

Group Fitness Class Schedule - August 5 - September 28, 2024

Please note: the class schedule is subject to change. Feel free to pick up a current schedule at the FRC service desk. Group Fitness Classes noted on this schedule are included within the CPC and FRC Memberships. Classes are all 45 minutes each. Fees listed below. Virtual classes will also continue via ZOOM.US.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:45am Cardio Strength Interval Studio A Kara	6:00-6:45am Sunrise Yoga Gazebo Mari	8:00-8:45am Cardio Strength Interval Studio A Kara	6:00-6:45am Sunrise Yoga Gazebo Mari	8:00-8:45am Cardio Strength Interval Studio A Kara	8:00-8:45am Yoga Studio A Mari
9:00-9:45am Sit & Stay Fit Studio B Kara	7:00-7:45am Sunrise Stretch Studio A Ann	9:00-9:45am Flex & Stretch Studio B Trupti	7:00-7:45am Sunrise Stretch Studio A Ann	9:00-9:45am Mindful Movement Studio A Trupti	8:00-8:45am BOOM MUSCLE Studio B Ann
9:00-9:45am Total Body Strength Studio A Mari	8:00-8:45am Yoga Studio B Mari	9:00-9:45am Total Body Strength Studio A Mari	8:00-8:45am Yoga Studio B Mari	9:00-9:45am Sit & Stay Fit Studio B Dany	9:00-9:45am Dance Fit Studio A Ann
10:00-10:45am Swell Studio A Meg In-Person Only	8:00-8:45am Strength Balance & Stretch Studio A Ann	10:00-10:45am Groove and Move Studio A Trupti	8:00-8:45am Strength Balance & Stretch Studio A Ann	10:00-10:45am Groove and Move Studio A Trupti	10:00-10:45am Total Body Strength Studio A Mari
10:00-10:45am Cardio Tone Studio B Shelly	9:00-9:45am Muscles & Moves Studio A Trupti	10:00-10:45am Core Conditioning Studio B Shelly	9:00-9:45am Muscles & Moves Studio A Trupti		11:00-11:45am Bollywood Beats Studio A Trupti
5:00-5:45pm Cardio Fusion Studio A Mari	9:00-9:45am Chair Yoga Studio B Mari	11:00-11:45am Sit & Stay Fit Studio B Trupti	9:00-9:45am BOOM MUSCLE Studio B Mari		
6:00-6:45pm Core Conditioning Studio A Mari	10:00-10:45am Tabata Strength Studio A Mari	11:00-11:45am Barre & Stretch Studio A Dany	10:00-10:45am Tabata Strength Studio A Mari		
7:00-7:45pm Yoga Studio A Mari	10:00-10:45am Mind Body Fusion Studio B Trupti	5:00-5:45pm Cardio Fusion Studio A Mari	10:00-10:45am Chair Yoga Studio B Anna		
	11:00-11:45am Barre & Stretch Studio A Dany	6:00-6:45pm Core Conditioning Studio A Mari	11:00-11:45am Slow Flow Yoga Studio B Anna		
	6:00-6:45pm Dance Fit Studio A Ann	7:00-7:45pm Yoga Studio A Mari	6:00-6:45pm Dance Fit Studio A Ann		

Class Categories
 Barre/Core
 Cardio
 Combination
 Stretch/Yoga
 Strength

Labor Day - Monday, September 2 (5:30am to 1pm)

Time	Format	Instructor	Studio
8am	Cardio Strength Interval	Ann	A
8am	Yoga	Mari	B
9am	Total Body Strength	Mari	A
9am	Dance Fit	Ann	B
10am	Cardio Tone	Shelly	B
11am	Balance & Seated Strength	Shelly	B

Please see the additional land classes during pool closure 8/12 to 9/13 on the back page



Fees
 Non-Member Daily Fee: \$12
 Non-Member In-District Daily Fee: \$10

Virtual ZOOM.US
Studio A: User: 6309904200
Password: obparks
Studio B: User: 6309904201
Password: obparks

* Aquatic Classes and outdoor yoga not available on zoom.
 *Please mute yourself upon entry.

Reminder:
 For the safety of all our participants, please arrive within the first 5 minutes of class.

Interested in Group Fitness Schedule Updates?
 Get the latest OBPARKS fitness and wellness news, tips, and program information straight to your inbox by scanning the QR code!

Group Fitness Class Descriptions



Oak Brook
Park District
A National Gold Medal Agency

Barre/Core

Barre & Stretch: Each class will focus on different muscle groups for the high intensity movement that tones, improves flexibility, strength and posture.

Core Conditioning: A challenging full body workout that fuses various strength, cardio, resistance and core work, increase the body's stability, mobility and endurance.

Mind Body Fusion: This class will focus on core movements from Pilates and Yoga to strengthen your body and mind.

Cardio

Bollywood Beats: Bollywood Beats is designed to provide a balanced mix of cardio exercise coupled with a perfect blend of Bollywood rhythm and beats. Easy to follow steps.

Cardio Fusion: Get a complete workout with cardio fusion. You will get your heart pumping and muscles stronger with a variety of equipment and movements.

Dance Fit: Get your groove on dancing to a wide variety of music and styles including Latin, decades and more.

Groove & Move: This choreographed dance class is designed to give you a cardiovascular workout with little stress on your joints. Class will end with balance work and a feel-good stretch.

Swell: Swell is a class designed for the active mature population. Designed for all levels; Whether you are new to fitness or have been active for years, Swell will have you moving for a functional lifestyle. Balance, cardio fitness and functional strength are a few components of this active and ageless class.

Combination

Cardio/Strength Interval: Timed intervals of endurance, strength and cardiovascular exercise using a variety of equipment.

Cardio Tone: This class will feature a low impact cardio workout followed by strength training to tone your muscles.

Flex & Stretch: This class is designed to optimize daily movements, increase flexibility and work on balance and stabilization to improve overall body function. Light weights or other resistance equipment can be used.

Muscles & Moves: This class will combine easy to follow cardio dance moves for a total body burn and the strength exercise to build strength and develop coordination.

Sit & Stay Fit: While seated in a chair-this class will have you moving without the impact of standing on your feet. Light cardio and strength are incorporated with a comfortable stretch at the end of class.

Strength, Balance & Stretch: A combination of strength exercises with weights, tubes or bands with various stretching exercises throughout the class.

Tabata/Strength: Intervals of 25-30 seconds of maximum intensity exercise followed by 10-15 seconds of rest, repeated throughout the duration of class. Exercises include cardio, strength, resistance and core work.

Total Body Strength: This class will focus on developing muscular strength and endurance by using a variety of equipment. Strength training will be the focus, but plan to sweat through some cardio and don't forget core work.

Strength

Balance Chair Strength: This class will alternate between standing balance work and seated strength work. Participants should be comfortable standing for 20 minutes and the chair can be used as support during the balance portion.

SilverSneakers BOOM Muscle: This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

Stand Sit & Fit: Participants should be comfortable standing for portions of this class as strength training and low impact movements will be incorporated.

Strength & Core: Dumbbell workout class for all ages to help improve strength and mobility for all ages. Finishing off with core work to develop a strong core and lower back.

Total Body Strength: This triple B class will use a variety of equipment such as resistance bands, stability balls, body bars, medicine balls and balance bars. This all around, full body workout is for everyone with modifications for all abilities.

Stretch & Yoga

Chair Yoga: A gentle form of yoga-practiced sitting on a chair. Ideal for those with limited mobility, health conditions or injuries.

Mindful Movement: This class will incorporate gentle stretches, yoga poses, core work and more for a relaxing recovery workout.

Slow Flow Yoga: Enjoy a flow style yoga class that will have you feeling stretched and relaxed.

Sunrise Stretch: Start your day off right with Sunrise Athletic Stretch. In this class, you will stretch from multiple positions such as standing, seated or on the floor to maximize the lengthening and relaxation of your muscles.

Yoga: This gentle and energizing practice will help you connect your body and mind.

Additional Land Classes during Pool Closure 8/12 to 9/13

Day	Time	Class Format	Studio	Instructor
Monday	11-11:45am	Balance & Chair Strength	B	Shelly
Tuesday	11-11:45am	Stand, Sit & Stay Fit	B	Shelly
Friday	10-10:45am	Balance & Chair Strength	B	Shelly
Friday	11-11:45am	Stand, Sit & Stay Fit	B	Shelly

Never miss a class!

To stay up to date and to receive notifications about class changes, please join the contact list by scanning the qr-code or visiting:
www.obparks.org/programs/fitness/group-exercise

