

# Group Fitness Class Schedule - January 2- March 29, 2025

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 <b>Cardio Strength Interval</b> Studio A   Kara	7:00-7:45am <b>Sunrise Stretch</b> Studio A   Ann	8:00-8:45am <b>Cardio Strength Circuit</b> Studio A   Kara <b>In-Person Only</b>	7:00-7:45am <b>Sunrise Stretch</b> Studio A   Ann	8:00-8:45am <b>Cardio Strength Interval</b> Studio A   Kara	7:15-7:45am <b>Sunrise Stretch</b> Studio A   Ann
9:00-9:45am <b>Sit &amp; Stay Fit</b> Studio B   Kara	8:00-8:45am <b>Yoga</b> Studio B   Mari	9:00-9:45am <b>Flex &amp; Stretch</b> Studio B   Trupti	8:00-8:45am <b>Yoga</b> Studio B   Mari	9:00-9:45am <b>Mindful Movement</b> Studio A   Trupti	8:00-8:45am <b>Yoga</b> Studio B   Mari
9:00-9:45am <b>Total Body Strength</b> Studio A   Mari	8:00-8:45am <b>Strength Balance &amp; Stretch</b> Studio A   Ann	9:00-9:45am <b>Total Body Strength</b> Studio A   Mari	8:00-8:45am <b>Strength Balance &amp; Stretch</b> Studio A   Ann	9:00-9:45am <b>Sit &amp; Stay Fit</b> Studio B   Dany	8:00-8:45am <b>BOOM MUSCLE</b> Studio A   Ann 
10:00-10:45am <b>Swell</b> Studio A   Meg <b>In-Person Only</b>	9:00-9:45am <b>Muscles &amp; Moves</b> Studio A   Trupti	10:00-10:45am <b>Groove and Move</b> Studio A   Trupti	9:00-9:45am <b>Muscles &amp; Moves</b> Studio A   Trupti	10:00-10:45am <b>Groove and Move</b> Studio A   Trupti	9:00-9:45am <b>Dance Fit</b> Studio A   Ann
10:00-10:45am <b>Cardio Tone</b> Studio B   Shelly	9:00-9:45am <b>Chair Yoga</b> Studio B   Mari	10:00-10:45am <b>Core Conditioning</b> Studio B   Shelly	9:00-9:45am <b>BOOM MUSCLE</b> Studio B   Mari 	10:00-10:45am <b>Barre &amp; Stretch</b> Studio B   Dany	10:00-10:45am <b>Total Body Strength</b> Studio A   Mari
5:00-5:45pm <b>Cardio Fusion</b> Studio A   Mari	10:00-10:45am <b>Tabata Strength</b> Studio A   Mari	11:00-11:45am <b>Sit &amp; Stay Fit</b> Studio B   Trupti	10:00-10:45am <b>Tabata Strength</b> Studio A   Mari		11:00-11:45am <b>Bollywood Beats</b> Studio A   Trupti
6:00-6:45pm <b>Core Conditioning</b> Studio A   Mari	10:00-10:45am <b>Pilates</b> Studio B   Dany	11:00-11:45am <b>Barre &amp; Stretch</b> Studio A   Dany	10:00-10:45am <b>Chair Yoga</b> Studio B   Anna		
7:00-7:45pm <b>Yoga</b> Studio A   Mari	11:00-11:45am <b>Barre &amp; Stretch</b> Studio A   Dany	12:00-12:45pm <b>Just D.A.N.C.E</b> Studio A   Dany	11:00-11:45am <b>Slow Flow Yoga</b> Studio B   Anna		
	6:00-6:45pm <b>Dance Fit</b> Studio A   Ann	5:00-5:45pm <b>Barre Up</b> Studio A   Mari	6:00-6:45pm <b>Dance Fit</b> Studio A   Ann		
		6:00-6:45pm <b>Core Conditioning</b> Studio A   Mari			
		7:00-7:45pm <b>Yoga</b> Studio A   Mari			

**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.*

**Fees**  
 Non-Member Daily Fee: \$14  
 Non-Member In-District Daily Fee: \$10


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

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

**Super Saturday Sampler - February 1!**



**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



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Park District  
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## 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.

## Cardio

**Barre Up:** Barre Up is a blend of ballet inspired moves, Pilates, and yoga to create a fun and effective class for all fitness levels.

**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.

**Just D.A.N.C.E.:** Open yourself to the beauty of dance and fun cardio workout. Just follow simple choreography that combines fast and slow rhythms to tone and sculpt your body while burning fat.

**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.

**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.

## 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.

**Cardio Strength Circuit:** Move around the room in a circuit style workout that will deliver strength and cardio.

**Cardio Strength Interval:** This class will focus on strength, cardio bursts and balance training. being able to get up and down from the floor is recommended.

## 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)

