

# GROUP EXERCISE SCHEDULE

# OCTOBER 14-DECEMBER 15



Monday			Tuesday			Wednesday			Thursday			Friday		
Group Exercise Studio	Fitness Studio	Multi-Purpose Room	Group Exercise Studio	Fitness Studio	Multi-Purpose Room	Group Exercise Studio	Fitness Studio	Multi-Purpose Room	Group Exercise Studio	Fitness Studio	Multi-Purpose Room	Group Exercise Studio	Fitness Studio	Multi-Purpose Room
5:30-6:30 CSI Megan		5:15-6:00 Cycle Eileen	5:30-6:30 BodyCombat Tony		6:00-6:50 Cycle Michelle	5:30-6:30 BodyPump Bridget			5:30-6:30 Step Challenge Megan		6:00-6:50 Cycle Michelle	5:30-6:30 Interval Training Tamara		
8:00-9:00 Lean 'n Mean Tonya		8:25-8:55 Stretch Beverly	7:45-8:30 CSI Julie		8:30-9:20 Cycle Kathy	8:00-9:00 BARRE Jennifer Hoger		8:25-8:55 Sit & Get Fit Julie/Larry	7:45-8:30 ZEN Julie		8:30-9:20 Cycle Samantha	8:00-9:00 20/20/20 Jennifer Hoger		
9:05-10:05 BARRE Alicia	9:00-10:00 Insanity Shelbie	9:00-9:30 Stretch Jennifer	8:45-9:45 BodyPump Shelbie	9:15-10:00 TRX Circuit Janet		9:05-10:05 BodyCombat Larry	9:30-10:30 Interval Training Tamara	9:00-9:30 Stretch Jennifer	8:45-9:45 BodyPump Shelbie			9:05-10:00 Zumba Lucy	9:15-10:15 Insanity Shelbie	9:00-9:30 Stretch Linda
	10:05-11:05 Interval Training Tamara	9:45-10:45 Hatha Yoga Jennifer	9:50-10:50 Zumba Rachel	10:15-10:45 CXWORX Beverly		10:10-11:05 Zumba Lucy		9:45-10:45 Hatha Yoga Jennifer	9:50-10:50 BARRE Fran/Kelly	9:30-11:30 Weight Watchers	9:30-10:00 Stretch Linda	10:05-10:50 Mat Pilates Alicia		10:15-11:15 Hatha Yoga Larry
10:45-11:45 Forever Fit Nancy					11:00-12:00 Chair Yoga Nancy	11:10-12:05 Zumba Gold Silvia					10:50-11:50 Chair Yoga Linda	10:55-11:55 Forever Fit Jennifer Hoger		
		11:30-12:30 Zumba Gold Esther				12:15-1:15 BodyPump Esther					12:30-2:00 Tai Chi	12:00-1:00 BodyPump Jennifer		
4:30-5:25 Transform Live + Core Jennifer Hoger	6:00-6:45 TRX Circuit Jennifer		5:00-6:00 BodyCombat Larry		4:00-5:30 Little Dragons ETSD	4:30-5:30 BARRE Alicia			5:00-6:00 BodyPump Vicky	3:45-4:30 Young Yogi's Beverly	4:00-5:30 Little Dragons ETSD	5:00-6:00 BodyCombat Tony		4:30-5:30 Zumba Kids Silvia
5:30-6:00 STRONG 30 Lucy						5:35-6:20 STRONG Lucy	5:30-6:15 TRX Circuit Tamara			4:45-5:30 Tween Yogi's Beverly				
6:00-6:45 Zumba Lucy		5:30-8:30 Karate ETSD	6:05-7:05 BodyPump Jennifer/ Stephanie	6:15-7:00 HIIT Tamara	5:30-7:30 Karate ETSD		7:00-8:00 FIT4BABY Prenatal	5:30-8:30 Karate ETSD	6:05-6:35 CXWORX Vicky		5:30-7:30 Karate ETSD			6:30-8:30 Karate ETSD
6:50-7:50 BodyPump Jennifer	7:00-8:00 WOW! Nancy		7:15-8:15 Hatha Yoga Jennifer			6:30-7:30 BodyPump Kile			6:40-7:40 Zumba Lucy		7:30-8:30 Hatha Yoga Jordan			

**CLASSES IN GREEN REQUIRE ADDITIONAL FEE AND REGISTRATION**

# WEEKEND SCHEDULE

Saturday			Sunday		
Group Exercise Studio	Fitness Studio	Multi-Purpose Room	Group Exercise Studio	Fitness Studio	Multi-Purpose Room
6:30-7:30 <b>Step Challenge</b> Megan		8:00-9:00 <b>Cycle</b> Jordan/Michelle/Samantha	8:00-9:00 <b>Zumba</b> Silvia/Lisa	9:00-10:00 <b>BARRE</b> Alicia/Fran	
7:35-8:35 <b>BodyPump</b> Shelbie	9:45-10:45 <b>TRX Circuit</b> Tamara		9:05-10:05 <b>BodyPump</b> Shelbie	10:05-10:50 <b>HIIT</b> Kile	10:15-11:15 <b>Yoga</b> Larry
8:40-9:40 <b>BodyCombat</b> Larry/Tony					
9:45-10:45 <b>BodyPump</b> Larry/Stephanie		9:15-10:15 <b>Vinyasa Flow</b> Jennifer			4:00-6:00 <b>Hapkido</b>

Classes in green require additional fee and registration. Cycle classes require sign-up at service desk. No outdoor shoes in studios. Classes/Instructors subject to change without notice.

15/15/15: A great cross training combination of 15 minutes of step, 15 minutes of hi-lo aerobics and 15 minutes of strength.

**BARRE:** Inspired by Pilates, strength training and Yoga, you will use light weights, gliding discs, bender balls and more while focusing on isometric holds to contract muscles. Small range movements combined with high reps will target your muscles and core like never before!

**BODYCOMBAT™** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick, and kata your way through calories to superior cardio fitness.

**BODYPUMP™** is the original barbell class that strengthens your entire body. BodyPump challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Your choice of weight will inspire you to get the results you came for and fast!

**Chair Yoga:** Get the benefits of yoga without being on the floor! Modified postures include seated and standing positions using the chair for support.

**CSI:** Cardio Strength Interval. Alternating segments of cardiovascular and strength training, this class will utilize a variety of equipment to give you a total body workout.

**CXWORX™** is a revolutionary 30 minute core training class based on cutting-edge scientific research. This program is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body, this workout will leave you looking good and feeling strong.

**Cycle:** Our cycling classes are a low impact way to drive cardiovascular fitness and better muscular endurance. All skill levels benefit from cycling: first timers, intermediate level participants, street riders and experienced racers. Come join a fun and effective workout which impacts all your daily activities. We will fit you to a bike to maximize your ride.

**Forever Fit:** A lighter, low impact class designed for those just beginning an exercise program. Resistance training follows the cardio portion of class.

**Hatha Yoga:** This class focuses on a blend of challenging and relaxing postures with an emphasis on breath awareness as well as introducing relaxation poses and meditation. All levels welcome.

**HIIT:** High Intensity Interval Training is mixing short bursts of intense work followed by recovery periods. Scorch calories and watch your cardio endurance soar! This class will take your fitness to the next level and leave you feeling stronger.

**Insanity:** A cardio-based total body-conditioning program that allows a person to beat the body's natural response of getting used to exercising at one level of exertion, pushing participants to new heights, resulting in more calories burned, faster results, and a more efficient metabolism.

**Interval Training:** This non-stop class full of cardio and strength intervals will surely increase your endurance, strength and burn lots of calories! No class is the same!

**Lean 'n Mean:** A combination strength training and flexibility training to create long, lean muscles.

**Mat Pilates:** Each class will work to increase strength and flexibility with an emphasis on challenging the core muscles with each movement.

**Sit & Get Fit:** A combination of cardiovascular and strength training that can be done seated in a chair.

**Step Challenge:** A step class geared toward the intermediate and advanced participant. Combinations will be more complex.

**Stretch:** A class of flexibility exercises for the entire body. All fitness levels are welcome.

**STRONG:** Moving in sync with music to drive intensity, this non-dance based class is a combination of high intensity interval training exercises that will cause your fitness level to soar!

**Transform Live + Core:** A breakthrough, non-traditional step class that takes athletic drills onto the step platform. You will sculpt your legs, glutes, upper body and core in this cardio conditioning class and end with a focus on core strength.

**TRX Circuit:** A non-stop circuit designed with functional movement patterns and high intensity efforts using TRX Straps, weights & more. This class will hit your body in a way you haven't worked before!

**Vinyasa Flow:** In this class you will coordinate breathe with movement to flow from pose to pose. Bring a Yoga mat. \*\*This class is recommended for those with experience practicing Yoga.

**WOW! - Women On Weights:** A class for women only. Resistance training to help maintain bone health, build strength and burn calories. Learn proper technique and how to get the most out of your training.

**Zumba:** This class incorporates Latin and international rhythms along with dance steps like salsa, merengue, cha cha, and samba in a class that is fun and easy to do.

**Zumba Gold:** For the active older adult or individuals new to exercise. Combines high energy and motivating music with unique moves and combinations. Fun and easy to do.

**ZEN:** A fusion style flexibility workout combining Pilates, Yoga, Dance and Strength in a flowing sequence.

## UPCOMING PARK DISTRICT EVENTS:



### 9th Annual Holiday Market at Wilder Mansion

Friday, Nov. 1 4-9pm  
Saturday, Nov. 2 10am-4pm

Over 60 artisans and gourmet food vendors including one of a kind hats, scarves, pottery, ornaments, stationery, chocolates, fashion and MORE!

While you shop, enjoy a glass of wine, for sale provided by Doti Liquors on Friday, and enjoy Brewpoint Coffee for sale on Saturday. For more information visit [rglmarketingforthearts.com](http://rglmarketingforthearts.com).

Produced by: RGL Marketing for the Arts, Inc.



### Annual Tree Lighting in Wilder Park

Thursday, Dec. 5 5:30-7:30pm

Meet with a special visitor from the North Pole, enjoy holiday entertainment and participate in children's activities. The evening will get you ready for the season!

Get into the holiday spirit by bringing together your family, friends or organization to decorate one of the 60 holiday trees around the park. Take part in an Elmhurst tradition and pick your tree at the Wagner Community Center! (\$60R/\$68NR Per Tree)

Event Presenting Sponsors: Healthy Driven | Edward-Elmhurst Health and Timothy Christian Schools



### Santa at Wilder Mansion

Saturday, Dec. 7 9am-12:30pm

The fun begins with cookies and cocoa served by Santa's Elves. There will be holiday craft-making, and each child will receive time with Santa and a complimentary photo. Featured will be Santa's Workshop, a special place just for children where they can purchase inexpensive holiday gifts for those they love. Santa's Workshop will be stocked with great gifts for Mom, Dad and more! Each child and adult must register for Santa at Wilder Mansion. Fees: \$12R/\$14NR Adult; \$16R/\$18NR Child.