



DOWNERS GROVE PARK DISTRICT- 4500 FITNESS

GROUP EXERCISE CLASS SCHEDULE

Effective March 13, 2017

MONDAY

Time	Class	Room	Instructor
8:00 - 8:45 am	Barre Sculpt	L14	Susan
8:00 - 8:55 am	Step & Tone	L12	Carmelo
9:00 - 9:55 am	Body Pump	L14	Martine
9:00 - 9:55 am	Yoga	L10	Susan
9:00 - 9:55 am	Low-Impact & Tone	L12	Chick
10:00 - 10:30 am	Core Crunch	L12	Nicole
10:35 - 11:30 am	Zumba	L12	Nicole
6:00 - 6:55 pm	Body Pump	L12	Jennifer
6:00 - 6:55pm	Boot Camp	L14	Carrie A.
6:30 - 7:25 pm	Cycle	L21	Amanda
7:05 - 8:00 pm	Pilates	L14	Linda
7:15 - 8:00 pm	Pound	L12	LaTisha

TUESDAY

5:30 - 6:25 am	Cycle	L21	Alissa
7:45 - 8:40 am	Body Pump	L12	Carmelo
8:45 - 9:40 am	Sculpt	L14	Martine
9:00 - 9:55 am	Cycle	L21	Alissa
9:00 - 9:55 am	Yoga	L12	Amal
11:30 - 12:25pm	Zumba Gold	L12	Taisha
6:00 - 6:55 pm	Sculpt	L14	Alison M.
6:30 - 7:25pm	Zumba	L12	Dangira
7:35 - 8:30 pm	Yoga	L12	Carrie S.

WEDNESDAY

5:30 - 6:25 am	Power Circuit	L14	Taisha
8:00 - 8:45 am	Pilates	L12	Susan
8:30 - 9:25 am	Step & Tone	L14	Carmelo
9:00 - 9:55 am	Low-Impact & Tone	L12	Chick
9:00 - 9:55 am	Yoga	L10	Susan
9:30 - 10:25 am	Drills Extreme	L14	Nicole
10:05 - 10:50 am	Zumba Toning	L12	Carolyn
6:00 - 6:55 pm	Body Pump	L14	Lynn
6:30 - 7:25 pm	Zumba	L12	LaTisha
7:30 - 8:15pm	Barre Sculpt	L12	Nancy

THURSDAY

5:30 - 6:25 am	Cycle	L21	Amanda
8:15 - 9:10am	Cycle	L21	Nancy
8:45 - 9:40 am	Sculpt	L12	Martine
9:05 - 10:00 am	Body Pump	L14	Jennifer
10:00 - 10:55am	Zumba Gold	L12	Taisha
6:00 - 6:30 pm	Cycle Crunch	L21	Alison G.
6:00 - 6:55 pm	Boot Camp	L14	Carrie A.
7:05 - 8:00 pm	Yoga	L12	Amy

FRIDAY

Time	Class	Room	Instructor
8:30 - 9:10 am	Barre Sculpt	L14	Jessica
9:00 - 9:55 am	Cycle	L21	Gary
9:00 - 9:55 am	Zumba Step	L12	Dangira
9:00 - 9:55 am	Yoga	L10	Amy
9:15 - 10:00 am	Insanity	L14	Jessica
10:05 - 10:35 am	Core Crunch	L14	Nicole

SATURDAY

7:15 - 8:10 am	Body Pump	L14	Lynn
8:25 - 9:20 am	Zumba	L12	Taisha
8:30 - 9:15am	Pilates Plus	L14	Martine
8:30 - 9:25 am	Cycle	L21	Amanda
9:30 - 10:25 am	Yoga	L12	Kim
9:30 - 10:25 am	Sculpt	L14	Martine

SUNDAY

7:45 - 8:15 am	Core Crunch	L14	Alison G.
8:15 - 9:10 am	Sculpt	L12	Bonnie
8:30 - 9:25am	Cycle	L21	Alison G.

Group Exercise Fees

	Fitness Member	Resident	Nonresident
1 Visit	\$8	\$10	\$15
5 Visit	\$30	\$38	\$57
10 Visit	\$56	\$70	\$105
Unlimited Annual	\$204	n/a	n/a

*Visits expire 6 months from the date of purchase, excluding unlimited.

Kidzone Childcare Hours

Monday thru Friday: 8:30 am - 1:00 pm

Evening Hours: M & TU 4:00-7:30pm, W - F 4:00 - 7:00 pm

Saturday: 8:15 am - 1:00 pm

Group Class Etiquette

Refrain from wearing strong perfume/lotion, disruptive conversation, and cell phone usage/ringing.

*The Downers Grove Park District reserves the right to cancel or change classes that have consistent low enrollment and to change instructors with no advance notice. **Group exercise classes are for anyone ages 15 and older. If you are new to exercise, please inform the instructor.** Please call the center for **child care** availability.*

Downers Grove Recreation and Fitness Center 4500
Belmont Road Downers Grove, IL 60515
630.960.7250 - www.dgparks.org



Group Exercise Class Descriptions

Barre Sculpt: Low impact moves with light weights, this variable intensity workout blends strength, balance, and cardio. Mindful movement exercises extend your core strength and safely reshape your entire body. Non-skid socks, bare feet or gym shoes can be worn.

Boot Camp: Military-style running, jump roping, push-ups and abdominal work. Improve your cardiovascular endurance, abdominal endurance, and your ability to withstand timed push-ups and squats. *This class can be modified for all fitness levels!*

Body Pump: Lifting way beyond your limits! A barbell class that strengthens your entire body. This class challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls. Get inspired and see fast results!

Core Crunch: Attack your core from every angle along with upright movements that require core muscles to work in all three planes of motion. Improve core strength to help your body move better!

Cycle: A cardio endurance workout for both the novice bike riders and the hard-core bike riders! Simulate pedaling over flats, hills and jumps that build leg and abdominal strength. You will sweat in this class and a water bottle should be on hand to keep you hydrated.

Cycle Crunch: A 30 minute version of our popular cycle classes focused on resistance and speed interval training set to music that will keep you motivated. Great for anyone who wants a quick yet intense cycle workout or for those who are new to cycling and want to start out with a shorter routine.

Drills Extreme: This class is an intense mix of strength and cardio training instructed through extreme drills that will prove challenging to everyone. Due to its intensity, once per week should be the maximum training frequency. If you are looking for a high energy work out that offers the ultimate in muscle and cardio endurance, this is the class for you.

Insanity: Max Interval Training which equals Maximum-intensity exercise with short periods of rest. Experience results in faster increases in cardiovascular fitness, and burn carbohydrates and fat more efficiently- as much as 1,000 calories per hour! Modifications are given to suit all fitness levels.

Low Impact & Tone: This class is specifically designed for those who are new to fitness or for the active adult crowd. Start here to get fit and mobile! We'll be rockin' and moving while developing strength, flexibility, mobility, balance, agility and coordination. Get started now to tune up your muscles and cardio endurance!

Pilates: Stand taller; learn the fundamentals of pilates mat work. Based on the method of Joseph Pilates, this class works your powerhouse (your core) and makes gains in balance, strength and flexibility for the entire body. Props may be included to assist in movements.

Pilates Plus: This class expands pilates moves by utilizing a variety of props, including body bars, weights, tubing and stability balls. Participants will learn effective core strengthening in this engaging, fun and energizing method.

Pound: Rockout! Workout! With simulated drumming using light weighted drumsticks, drum your way to an easy to follow cardio and strength moves. This combo works the entire body, raises the heart rate to a fat-burning zone, and is for all fitness levels.

Power Circuit: Are you looking for a good sweat to break through a training plateau? Do one exercises for 30 seconds to 5 minutes and then move on to another exercise. This fast-paced workout will combine strength, cardio, plyometric, and multiple joint exercises. This class is adaptable to all fitness levels.

Sculpt: Reshape your body and strengthen the musculoskeletal system. Calories will be burned hours after this class as the body goes through its process of rebuilding the muscle fibers! Learn proper form and execution and strengthen your body using body bars, dumbbells, flex-bands, and more!

Step & Tone: Step up and burn those calories in this cardiovascular workout that will keep you moving and motivated. Do not be intimidated, the instructor will give the repetitions needed to practice before moving on. Wrap up this class with some toning exercises to create muscular definition in an atmosphere that is positively fun!

Yoga: Find the beauty and balance that is Hatha Yoga. Experience the original and timeless mind and body practice. With internal focus come significant improvements in balance, flexibility, strength and circulation. Calm the mind with breathing and meditation techniques that yoga has to offer.

Zumba: Dance to great music and burn calories with Latin and International music. This class features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zesty Latin music, Merengue, Salsa, Reggaeton, Cumbia, and body sculpting movements provide an effective fitness system that we call Zumba. It is made for everyone!

Zumba Gold: Easy to follow low-impact moves for the beginner participant and the active older adult. Calorie burning dancing that emphasizes the basics of Latin and International dance rhythms. This class is friendly and fun for all!

Zumba Step: Blends Zumba moves and body sculpting techniques. The challenge of adding resistance by using light weights, helps you focus on specific muscle groups, so you (and your muscles) stay engaged.

Zumba Toning: Blends Zumba moves and body sculpting techniques. The challenge of adding resistance by using light weights, helps you focus on specific muscle groups, so you (and your muscles) stay engaged.