

Group Fitness Class Schedule - June 1 - August 3, 2024

Please note: the monthly 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 B Ann | 9:00-9:45am Flex & Stretch Studio B Trupti | 7:00-7:45am Sunrise Stretch Studio B 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 A Mari | 9:00-9:45am Total Body Strength Studio A Mari | 8:00-8:45am Yoga Studio A Mari | 10:00-10:45am Groove and Move Studio A Trupti | 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 B Ann | 10:00-10:45am Groove and Move Studio A Trupti | 8:00-8:45am Strength Balance & Stretch Studio B Ann | | 10:00-10:45am Total Body Strength Studio A Mari |
| 10:00-10:45am Cardio Tone NEW 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 | 5:00-5:45pm Cardio Fusion Studio A Mari | 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 | 6:00-6:45pm Core Conditioning Studio A Mari | 10:00-10:45am Chair Yoga NEW Studio B Anna | | |
| | 6:00-6:45pm Dance Fit Studio A Ann | 7:00-7:45pm Yoga Studio A Mari | 11:00-11:45am Slow Flow Yoga NEW Studio B Anna | | |
| | | | 6:00-6:45pm Cardio Strength Interval Studio B Chris | | |
| | | | 6:00-6:45pm Dance Fit Studio A Ann | | |

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

Special Hours:
 July 3: Open 5:30am-1pm
 July 4: Closed

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

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.

Class Categories
 Barre/Core
 Cardio
 Combination
 Stretch/Yoga
 Strength



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Group Fitness Class Descriptions



Oak Brook
Park District
A National Gold Medal Agency

Barre/Core

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.

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.

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.

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

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.

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.

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.

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

