



CLUB FITNESS | 1776 W. CENTENNIAL PLACE

GROUP FITNESS





SPRING 2019 | MARCH 1 - MARCH 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 Vinyasa Flow Yoga Ismini	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	9:00 - 10:00 am Aqua Power Pulse Holly	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	9:15 - 10:15 am Zumba® Lisa D	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	10:00 - 11:00 am Senior Aqua Motion Holly	10:30 - 11:30am Silver Sneakers Roger	
12:00 - 1:00 pm Silver Sneakers TK	5:30 - 6:30 p.m. Bootcamp Tom	10:30 - 11:00 am Stretch and Flex Carol	10:20 - 11:05 am Zumba Gold Lisa D.	 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	5:00 - 6:00 pm Spin 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	6:05 p.m. Strength/Conditioning Howard		
7:15 pm Aqua Zumba® Donna L	● 7:00 pm A.R.W. Run Club	6:15 - 7:00 pm Zumba® Anthony	6:30 - 7:30 pm <small>(held at Community)</small> ● Zumba® Sarah-Beth		
● 7:00 pm #IFTcamp		7:15 - 8:15 p.m. Aqua Zumba® Donna	7:00 pm <small>(held at Community)</small> #IFTcamp		
		● 7:00 pm #IFTcamp			

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

KEY

-  Classes are held at Community Rec Center (120 E. Oak St.)
-  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

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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

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

Boot Camp: High intensity, full body workout

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

Vinyasa Flow Yoga: Utilizes a rhythmic flow that transitions in and out of postures

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.