

CLUB FITNESS | 1776 W. CENTENNIAL PLACE

# GROUP FITNESS





SPRING 2019 | APRIL 1 - APRIL 30

\* 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 <b>Aqua Conditioning</b> Roger	9:00 - 10:00 am (held at Community) <b>Silver Sneakers</b> Roger	8:00 - 9:00 am <b>Ashtanga Yoga</b> Ismini (held in Dance Studio)	9:00 - 10:00 am <b>Vinyasa Flow Yoga</b> Ismini (held in Dance Studio)	9:15 - 10:15 am (held at Community) <b>Zumba®</b> Lisa D	8:30 a.m. ● <b>A.R.W. Run Club</b> Debbie
9:30 - 10:30 am <b>Zumba®</b> Lisa D.	9:00 - 10:00 am <b>Aqua Energizer</b> Holly	9:00 - 10:00 am (held at Community) <b>Silver Sneakers Yoga</b> Victoria	9:00 - 10:00 am <b>Aqua Power Pulse</b> Holly	9:15 - 10:15 am <b>AMP'd Up</b> Steph	8:00 - 9:00 am <b>Hatha Yoga</b> Victoria
10:00 - 11:00 am <b>Senior Aqua Motion</b> Roger	9:15 - 10:15 am <b>AMP'd Up</b> Steph	9:15 - 10:15 am <b>Intense Intervals</b> Anna	9:15 - 10:15 am <b>Zumba®</b> Lisa D	9:30 - 10:30 a.m. <b>Aqua Strength &amp; Balance-</b> Penny	9:15 - 10:15 am <b>Zumba®</b> Lisa D.
10:40 - 11:30 am <b>Restorative Yoga</b> Sue	10:00 - 11:00 am <b>Aqua for Arthritis</b> Holly	9:30 - 10:30 am <b>Aqua Strength &amp; Balance - Penny</b>	10:00 - 11:00 am <b>Senior Aqua Motion</b> Holly	10:30 - 11:30am <b>Silver Sneakers</b> Roger	
12:00 - 1:00 pm <b>Silver Sneakers</b> TK	5:30 - 6:30 p.m. <b>Bootcamp</b> Tom	10:30 - 11:00 am <b>Stretch and Flex</b> Carol	10:20 - 11:05 am <b>Zumba Gold</b> Lisa D.	5:00 - 6:00 pm <b>Muscle Up</b> (starts Oct. 5) TK	<b>SUNDAY</b>
5:15 - 6:15 pm <b>Kickboxing</b> Omar	6:45 - 7:15 pm <b>Spin Express</b> TK	11:15 a.m. - 12:15 pm <b>Silver Sneakers</b> Carol	5:00 - 6:00 pm <b>Spin</b> Tk		8:30 - 9:30 am <b>Strength/Conditioning</b> Cynthia
6:15- 7 pm <b>Zumba</b> Crista	7:30 - 8:30 pm <b>Yin Yoga</b> Victoria	5:00 - 6:00 pm <b>F.I.I.T.</b> TK	6:05 p.m. <b>Strength/Conditioning</b> Howard		
7:15 pm <b>Aqua Zumba®</b> Donna L	● 7:00 pm <b>A.R.W. Run Club</b>	6:15 - 7:00 pm <b>Zumba®</b> Anthony	6:30 - 7:30 pm (held at Community) ● <b>Zumba®</b> Fariha		
● 7:00 pm <b>#IFTcamp</b>		7:15 - 8:15 p.m. <b>Aqua Zumba®</b> Donna	7:00 pm (held at Community) <b>#IFTcamp</b>		
		● 7:00 pm <b>#IFTcamp</b>			

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](http://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

**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.