

# GROUP EXERCISE

AUGUST 20 - OCTOBER 14

COURTS PLUS  
MY COMMUNITY. MY FITNESS CENTER.

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 Michelle	5:30-6:25 BARRE Julie W.		6:00-6:50 Cycle Mary Pat	5:30-6:30 BodyPump Bridget			5:30-6:30 Step Challenge Megan		6:00-6:50 Cycle Mary Pat	5:30-6:30 Interval Training Tamara		6:00-6:50 Cycle Lin
8:00-9:00 Lean 'n Mean Tonya		8:25-8:55 Stretch Stephanie	7:45-8:30 15/15/15 Julie K.		8:30-9:20 Cycle Lin/Samantha	8:00-9:00 BodyPump Larry		8:25-8:55 Sit & Get Fit Kelly	7:45-8:30 ZEN Julie K.		8:30-9:20 Cycle Samantha	8:00-9:00 CSI Ron		
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 Kelly	8:45-9:45 BodyPump Shelbie			9:10-10:10 Zumba Lucy	9:15-10:15 Insanity Shelbie	9:00-9:30 Stretch Kelly
10:10-10:40 CXWORX Neda/Shelbie	10:05-11:05 Interval Training Tamara	9:45-10:45 Hatha Yoga Jennifer	9:50-10:50 BodyCombat Larry		9:30-10:30 FIT4MOM	10:10-11:10 Zumba Lisa		9:45-10:45 Hatha Yoga Jennifer	9:50-10:20 CXWORX Jennifer/Neda	9:30-11:30 Weight Watchers	9:30-10:30 FIT4MOM			10:15-11:15 Hatha Yoga Kelly
10:45-11:45 Forever Fit Nancy					11:00-12:00 Chair Yoga Nancy	11:15-12:15 Zumba Gold Silvia			10:30-11:30 BARRE Esther/Neda		10:50-11:50 Chair Yoga Linda	10:45-11:45 Lean 'n Mean Linda		
12:00-1:00 BodyPump Neda		11:00-12:00 Zumba Gold Esther			12:15-1:00 Cycle Michelle	12:20-1:20 BARRE Esther					12:30-2:00 Tai Chi	12:00-1:00 BodyPump Larry/Jennifer		
4:30-5:30 Power Step Julie W.			5:00-6:00 Zumba Lucy		4:00-5:30 Little Dragons ETSD	4:30-5:00 POUND Julie W.			5:00-6:00 BodyPump Vicky		4:00-5:30 Little Dragons ETSD	5:00-6:00 BodyCombat Antonette		4:30-5:30 Zumba Kids Silvia
						5:05-5:35 CXWORX Julie W.	5:30-6:15 TRX Circuit Tamara							
5:35-6:35 STRONG By Zumba Lucy	6:00-6:45 TRX Circuit Jennifer	5:30-8:30 Karate ETSD	6:05-7:05 BodyPump Jennifer/ Stephanie	6:15-7:15 Insanity Antonette	5:30-7:30 Karate ETSD	5:40-6:30 BARRE Julie W.	7:00-8:00 FIT4BABY Prenatal	5:30-8:30 Karate ETSD	6:05-6:35 CXWORX Vicky	7:00-8:00 FIT4MOM	5:30-7:30 Karate ETSD	6:05-6:35 CXWORX Antonette		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			6:40-7:40 BodyPump Instructor Varies			6:40-7:40 Zumba Lucy		7:30-8:30 Yoga Jordan			

SHOW US YOUR

#COURTSPLUSSTRONG

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

# 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	8:30-9:30 <b>FIT4MOM</b>	8:00-9:00 <b>Cycle</b> Jordan/Michelle/Samantha	8:00-9:00 <b>Zumba</b> Lucy	8:00-9:00 <b>Insanity</b> Antonette	
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	9:05-10:00 <b>BARRE</b> Julie W.	
8:40-9:40 <b>BodyCombat</b> Antonette			10:10-10:40 <b>CXWORX</b> Julie W.		
9:45-10:45 <b>BodyPump</b> Larry/Stephanie		9:15-10:15 <b>YogaBasics</b> Linda	10:45-11:45 <b>ZEN</b> Julie W.		4:00-6:00 <b>Hapkido</b>

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## CHANGE THE WAY YOU WORK OUT WITH MYZONE

Take your effort to the next level with MyZone, now available at Courts Plus!

- Innovative monitoring system that reads your heart rate, calories burned and overall effort in real time
- Myzone streams live workout information to your smartphone and compatible fitness trackers
- View calories burned and your effort in real time on display in Cycle, Insanity, TRX Circuit, and Interval Training
- Wear in all classes and your workouts to track your fitness while data streams right to your smartphone!

**You can purchase your Myzone belt at the Courts Plus service desk!**



**Out with the old and in with the NEW! Check out our brand new Spin bikes!**

Elmhurst Park District  
Presenting

**SATURDAY, AUGUST 25 • BERENS PARK • 5 TO 10 PM**

- ★ EXPANDED BEER AND WINE GARDEN
- ★ LIVE ENTERTAINMENT
- ★ FOOD TRUCKS
- ★ FACE PAINTING
- ★ KIDS' ACTIVITIES

**PARK PALOOZA**

PRESENTED BY Schiller, Healthly Driven, COURTS PLUS

**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.

**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.

**POUND** A cardio jam session inspired by the infectious, energizing and sweat dripping fun of playing the drums. Using lightly weighted RIPSTIX designed for this class. Pound transforms drumming into an incredibly effective way of working out in this full-body cardio and strength conditioning class.

**Power Step (formerly BodyStep)** Athletic training on the step including strength, intervals, speed/agility training and more. Push your cardio into high gear and watch the calories melt away!

**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 by Zumba** 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!

**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!

**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.

**Yoga** A relaxing and non-impact exercise that will leave you feeling exhilarated! The regular practice of yoga can restore and enhance strength, flexibility and balance to your mind and body.

**YogaBasics** Great for all levels – those who want to refine their alignment in the postures and for beginners who are just getting started. Supports deeper work into range of motion, core strength and muscular strength and endurance.

**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.