRETCH 5:30p SPIN ALL DAY PERSONAL TRAINING	8a BUTTS/GUTS/SCULPT 5p KICKBOXING 6:15 BUTTS/GUTS/SCULPT 6:45p YOGA ALL DAY PERSONAL TRAINING	5a SPIN 9:15a BODY FORCE CONDITIONING ALL DAY PERSONAL TRAINING	8a SPIN 9:15a BEGINNER SPIN AM PERSONAL TRAINING
9	10	11	12	13	14	15
AM PERSONAL TRAINING	8a PILATES 9:15a SPIN 6p TRX ALL DAY PERSONAL TRAINING	9a BUTTS, GUTS & SCULPT 6:15p SPIN FUSION All DAY PERSONAL TRAINING	8:15a-9:45a CORE-SPIN-STRETCH 5:30p SPIN ALL DAY PERSONAL TRAINING	8a BUTTS/GUTS/SCULPT 5p KICKBOXING 6:15 BUTTS/GUTS/SCULPT 6:45p YOGA ALL DAY PERSONAL TRAINING	5a SPIN 9:15a BODY FORCE CONDITIONING ALL DAY PERSONAL TRAINING	8a SPIN 9:15a BEGINNER SPIN AM PERSONAL TRAINING
16	17	18	19	20	21	22
AM PERSONAL TRAINING	8a PILATES 9:15a SPIN 6p TRX ALL DAY PERSONAL TRAINING	9a BUTTS, GUTS & SCULPT 6:15p SPIN FUSION All DAY PERSONAL TRAINING	8:15a-9:45a CORE-SPIN-STRETCH 5:30p SPIN ALL DAY PERSONAL TRAINING	8a BUTTS/GUTS/SCULPT 5p KICKBOXING 6:15 BUTTS/GUTS/SCULPT 6:45p YOGA ALL DAY PERSONAL TRAINING	5a SPIN 9:15a BODY FORCE CONDITIONING ALL DAY PERSONAL TRAINING	8a SPIN 9:15a BEGINNER SPIN AM PERSONAL TRAINING
23 / 30	24	25	26	27	28	29
AM PERSONAL TRAINING	8a PILATES 9:15a SPIN 6p TRX ALL DAY PERSONAL TRAINING	9a BUTTS, GUTS & SCULPT 6:15p SPIN FUSION All DAY PERSONAL TRAINING	8:15a-9:45a CORE-SPIN-STRETCH 5:30p SPIN ALL Gym Hours PERSONAL TRAINING	8a BUTTS/GUTS/SCULPT 5p KICKBOXING 6:15 BUTTS/GUTS/SCULPT 6:45p YOGA ALL DAY PERSONAL TRAINING	5a SPIN 9:15a BODY FORCE CONDITIONING ALL DAY PERSONAL TRAINING	8a SPIN 9:15a BEGINNER SPIN AM PERSONAL TRAINING

CHILDCARE **Monday ~ Friday** 9am - 11am ← **Included with Gold & CYLC Memberships**

CONTACT: **Joe Ranieri** **3DF and Change Your Life Challenge** joe@3rddimensionfitness.com Cell: 708.717.4165
 Julie Canniff **3DF Sport Performance** julie@3rddimensionfitness.com Cell: 708-250-9040

Gym: 19148 S. Blackhawk Pkwy, Mokena, IL 60448 Phone: 815.806.1200 www.3rddimensionfitness.com

CLASS DESCRIPTIONS

Beginner Spin ~ Learn the basics of indoor cycling in this beginner-to-intermediate cardio conditioning class.

Body Force Conditioning ~ Combines cardio fitness, Intervals of strength training, and athletic aerobic conditioning for the ultimate, one-hour, total-body fitness experience.

Butts, Guts & Sculpt ~ 45 minutes of intense work and focus on isolated muscle groups and body sculpting including outer thighs, inner thighs, glutes, abs and core: a challenging, yet highly-effective class for toning and strengthening the entire body.

Cross Training Conditioning ~ Total body weight, strength and cardiovascular conditioning make this one of the most sought-after classes in the fitness industry.

Yoga ~ Combines the core strength and flexibility offered by Power Yoga with total body strength training, and ends with the meditative relaxation and centering offered by Hatha Yoga.

Outdoor Boot Camps ~ **Boot Camp Punchcard is required and can be purchased at 3DF.** 3DF Rain or Shine Boot Camp takes it outdoors during the summer at weekly boot camps in several different locations in the Orland/Tinley/Lincoln-Way communities. From church parking lots to Lincoln-Way High School stadium bleachers, trainers combine military basic-training drills with 3DF proven, results-driven fitness techniques. Additionally, participants will enjoy a variety of fun and challenging activities incorporated into each camp such as tug-of-war and rope drills, speed & agility drills and uphill sprints all of which are designed to tighten, tone and deliver results. No two classes are the same. Camps will cancel only in the event of extreme weather (lightening, tornado/dangerous winds, etc.).

Pilates ~ Improve core stability and strength, increase flexibility and range-of-motion while reducing stress at the same time.

Spin ~ One solid hour of non-impact indoor cycling cardiovascular conditioning that combines energetic music with a heart-pounding, calorie-burning experience like no other! Great for all fitness levels, Spin will help improve endurance and strength while you burn hundreds of calories.

Spin-Camp ~ The combination of “Spinning and Boot Camp” will blast away unwanted pounds while toning & strengthening your entire body. You have never experienced anything like “Spin-Camp”.

Spin Fusion ~ Combines the cardiovascular conditioning of spin with a fusion of abs, core and Pilates-centric exercise.

TRX ~ Total body resistance training utilizing your own body weight with zero joint impact: a new alternative to traditional resistance training.

OTHER 3DF/FOD FITNESS PROGRAMS & SERVICES

- ♦ **3DF Sport Performance:** Young athletes are individually trained to improve power, foot-speed, core strength, explosiveness and overall endurance using proven methods and techniques. Safe, yet effective for all ages, sports, and positions. Contact **Steve Purvin** for additional information on sport classes, league/team training or one-on-one training.
- ♦ **We are Family-Friendly!** We encourage youth fitness and offer specialize training programs for children of all ages and fitness levels. **See Joe for details.**
- ♦ **CHANGE YOUR LIFE CHALLENGE:** A six-month, 3-Phase results-driven personal improvement process that helps participants improve overall health, manage weight goals and learn to make permanent changes in their lives. Participants will improve wellness and metabolic function, supercharge their immune system and drop inches through fitness training, nutritional education and energy management.
- ♦ **Special Needs & Concerns:** If there is a special person in your world in need of special attention or with physical limitations or restrictions, we may be able to help. **Please contact Joe for a consultation.**
- ♦ **Nutrition Services:** Inventory of your fridge and pantry, personal food shopping & preparation for healthy meals all week long. Address cravings, allergies, and provide foods your family likes while keeping a lid on fatty, high-sodium processed junk food. **See Joe for Details**
- ♦ **Kid Fit Camp:** A summer kid fitness program gets kids from age 7 to 14 up and moving in individual and group, age-specific fitness and conditioning games and activities designed to provide cardiovascular conditioning, flexibility and core strengthening, KFC starts the first week of June and runs through the third week of August. Additional fee required.