CLUB FITNESS
A FACILITY OF THE ADDISON PARK DISTRICT

GROUP FITNESS CLASSES
FALL 2026 – November 1 - 30

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 am - 9:30 am **Cardio Boxing** **(PIT)** Liubov		7:00 am - 7:45 am **Intense Intervals** **(GES)** Anna	8:15 a.m. – 9:15 am **Yoga Flow** **(DS)** Sumiaya	7:00 am - 7:45 am **Ride and Burn** **(GES)** Anna	8:00 am – 9:00 am **Hatha Yoga** **(DS)** Victoria
8:00am -9:00am **Zumba Gold®** **Chair/Toning** **(GES)** Lisa	9:30 am - 10:30 am **Zumba®** **(GES)** Caroline	9:15 am – 10:15 am **Stretch** **(DS)** Liubov	9:30 am - 10:30 am **Zumba®** **(GES)** Caroline	9:15 am - 10:15 am **Zumba®** **(GES)** Lisa	8:30 am – 10:00am **A.R.W. Run Club** ★ Debbie 440403
9:15 am - 10:15 am **Zumba®** **(GES)** Lisa	**Aqua Motion** **9:15 am – 10:15 am** Estelle	9:15 am - 10:15 am **Silver Sneakers Yoga** **(GES)** Victoria	**Aqua M… 9:1… …0 am** CANCELED Linda	**Aqua Energizer** **10:00 am – 11:00 am** Estelle/Linda	9:15 am - 10:15 am **Zumba®** **(GES)** Sarah-Beth
Aqua Energizer **10:00 am – 11:00 am** Estelle	10:45 am- 11:45 am **TNT** **(GES)** Liubov	**Aqua … 1… …1:00 am** CANCELED Sharon	11:00 am-12:00 am **Silver & Strong** **(GES)** Sofia	10:30 am - 11:30 am **Chair-Based Yoga** **(GES)** Lisa	9:15 am – 10:15 am **X-Fit** **(PIT)** Tom
10:30 am - 11:30 am **Chair-Based Yoga** **(GES)** Liubov		10:30 am – 11:30 am **Zumba Gold Toning** **(GES)** Lisa		11:30 am-12:30 pm **Zumba Gold® Chair/Toning** **(GES)** Lisa	
11:30 am - 12:30 pm **Silver & Strong** **(GES)** Sofia	4:00 pm - 5:00 pm **Classic Fitness** **(GES)** Liubov	11:30 am - 12:30 pm **Silver Sneakers** **(GES)** Lisa			
12:45 pm - 1:45 pm **Classic Fitness** **(GES)** Liubov		**AquaFit - Hap… Hour** CANCELED …inda			
5:00 pm – 6:00 pm **X-Fit** **(PIT)** Tom	5:00 pm – 6:00 pm **Body Work… …nics** CANCELED Tom	5:00 pm – 6:00 pm **X-Fit** **(PIT)** Tom	5:00 pm - 6:00 pm **Kettlebell Training** **(PIT)** Tom		
6:15 pm - 7:00 pm **Zumba®** **(GES)** Sarah-Beth	5:00 pm - 6:00 pm **Empower Fit** **(GES)** Liubov	6:15 pm - 7:00 pm **Zumba®** **(GES)** Sarah-Beth	5:00 pm – 6:00 pm **Strength/Conditioning** **(GES)** Liubov		
7:15 pm – 8:15 pm **Mat Pilates** **(GES)** Neli	6:15 pm - 7:15 pm **LV-UP Foundations** **(PIT)** Sofia	7:15 pm - 8:15 pm **Restorative Yoga** **(GES)** New Stefania	7:15 pm – 8:15 pm **Mat Pilates** **(GES)** Neli		
6:30 pm – 7:30 pm **#IFT Camp (PIT)** ★ Debbie 440402	6:30 pm – 7:45 pm **A.R.W. Run Club** ★ Debbie 440403	6:30 pm – 7:30 pm **#IFT Camp (PIT)** ★ Debbie 440402	6:15 pm - 7:15 pm **LV-UP Foundations** **(PIT)** Sofia		
Aqua Zumba® **7:15 pm – 7:55 pm** Sarah-Beth	7:00 pm – 8:00 pm **Yin Yoga** **(DS)** Victoria	**Aqua Zumba®** **7:15 pm – 7:55 pm** Sarah-Beth			

Revised 10/29/26

Class Location Legend

DS = Dance Studio

GES = Group Exercise Studio

PIT = The P.I.T

Blue Color = Aquatic Classes

★ = Registered class. Not included with membership.

Hours of operation

Monday- Friday: 5:00 am - 10:00 pm

Saturday: 6:00 am – 5:00 pm

Sunday: 7:00 am – 5:00 pm

Class Descriptions on the back of page

Class Descriptions

Aqua Energizer/Aqua Motion - This class is great for all ability levels and early birds.

Aqua Zumba® - Blends the Zumba® philosophy with water resistance**.**

AquaFit Happy Hour – Aqua workout that tones, strengthens, and boosts cardio through fun, fast-paced movement. Improve core strength, balance, and body awareness with dynamic changes in speed, position, and resistance. Great for all fitness levels.

ARW Run Club - Are you currently a runner or thinking about getting into running? Joining a running club offers great advantages for runners of all abilities! Our club will incorporate various distances, paces, and surfaces to help you perform your best. It will provide guidance on goal setting, strengthening, flexibility, and nutrition geared specifically for runners. Local races will also be targeted in this program.

Boot Camp - A high-energy, total-body workout combines strength training, cardio, and agility drills to challenge every fitness level. Join a supportive community, push your limits, and see results fast.

Cardio Boxing - This dynamic workout combines shadowboxing and kickboxing techniques with high-intensity interval training. Throw powerful punches that engage your core while incorporating cardio moves to boost your heart rate and burn calories. Experience a full-body workout.

Chair Sculpt Yoga - Combines the power of two classes: Chair Yoga + Sculpt. Chair yoga targets improvements in flexibility, balance, and mindfulness, while Sculpt targets the muscles with light weights (weights can be optional) as well as cardio, strength, and muscle endurance, plus a core work.

Circuit Training - High-intensity interval training that moves through a series of stations targeting different muscle groups to push your limits.

Classic Fitness – Classes start with a warm-up, then proceed to resistance training with exercises like squats and deadlifts, under trainer supervision for form and weight adjustments, and conclude with stretching.

Empower Fit – Classes start with a dance-inspired warm-up; we'll explore dance steps to boost femininity and self-confidence, followed by curve-sculpting exercises, and finish with a soothing stretch, leaving you feeling graceful and limber.

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

IFT Camp: Make the most of your workouts with total body training that integrates Functional Strength, Agility, Cardio, and Endurance. (Can also register online at addisonparks.org)

Intense Intervals - A high-intensity workout that focuses on interval training.

LV-UP Foundations - A total body strength workout, complete with warm-up movements and cooldown stretches. Class is for all fitness levels!

Mat Pilates - A low-impact workout focused on core strength, flexibility, and full-body control. Helps improve posture, balance, and overall body awareness through controlled, mindful movements. Suitable for all fitness levels.

***NEW!* Restorative yoga -** A gentle, slow-paced style of yoga that uses props to support the body in passive poses for deep physical relaxation. Poses are held for a minimum of 5 minutes and are great for those recovering from a workout or just seeking extra help in relaxing.

Ride and Burn - 30 minutes on the bike, using a combination of flat roads, hills, and sprints to build cardio endurance, followed by 30 minutes of strength training hitting every major muscle group in the body.

Silver & Strong - Catered to our seniors and Silver Sneakers community, this class guides members through various movements to strengthen and stretch the muscles of the whole body.

Silver Sneakers - Increases muscular strength and range of motion.

Silver Sneakers Yoga - Focuses on body, breathing, and posture.

Strength/Conditioning - Class focuses on functional movements and resistance training to build muscle, enhance endurance, and improve overall performance. Perfect for all fitness levels, you'll learn proper techniques while progressively challenging your body.

Stretching/Cooldown - A stretch fitness class focusing on improving flexibility and elongating muscles through a series of controlled movements and poses, offering participants both relaxation and enhanced mobility.

TNT - This invigorating class will tone and tighten your body using high-repetition light dumbbells to the beat of music.

X-Fit - High-intensity interval training utilizing strength, conditioning, and functional movements at a high intensity level, combining a mixture of metabolic conditioning and resistance training to achieve the best fitness possible.

Yin Yoga - Yin Yoga is a gentle and slow-paced practice focusing on deep, passive stretches to target connective tissues like ligaments and fascia. Poses are held for 3-5 minutes, promoting flexibility, joint mobility, and relaxation. It encourages mindfulness and reduces stress, making it suitable for all levels.

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

Zumba Gold® - A low-impact, light-intensity version of Zumba with easy-to-follow choreography. This class is perfect for beginner exercisers and active older adults, focusing on balance, range of motion, and coordination.

Zumba Gold® (Chair/Toning) - This seated Zumba Gold® class combines fun, easy-to-follow dance moves with light hand weights to improve strength and tone muscles. It's a low-impact, full-body workout that enhances flexibility, balance, and coordination, making it perfect for active older adults or anyone seeking a gentler fitness routine.

Zumba® - We take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This class incorporates Latin and international rhythms in a fun, easy-to-follow format.

Instructors are subject to change. Classes might be cancelled due to unforeseen circumstances without notice.