

CLUB FITNESS

A FACILITY OF THE ADDISON PARK DISTRICT

ADDISON PARK DISTRICT

Leisure for your lifestyle.



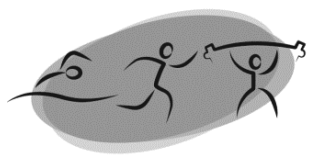
Class Schedule

July 1 - September 4

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®		9:15 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		
	10:30 a.m. Body and Mind		11:15 a.m. Silver Sneakers			
	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. Zumba®	6:15 p.m. Hydro Fit	6:00 p.m. Muscle Max		
		7:30 p.m. Yin Yoga				

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





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Class Descriptions

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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.

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: These classes are included in the membership. Schedule may change based on participation. Suggestions for classes are always welcome!

Club Fitness pool will be closed for annual maintenance Saturday, August 12th - August 19th.
Club Fitness facility will be closed August 17th & 18th.