

# Group Fitness Class Schedule - September 30 - November 30, 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	7:00-7:45am Sunrise Stretch Studio A   Ann	8:00-8:45am Cardio Strength Interval Studio A   Kara	7:00-7:45am Sunrise Stretch Studio A   Ann	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	8:00-8:45am Yoga Studio B   Mari	9:00-9:45am Flex & Stretch Studio B   Trupti	8:00-8:45am Yoga Studio B   Mari	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 Strength Balance & Stretch Studio A   Ann	9:00-9:45am Total Body Strength Studio A   Mari	8:00-8:45am Strength Balance & Stretch Studio A   Ann	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 <b>In-Person Only</b>	9:00-9:45am Muscles & Moves Studio A   Trupti	10:00-10:45am Groove and Move Studio A   Trupti	9:00-9:45am Muscles & Moves Studio A   Trupti	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 Chair Yoga Studio B   Mari	10:00-10:45am Core Conditioning Studio B   Shelly	9:00-9:45am BOOM MUSCLE  Studio B   Mari	10:00-10:45am Barre & Stretch Studio B   Dany	11:00-11:45am Bollywood Beats Studio A   Trupti
5:00-5:45pm Cardio Fusion Studio A   Mari	10:00-10:45am Tabata Strength Studio A   Mari	11:00-11:45am Sit & Stay Fit Studio B   Trupti	10:00-10:45am Tabata Strength Studio A   Mari		
6:00-6:45pm Core Conditioning Studio A   Mari	10:00-10:45am Pilates Studio B   Dany	11:00-11:45am Barre & Stretch Studio A   Dany	10:00-10:45am Chair Yoga Studio B   Anna		
7:00-7:45pm Yoga Studio A   Mari	11:00-11:45am Barre & Stretch Studio A   Dany	12:00-12:45pm Dance/Flex/Flow Studio A   Dany	11:00-11:45am Slow Flow Yoga Studio B   Anna		
	6:00-6:45pm Dance Fit Studio A   Ann	5:00-5:45pm Cardio Fusion Studio A   Mari	6:00-6:45pm Dance Fit Studio A   Ann		
		6:00-6:45pm Core Conditioning Studio A   Mari			
		7:00-7:45pm Yoga Studio A   Mari			

**Class Categories**  
 Barre/Core  
 Cardio  
 Combination  
 Stretch/Yoga  
 Strength


**Thursday, November 28 CLOSED**  
**Friday, November 29 Special Schedule TBA**

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

**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.

**Interested in Group Fitness Schedule Updates?**  
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# 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 Tone:** This class will feature a low impact cardio workout followed by strength training to tone your muscles.

**Dance/Flex/Flow:** This class will give you a complete workout with 15 minutes of dance, 15 minutes of strength training, and 15 minutes of yoga/stretching.

**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

**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.

**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.

### 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](http://www.obparks.org/programs/fitness/group-exercise)

