




CLUB FITNESS | 1776 W. CENTENNIAL PLACE

GROUP FITNESS

FALL 2019 | October 1—October 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 am - 10:00 am Aqua Conditioning Terrie	9:00 am - 10:00 am Silver Sneakers Victoria  (at Community)	8:00 am - 9:00 am Ashtanga Yoga Ismini (Dance Studio)	9:00 am - 10:00 am Vinyasa Flow Yoga Ismini (Dance Studio)	9:15 am - 10:15 am Zumba® Lisa D (at Community)	8:00 am - 9:00 am Hatha Yoga Victoria (Dance Studio)
9:30 am - 10:30 am Zumba® Lisa D	9:00 am - 10:00 am Aqua Energizer Holly	9:00 am - 10:00 am Silver sneakers Yoga w/Victoria  (at Community)	9:00 am - 10:00 am Aqua Power Pulse Holly	9:15 am - 10:15 am AMP'd Up Steph	8:30 am A.R.W. Run Club  Debbie
10:00 am - 11:00 am Senior Aqua Motion Sharon	9:15 am - 10:15 am AMP'd Up Steph	9:15 am - 10:15 am Intense Intervals Anna	9:15 am - 10:15 am Zumba® Lisa D	9:30 am - 10:30 am Aqua Strength & Balance Sharon	9:15 am - 10:15 am Zumba® Sarah-Beth
10:40 am - 11:30 am Strengthen Stretch & Restore Lisa D.	10:00 am - 11:00 am Aqua for Arthritis Holly	9:30 am - 10:30 am Aqua Strength & Balance Terrie	10:00 am - 11:00 am Senior Aqua Motion Holly	11:00 am - 12:00 pm Silver Sneakers  TK	SUNDAY
12:00 pm - 1:00 pm  Silver Sneakers TK		10:40 am - 11:10 am Stretch and Flex Toni	10:20 am - 11:05 am Zumba Gold Lisa D	8:30 am - 9:30 am Strength/Conditioning Joe	
		11:20 am - 12:20 pm  Silver Sneakers Toni			
5:15 pm - 6:15 pm Kickboxing Omar	5:30 pm - 6:30 pm Bootcamp TK	5:00 pm - 6:00 pm F.I.I.T. TK	 5:00 pm - 6:00 pm Spin w/TK (Spin Room)	5:00 pm - 6:00 pm Muscle Up TK	
6:15 pm - 7:00 pm Strength Excel Sarah-Beth	 6:45 pm - 7:45 pm Spin w/TK (Spin Room)	5:30 pm - 6:30 pm MAT Pilates Victoria (Dance Studio)	6:05 pm - 7:05 pm Strength/Conditioning Howard		
7:15 pm - 8:15 pm Aqua Zumba® Sarah-Beth	7:00 pm - 8:00 pm Yin Yoga Victoria (Dance Studio)	6:15 pm - 7:00 pm Zumba® Sarah-Beth	7:00 pm #IFT Camp Debbie  (at Community)		
7:00 pm #IFT Camp  Debbie	7:00 pm A.R.W. Run Club  Debbie	7:15 pm - 8:15 pm Aqua Zumba® Sarah-Beth			
		7:00 pm #IFT Camp  Debbie			

- Classes are held at Community Rec Center (120 East Oak Street)
- Aqua Classes (In Club Fitness Pool)
- Registered Classes (additional cost not included in membership)
-  Silver Sneakers class for seniors
-  Spin (Indoor Cycling) Class Included in Membership

SEE BACK FOR CLASS DESCRIPTIONS



CLASS DESCRIPTIONS



HOURS

Monday—Friday
5:00 am—10:00 pm

Saturday
6:00 am—5:00 pm

Sunday
7:00 am—5:00 pm

Web: addisonparks.org

Phone: (630) 233—7275, option 3

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!



THE P.I.T.

POWERFULLY INTENSE TRAINING

Take your training to the next level!

Ferocious Forty

Forty minute workout

Designed by a personal trainer.

Alpha Tactical Athletics

Beyond Boot Camp Hardcore Training.

Must be a member of Club Fitness

Olympic Lifting Class

Learn and apply basic skills that will enable you to perform Olympic Lifts.

P.I.T. Punch Passes

Are sold in \$5.00 increments
Daily drop-ins are \$8.00 each.

REFER TO P.I.T. SCHEDULE FOR TIMES.

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 full body cardio, strength and balance.

Ashtanga Yoga: Dynamic, physically demanding class that helps build core strength.

Boot Camp: High intensity, full body workout.

F.I.I.T.: A dynamite workout combo that includes strength, cardio and core.

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

Hydro Fit: This 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 and add definition while utilizing weight training movements.

Mat Pilates: Build strength and flexibility while performing Pilates on the floor.

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

Silver Sneakers: Increase muscular strength and range of motion

Spin (Indoor Cycling): Intervals, hills, sprints and climbs to music picked to motivate and inspire.

Stretch and Flex: 30 minutes of stretching muscles and increasing flexibility.

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

Strength Excel: A mix of free weight, balance, and coordination

Strengthen Stretch & Restore "Yoga With Sue": This class will combine movement, long passive stretches & breathing techniques. Movement through yoga poses will strengthen the muscles & joints. Long passive stretches with props are used to allow the body to restore, & oxygenate creating deep relaxation, centering & mindfulness.

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

Yin Yoga: 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. Class is 45 minutes.

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