

# Group Fitness Class Schedule - September 18 - October 7, 2023

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 quarterly 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 B   Kara	6:00-6:45am through 9/28 *Sunrise Yoga Gazebo   Mari	8:00-8:45am Cardio Strength Interval Studio B   Kara	6:00-6:45am through 9/28 *Sunrise Yoga Gazebo   Mari	8:00-8:45am Cardio Strength Interval Studio B   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 Sit & Stay Fit Studio B   Dany	8:00-8:45am Strength, Balance & Stretch 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 Triple B Studio A   Mari	8:00-8:45am Yoga Studio A   Mari	10:00-10:45am Groove and Move Studio B   Trupti	9:00-9:45am Dance Fit Studio A   Ann
10:00-10:45am Groove and Move Studio A   Kara	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 Barre & Stretch Studio A   Dany	10:00-10:45am Rockout! Studio A   Mari
5:00-5:45pm Rockout! Studio A   Mari	9:00-9:45am Muscles & Moves Studio A   Trupti	10:00-10:45am Pilates Fusion Studio B   Dany	9:00-9:45am Muscles & Moves Studio A   Trupti	11:00-11:45am Just D.A.N.C.E. Studio A   Dany	11:00-11:45am Bollywood Beats Studio A   Trupti
6:00-6:45pm Core Conditioning Studio A   Mari	9:00-9:45am Chair Yoga Studio B   Mari	11:00-11:45am Barre Strong Studio A   Dany	9:00-9:45am BOOM MUSCLE Studio B   Mari 	11:00-11:45am Weights, Core & More Studio B   Trupti	
7:00-7:45pm Yoga Studio A   Mari	10:00-10:45am Pilates Fusion Studio B   Dany	11:00-11:45am Sit & Stay Fit Studio B   Trupti	10:00-10:45am Tabata Strength Studio A   Mari		
	11:00-11:45am Barre & Stretch Studio A   Dany	5:00-5:45pm Rockout! Studio A   Mari	10:00-10:45am Pilates Fusion Studio B   Dany		
	12:00-12:45pm Just D.A.N.C.E. Studio A   Dany	6:00-6:45pm Core Conditioning Studio A   Mari	11:00-11:45am 15-15-15 Studio A   Dany		
	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		
	6:15-6:45pm Core Conditioning Studio B   Carlissa				


**Class Categories**

- Barre/Core
- Cardio
- Combination
- Stretch/Yoga
- Strength

**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*

**Interested in Aquatic Classes?**  
 Scan the QR code to check out our offerings from Monday-Friday!



# 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.

**Barre Strong:** This class will follow traditional barre style movements but with a focus on building muscular strength.

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

**Pilates Fusion:** Work your core to improve your daily functions such as around the house, work, at the gym or playing a sport. This class will help you strengthen your core and improve range of motion.

## 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.

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

**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.

**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.

**Rockout!:** Get energized, sweaty, and toned while rocking out with drumsticks and exhilarating music. Let loose, release your stress and have a blast!

## Combination

**15-15-15:** Short on time? Get the complete workout with 15 minutes of cardio, strength, core and stretch in this 45 minute workout!

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

**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.

**Weights, Core & More:** Using a variety of equipment and body weight, this class will bring attention to that mid-section with specific core and trunk exercises. Participants should feel comfortable getting down and up from the floor.

## Strength

**Lengthen & Define:** this class is designed to increase muscle definition. Whether standing or on the floor-you will use a variety of resistance tools or your own body weight to lengthen, lift and tone.

**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.

**Triple B:** 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.

**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.

**Sunrise Yoga:** Join us for this outdoor experience to awaken the body and mind in preparation for the day.

**Yoga:** Begin your morning with this gentle and energizing practice to awaken the body and mind in preparation for the day ahead.

### 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)

