



CLUB FITNESS | 1776 W. CENTENNIAL PLACE

GROUP FITNESS





WINTER 2019 | JANUARY 1 - JANUARY 31

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 10:00 am Aqua Conditioning Roger	9:00 - 10:00 am <small>(held at Community)</small> Silver Sneakers Roger	8:00 - 9:00 am Ashtanga Yoga Ismini	9:00 - 10:00 am Aqua Power Pulse Holly	9:15 - 10:15 am <small>(held at Community)</small> Zumba® Lisa D	8:30 a.m. ● A.R.W. Run Club Debbie
9:30 - 10:30 am Zumba® Lisa D.	 9:00 - 10:00 am Aqua Energizer Holly	9:00 - 10:00 am <small>(held at Community)</small> Silver Sneakers Yoga Victoria	9:15 - 10:15 am Zumba® Lisa D	9:15 - 10:15 am AMP'd Up Steph	8:00 - 9:00 am Hatha Yoga Victoria
10:00 - 11:00 am Senior Aqua Motion Roger	9:15 - 10:15 am AMP'd Up Steph	9:15 - 10:15 am Intense Intervals Anna	10:00 - 11:00 am Senior Aqua Motion Holly	9:30 - 10:30 a.m. Aqua Strength & Balance- Penny	9:15 - 10:15 am Zumba® Sarah-beth
10:40 - 11:30 am Restorative Yoga Sue	10:00 - 11:00 am Aqua for Arthritis Holly	9:30 - 10:30 am Aqua Strength & Balance - Penny	10:20 - 11:05 am Zumba Gold Lisa D.	10:30 - 11:30am Silver Sneakers Roger	
12:00 - 1:00 pm Silver Sneakers TK	5:45 - 6:30 p.m. Zumba® Step Sarah-beth	10:30 - 11:00 am Stretch and Flex Carol	5:00 - 6:00 pm Spin Tk	 5:00 - 6:00 pm Muscle Up (starts Oct. 5) TK	SUNDAY
5:15 - 6:15 pm Kickboxing Omar	6:45 - 7:15 pm Spin Express TK	11:15 a.m. - 12:15 pm Silver Sneakers Carol	6:05 p.m. Strength/Conditioning Cynthia	5:00 - 6:00 pm Muscle Up (starts Oct. 5) TK	8:30 - 9:30 am Strength/Conditioning Cynthia
6:15- 7 pm Strength Excel Sarah-Beth	7:30 - 8:30 pm Yin Yoga Victoria	5:00 - 6:00 pm F.I.I.T. TK	6:00 - 7:00 pm <small>(held at Community)</small> Zumba® Sarah-beth		
7:15 pm Aqua Zumba® Sarah-Beth	● 7:00 pm A.R.W. Run Club	6:15 - 7:00 pm Zumba® Sarah-beth	7:00 pm <small>(held at Community)</small> #IFTcamp		
● 7:00 pm #IFTcamp		7:15 - 8:15 p.m. Aqua Zumba® Sarah-Beth			
		● 7:00 pm #IFTcamp			

Note: Group fitness classes held at Community Rec Center are open to the first 20 participants.

KEY

-  Classes will be held at Community Rec Center (120 E. Oak St.) starting first week of October.
-  Aqua classes held in Club Fitness indoor pool.
-  Registered classes or additional cost not included in membership.
-  Silver Sneakers class for seniors.

SEE BACK FOR CLASS DESCRIPTIONS



CLASS DESCRIPTIONS

WINTER 2019 | JANUARY 1 - JANUARY 31

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! Instructors subject to change.

CLUB FITNESS HOURS

New Years Eve: 7 am - 3 pm

New Years Day: 8 AM - Noon

Fall/Winter/Spring Hours:

Mon-Fri: 5:30 am – 10:00 pm

Sat: 7:00 am – 8:00 pm

Sun: 8:00 am – 5:00 pm

Web: addisonparks.org

Phone: (630) 233-7275, option 3

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

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

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

Aqua Strength and Balance: Non-stop fully body cardio, strength balance.

Ashtanga Yoga: dynamic, physically demanding helps build core strength

F.I.I.T.: A dynamite workout that will be a combo of strength, cardio and core.

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

Muscle Up: Build Strength, add definition by using weight training 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

Strength Excel: Mix of freeweights, balance, and coordination

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

Yoga Yin: designed to help you sit longer and more comfortably in meditation

Zumba® Gold: for active older adults or beginners. Low impact latin dance.

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

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

ARW Run Club & #IFTCamp: Please see brochure for full class details.