

GROUP FITNESS

WINTER 2020 | MARCH 1 – MARCH 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)	9:15 am - 10:15 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 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 Penny	9:15 am - 10:15 am Zumba® Sarah-Beth
10:40 am - 11:30 am Yoga Lisa D.	10:00 am - 11:00 am Aqua for Arthritis Holly	9:30 am - 10:30 am Aqua Strength & Balance Penny	10:00 am - 11:00 am Senior Aqua Motion Holly	11:00 am - 12:00 pm Silver Sneakers Sharon	
12:00 pm - 1:00 pm Silver Sneakers TK	10:40 am - 11:40 am Slow Flow Vinyasa Yoga 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	11:15 am - 12:15 pm Brain-Body-Balance Sharon		
			NEW CLASS		
5:15 pm - 6:15 pm Kickboxing Tony	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 T-Minus 60 TK	
6:15 pm - 7:00 pm Barre Fit Sarah-Beth	6:45 pm - 7:45 pm Spin w/TK (Spin Room)	5:45 pm - 6:45 pm Pi - Yo 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.

Barre Fit: Athletic, ballet inspired small isometric movements, total body toning, and conditioning.

Boot Camp: High intensity, full body workout.

Brain-Body-Balance: Fun exercises to music to enhance Brain, Body, and Balance conditioning. **(NEW CLASS)**

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.

Pi – Yo: Combination of Pilates and Yoga for core firming, muscle strengthening, full body toning, flexibility, mindfulness and relaxation.

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

Silver Sneakers: Increase muscular strength and range of motion

Slow Flow Vinyasa Yoga: Slow synchronized breathing movement.

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

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

T-Minus 60: Sixty minutes of circuit training. Targeting strength, endurance, and agility.

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.

Yoga: This class will combine yoga poses and breathing techniques to create deep relaxation, centering & mindfulness.

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.