

# CLUB FITNESS

A FACILITY OF THE ADDISON PARK DISTRICT

ADDISON PARK DISTRICT

Leisure for your lifestyle.

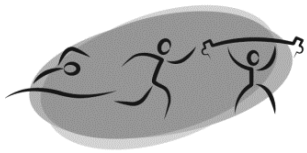


Class Schedule April - June

INCLUDED IN MEMBERSHIP		Aqua Fitness	Zumba	Strength&Stretch	Cardio	Senior Fitness
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Morning Classes						
Mid-Morning to Early Afternoon Classes						
8:30 a.m. Cardio/Strength	9:00 a.m. Aqua Conditioning	9:00 a.m. Aqua Energizer	9:15 a.m. Intense Intervals	9:00 a.m. Aqua Power Pulse	9:15 a.m. AMP'd Up	8:00 a.m. Hatha Yoga
	9:15 a.m. Zumba®	9:15 a.m. AMP'd Up	9:30 a.m. Body Balance Water Workout	9:15 a.m. Zumba®	9:30 a.m. Body Balance Water Workout	9:15 a.m. Zumba®
	10:00 a.m. Senior Aqua Motion	10:00 a.m. Aqua for Arthritis	10:30 a.m. Stretch and Flex	10:00 a.m. Senior Aqua Motion	11:30 a.m. Silver Sneakers Yoga	
	10:30 a.m. Body and Mind		11:15 a.m. Silver Sneakers	10:30 a.m. Yoga Core		
	11:45 a.m. Silver Sneakers					
Evening Classes						
	5:30 p.m. Kickboxing	5:30 p.m. Drums Live	5:30 p.m. Cardio Mashup Circuit	5:00 p.m. Spin		
	6:30 p.m. Muscle Max	6:30 p.m. Zumba®	6:30 p.m. Hydro Fit			
		7:30 p.m. Yin Yoga	6:30 p.m. Foam Roll and Stretch			

**Aqua Volleyball games take place Mondays, Wednesdays, and Fridays 12-1:30 p.m.**





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Class  
Descriptions

April - June

**AMP'd Up:** Total body resistance workout to build muscular strength.

**Aqua for Arthritis:** This class is meant to help soothe achiness and keep fit.

**Aqua Conditioning:** Shallow and deep water muscular and cardio conditioning.

**Aqua Energizer:** This class is great for all ability levels and early birds.

**Aqua Power Pulse:** Feel the pulse of this intense water workout.

**Body Balance Water Workout:** Non-stop full-body cardio, strength and stretch.

**Body and Mind:** Combines thera bands & Yoga poses to stretch & strengthen.

**Cardio/Strength:** Non-stop body toneing with cardio.

**Cardio Mashup Circuit:** Combines kickboxing, spin and weights.

**Drums Live:** joins the movements of aerobic dance and rhythms of drums.

**Muscle Max:** Works all major muscle groups to sculpt and increase strength.

**Hatha Yoga:** Focuses on body alignment, breathing and integrity of your posture.

**Hydro Fit:** This in water class is great for all ability levels.

**Intense Intervals:** This high intensity workout focuses on interval training.

**Kickboxing:** Learn practical self-defense and increase muscle tone and cardio.

**Senior Aqua Motion:** Class designed specifically with seniors in mind!

**Silver Sneakers:** Increase muscular strength and range of motion.

**Silver Sneakers Yoga:** Seated or standing yoga poses to improve flexibility.

**Spin:** Intervals, hills, sprints and climbs to music picked to motivate and inspire.

**Yin Yoga:** Typical yoga poses held for longer periods of time.

**Yoga Core:** Works every muscle through movement and breath to build your core.

**Zumba®:** Mixes low-intensity and high-intensity moves for inteval-style fitness.

**Fitness Class Info:**

Our classes are chosen for you with all ability levels in mind. Our fitness instructors are professionally certified to ensure safe and fun exercise experiences.

**Please note:**

Most\*\* of our group fitness classes are included in the membership. Schedule may change based on participation. Suggestions for classes are always welcome!

**Club Fitness will be closed for annual maintenance Monday, August 14th - Saturday, August 19th.**

**During the month of April, if members refer a friend and both the member and the friend will receive one month free to their membership if referral purchases a membership. Also, group personal training will be 1/2 during the month of May.**