

**CLUB
FITNESS**
A FACILITY OF THE ADDISON PARK DISTRICT

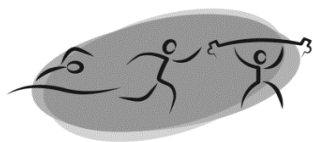


Class
Schedule
September 5th -
December 31

INCLUDED IN MEMBERSHIP		Aqua Fitness	Zumba	Tone/Stretch	Cardio/Strength	Senior Fitness
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Morning Classes						
Mid-Morning to Early Afternoon Classes						
8:30 a.m. Strength/Conditioning	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	7:00 a.m. #IFTcamp
	9:15 a.m. Body and Mind	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	8:00 a.m. Hatha Yoga
	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	8:30 a.m. A.R.W. Run Club
	10:30 a.m. Zumba®		11:15 a.m. Silver Sneakers	10:30 a.m. Yoga Core		*9:15 a.m. (9/16) Zumba®
	11:45 a.m. Silver Sneakers	*Aqua Volleyball games take place Mondays, Wednesdays, and Fridays 12-1:30 p.m.				
Evening Classes						
	5:30 p.m. Kickboxing	5:45 p.m. Zumba® Step	5:30 p.m. F.I.I.T.	5:00 p.m. Spin		
	*6:30 p.m. (9/11) POUND®	*6:30 p.m. Latin Rhythms Dance	6:15 p.m. HATHA Yoga	6:15 p.m. LIV-FIT		
	*7:30 p.m. (9/11) Aqua Zumba®	7:30 p.m. Yin Yoga	6:30 p.m. Hydro Fit			
	7:00 p.m. #IFTcamp	7:00 p.m. A.R.W. Run Club	7:00 p.m. #IFTcamp	7:00 p.m. #IFTcamp		

***POUND®, Aqua Zumba, Latin Rythms Dance and Saturday Zumba start the week of 9/11/17.**

***#IFTcamp AND RUN CLUB ARE REGISTERED CLASSES AND MUST BE PURCHASED IN ADDITION TO YOUR MEMBERSHIP.**



CLUB FITNESS ADDISON PARK DISTRICT
 A FACILITY OF THE ADDISON PARK DISTRICT *Leisure for your lifestyle.*



Class Descriptions

September 5th - December 31

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.

Aqua Zumba®: blends the Zumba® philosophy with water resistance.

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

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

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

F.I.I.T.: First half HIIT cardio followed by HIIT strength and conditioning

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 while increasing muscle tone and cardio

LIV-FIT: Focus on healthy living and fitness through cardio, strength&stretch

POUND®: cardio, conditioning, strength with yoga/pilates-inspired movements

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

Silver Sneakers: Increase muscular strength and range of motion.

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

Stretch and Flex: 30 min of stretching muscles and increasing flexibility

Strength/Conditioning: Non-stop circuit challenges strength&improves cardio

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.

Zumba® Step: Toning and Step aerobics with traditional Zumba® style. 45min

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!

Please note that we are now closed for all major holidays! Club Fitness will not be open on Thanksgiving Day, Christmas Day, or New Year's Day. The facility will be open 8am-1pm on Christmas Eve and New Year's Eve. Please see the front desk with any questions. There will be no classes on these days.

Club Fitness Open House and Haunted Health Fair will be Monday, October 23rd-Friday, October 27th. Prepare for the Zombie Apocalypse with Zombie Bootcamp 10/26/17.

****See the brochure for more details****

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