

Group Fitness Schedule (Effective April 1st, 2012)

All participants must check in at the Reception Desk prior to class.



BLACK classes are included FREE with memberships

GREEN classes are more specialized and/or licensed. Therefore, they require a separate fee and advanced registration

	Time	Class	Location	Instructor
Monday	9:00 - 9:45 a.m. 9:15 - 10:15 a.m. 10:00 - 10:45 a.m. 10:30 - 11:30 a.m. 12:30 - 1:30 p.m. 5:15 - 6:00 p.m. 6:15 - 7:00 p.m. 6:00 - 7:00 p.m. 7:00 - 8:00 p.m. 7:00pm-8:00pm 8:00pm-9:00pm	Hydro-fit Zumba Seniors in Motion Yoga- New Time! Silver Sneakers- New Instructor! Circuit Hydro Fit Body Pump™ Adv. Boot Camp Belly Dance - Beginner/Intermediate Belly Dance - Advanced	Pool Studio Pool Studio Studio Studio Pool Studio Fitness Center Studio Studio	Susan T. Lisa D. Susan T. Sue F. Tom Kim Penny Julie B. Tom Mehera Mehera
Tuesday	5:45 - 6:30 a.m. 8:00 - 8:45 a.m. 9:00 - 10:00 a.m. 9:00 - 9:45 a.m. 10:00 - 10:45 a.m. 5:30 - 6:30 p.m. 6:15- 7:10p.m. 6:30 - 7:30 p.m. 7:30 - 8:30 p.m.	Cycling Morning Fit Cardio/ Sculpt Hydro-fit Seniors in Motion Turbo Kick Stroke Clinic Zumba Boot Camp – Beginner/Intermediate	Studio Studio Studio Pool Pool Studio Pool Studio Fitness Center	Andrea Darlene Darlene Tom Denise/Anita Annmarie Emily Darlene Frank
Wednesday	10:00-10:45a.m. 10:15 - 11:15 a.m. 11:00 - 12:00 p.m. 4:45 - 5:30 p.m. 5:45 - 6:30 p.m. 6:30 - 7:30 p.m. 6:15 - 7:00 p.m. 7:00 - 8:00 p.m. 7:15 - 8:15 p.m.	Cardio Resistant Training- New Class! Youth Anti-Bullying Silver Sneakers – Range of Motion Cycling On the Ball Advanced Boot Camp Hydro Fit- New Time! Easy Self-Defense for Busy Adults Yoga	Studio Elite Defense Systems Studio Studio Studio Fitness Center Pool Elite Defense Systems Studio	Anna E.D.S. Staff Carol Karen Kim Tom Holly E.D.S. Staff Sue F.
Thursday	5:45 - 6:30 a.m. 8:00 - 8:45 a.m. 9:00 - 9:45 a.m. 9:15 - 10:15 a.m. 10:00 - 10:45 a.m. 5:30 - 6:15 p.m. 6:15- 7:10 p.m. 6:15 - 7:15 p.m. 6:30 - 7:30 p.m. 7:15 - 8:15 p.m. 7:30 - 8:30 p.m. 8:15 - 9:15 p.m.	Cycling Morning Fit Hydro-fit Zumba Seniors in Motion Cardio Dance Stroke Clinic Body Combat™ Pilates Tread N Shed Boot Camp – Beginner/Intermediate Dancers Workout	Studio Studio Pool Studio Pool Studio Studio Studio M.P. Room Fitness Center Fitness Center Studio	Andrea Darlene/Sue F Penny Darlene Penny Colleen Emily Heather Colleen Elisa Frank Colleen
Friday	9:00 - 9:45 a.m. 9:15 - 10:15 a.m. 10:00 - 10:45 a.m.	Water Walking Cycle/Sculpt- New Class! Aqua for Arthritis	Pool Studio Pool	Susan T. Stephanie Susan T.
Saturday	8:00 - 9:00 a.m. 8:00 - 8:50 a.m. 9:15-10:15 a.m. 10:30-11:30a.m. 12:00 - 2:00 p.m.	New Body Pump Swim Conditioning Zumba Yoga 7 Self-Defense Moves for Women (1 day)	Studio Indoor pool Studio Studio Elite Defense Systems	Darlene/Heather Adam Darlene Sue F. E.D.S. Staff
Sunday	8:30 - 9:30 a.m. 10:00-11:00a.m. 11:00-12:00p.m.	Circuit Hip Hop Dance Fun/Fitness (Adults) (Children's Class)-	Studio Studio Studio	Annmarie Angela Angela

Group Fitness Class Descriptions:

Aqua for Arthritis: Do you have arthritis? Do you have a hard time working out on the fitness equipment? Well if you do, this class is for you! This class is easy on your joints but still gives you a great workout!

Cardio Dance: This medium to fast-paced cardio-based class will use basic dance moves to give you a great workout. Benefits include weight loss, increased endurance, and better tone and strength. For a more specialized class, please register for the Dance for Fun/Fitness.

Cardio Resistant Training: This intermediate class features any mix of athletic drills, strength, cardiovascular, and flexibility training for a full body workout!

Cardio/Sculpt: Time flies when you're having fun! You will never be bored in this class as you move from a cardio station to a strength station. This is a great way to get your heart pumping while sculpting your muscles.

Circuit: This class will jump start your evening! Enjoy non-stop body sculpting accompanied by heart pumping cardio. The class also features full range of motion exercises combined with stretching, core stability, balance, and lots of sweat!

Cycling: This is a no impact, cardio stationary bike workout. The instructor leads the class with music over varying visual terrain. This class is for all fitness levels. PLEASE TRY TO ARRIVE EARLY SO THE INSTRUCTOR CAN ASSIST IN THE PROPER SETUP OF YOUR BIKE.

Hydro Fit: This class is great for all levels. It will give you a great workout by working within your limitations. The instructor will teach you how to use all the latest aqua toys, while helping you build strength and get your heart rate up.

Morning Fit (ages 50+): A great way to lose the noodles and the water for the day, this class is safe for your joints, yet very effective for your waist line. This class will get you lean, and help you build muscle strength.

On the Ball: Tone from head to toe! Sculpt your arms, legs and core, all with the ball. Dumbbells and body bars will also be used!

Pilates: This moderate to advanced mat-based class emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement. Classes can be modified for all participants.

Sculpting: Anything goes in this challenging cardio class; step, hi/low, cardio kickboxing, and athletic drills. The instructor will mix it up to keep you moving and give you a complete cardio workout.

Seniors in Motion: INSTRUCTOR CAN ADAPT FOR YOUR COMFORT. Set in our lap pool, classes range from low to moderate. This class will incorporate both shallow and deep water muscular and cardiovascular conditioning utilizing the latest aquatic gear.

Silver Sneakers: This class is a great class for 65+ crowd. This is a chair-based cardio/strength training class that will give you a great workout! You will be getting up and down from a chair, building strength, and flexibility. Silver sneakers is great for your mind, body & soul.

Turbo Kick: This is a funky, fun way to get a total body workout and a high energy, kick-butt class. Kick your way to fitness!

Water Walking: This class is great for all fitness levels and for those who want a low impact workout. It is also great for post knee or hip rehab patients.

Yoga: This traditional class offers poses that increase flexibility, decrease joint stress and allow you to become familiar with muscular action and reaction. Workout your body and mind together for optimal stress relief as well as full-body muscular awareness.

Zumba: This is a Latin dance class that will make you salsa through Addison. It is also a great cardio class that will keep you coming back for more! Learn different Latin dances while burning calories.

Classes and times may vary. Club Fitness reserves the right to change or cancel classes due to lack of attendance or for any other reason. As with any exercise regimen, please consult your physician prior to beginning exercise.

Classes with advanced registration have descriptions listed in the Park District's seasonal brochure and at addisonparks.org