

SCHAUMBURG PARK DISTRICT

LAND FITNESS SCHEDULE | SPRING 2017

EFFECTIVE MAY 19

Community Recreation Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-10 a.m. Wellness Cardio Kick Box • Rachel	9-10 a.m. Wellness Circuit Challenge • Rachel	9-10 a.m. Wellness Barbell Blast • Colette	9-10 a.m. Wellness Boot Camp Blast • Marzena	9-10 a.m. TRX Studio Tabata TRX • Rachel	8:15-9 a.m. Wellness Body Shred® • Heather
9-10 a.m. Gym Strong Heart and Body • Jen	9-10 a.m. Dance 3 Tai Chi (Adv) • Jim	9-10 a.m. Gym Cardio Conditioning • Julie	9-10 a.m. Dance 3 Tai Chi (Adv) • Jim	9-10 a.m. Gym Cardio Conditioning • Colette	Active Older Adult Class (Former Club 55)
10:10-11:10 a.m. Wellness Barre & Beyond • Gina	10-11 a.m. Gym Cardio Conditioning • Julie	10:15-11:15 a.m. Fitness Gentle Yoga • Kathy	10-11 a.m. Gym Strong Heart and Body • Julie	10:05-10:45 a.m. Wellness Core & More • Colette	
10:15-11:15 a.m. Fitness Gentle Yoga • Kathy	10-11 a.m. Dance 3 Tai Chi (Beg/Int) • Jim		10-11 a.m. Dance 3 Tai Chi (Beg/Int) • Jim	10:15-11:15 a.m. Fitness Gentle Yoga • Kathy	
	10:10-11:10 a.m. Wellness Total Body Strength • Gina		10:10-11:10 a.m. Wellness Total Body Strength • Gina		
5:30-6 p.m. Fitness Core & More • Sarah		5:30-6:30 p.m. Wellness Cardio Sculpt • Colleen			Sunday
6-7 p.m. Fitness Cardio Kick Box • Sarah	6:15-7:15 p.m. Wellness Total Body Strength • Sandy	6:30-7 p.m. Wellness Core & More • Colleen	6:15-7:15 p.m. Wellness Total Body Strength • Sandy		8-8:45 a.m. Wellness Pound®: Drumming Extreme • Eileen/Traci
	7:20-8:20 p.m. Wellness Yoga Fusion • Marzena	7:30-8:15 p.m. Fitness Pound®: Drumming Extreme • Traci	7:20-8:20 p.m. Wellness Yoga Sculpt • Brittany		9:15-10:30 a.m. Wellness Total Body Strength • Sandy

Meineke Recreation Center Schedule (all classes in the studio)

Monday	Tuesday	Wednesday	Thursday	Friday
5:45-6:30 a.m. Tabata Boot Camp • Rachel	5:45-6:30 a.m. Cardio Kick Box • Rachel	5:45-6:30 a.m. Cardio Sculpt • Alexis	5:45-6:30 a.m. Core & More • Rachel	5:45-6:30 a.m. Barbell Blast • Rachel
8:40-9:40 a.m. Cardio Combo • Lyn	8:40-9:30 a.m. Cardio Sculpt • Lyn	8:40-9:40 a.m. Step Circuit • Lyn	8:40-9:30 a.m. Cardio Sculpt • Lyn	8:40-9:30 a.m. Core & More • Lyn
9:45-11 a.m. Strength & Stretch • Lyn	9:35-10:05 a.m. Total Body Stretch • Lyn	9:45-11 a.m. Strength & Stretch • Lyn	9:40-10:40 a.m. Yoga Flow • Dina	9:40-10:40 a.m. Barbell Blast • Julie
	7:30-8:30 p.m. Pilates • Eileen		7:10-8:10 p.m. Yoga Flow • Heather	



Schaumburg Park District

UNLIMITED FITNESS

Land Class Descriptions

Barbell Blast - Barbell Blast is a full-body work out utilizing barbells, a bench and a mat to improve muscular strength and endurance. This straight-forward and simple format will highlight each major muscle group so you'll feel stronger from head to toe.

Barre Basics - Borrowed from the dance world and created in-house, this class will work your entire body like nothing else! Class combines traditional floor exercise, work at the ballet barre and strength work utilizing both body weight and light equipment. **No dance experience necessary!**

Body Shred[®] - BODY SHRED™ is a high intensity and endurance based 30 minute workout. Utilizing a 3-2-1 interval approach: three minutes of strength, two minutes of cardio and one minute of abs. You will shed fat, define muscle, transform the look of your entire physique, and dramatically enhance your overall health and athletic performance.

Boot Camp Blast - Get and stay in shape with this intense boot-camp style workout! You will be challenged with a variety of agility, strength, plyometric, core and cardio drills to get your body ready for anything. Intermediate to advanced exercise levels recommended.

Cardio Combo - A mix of heart-rate boosting cardiovascular exercise ending with stretching and core strength.

***Cardio Conditioning** - Burn calories and increase your energy with low impact cardio exercises.

Cardio Kick Box - A traditional cardio kick box class with high-energy combinations of kicks and punches. This energetic class will challenge you from head to toe while improving cardiovascular fitness.

Cardio Sculpt - No fancy flourishes, just straight forward cardiovascular and strength conditioning integrated to increase your overall fitness.

Core and More - A resistance training class that targets the abdominal, back, gluteal muscles and MORE! You never know what the MORE will be, but it will burn calories and leave you with a fitter frame! All fitness levels welcome.

***Gentle Yoga** - A gentle yoga class that blends balance, strength, flexibility and power in a fitness format. A practical, user-friendly style which is accessible, understandable and doable by individuals at any level of fitness.

Pound: Rockout Workout[®] - Pound[®] is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Designed for all fitness levels, Pound[®] provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming

philosophy appeals to men and women of all ages and abilities.

Power Yoga - A more advanced version of Yoga Flow.

Step Circuit - Combine step, strength, core and more and you get this class! For the hardcore step lover and the person just starting out alike!

Strength and Stretch - A total body strength workout with an extra stretch. Spend the first 45 minutes strengthening all the major muscle groups before cooling down with an extended 30 minute total body stretch.

***Strong Heart and Body** - This class will strengthen the entire body including your heart. Bands, balls, cardio moves, stretching and strengthening all in one class.

Tabata Boot Camp - Minutes matter in this uncomplicated, intense format. Timed intervals of power, agility, cardio, strength and isometric exercises are combined to help achieve goals and push you even further.

***Tai Chi** - This class originated in China as a martial art and requires you to move your body slowly, gently, and with awareness, while breathing deeply. Improve your posture and balance and gain more control over your body and your ability to perform everyday activities.

Total Body Strength - This powerful class uses strength training, plyometrics and core exercises to define muscles and increase calorie burning capacity.

Total Body Stretch - Total Body Stretch provides the ultimate deep stretch and recovery for tired muscles. Lengthen from head to toe using a mat and foam roller.

Yoga Flow - A straightforward yoga class with safe and effective exercises emphasizing lengthening, balance and strength.

Yoga Fusion - This class blends basic yoga technique with a few aspects of traditional core exercises and Pilates movements.

Yoga Sculpt - A full-body yoga class combining traditional yoga flows and postures with light weights and sculpting exercises.

*Active Older Adult Classes (formerly Club 55)

SCHAUMBURG PARK DISTRICT

AQUA FITNESS SCHEDULE | SPRING 2017

EFFECTIVE MARCH 27 | Free Week: March 27-April 2 | **1 p.m. Aqua Motion at STP: 3/27, 3/29**
 (No class May 29)

The Water Works Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:10-7:10 a.m. Aqua Step • Kathy	6:10-7:10 a.m. Deep Dynamics • Donna	6:10-7:10 a.m. Power Splash • Kathy	6:10-7:10 a.m. Deep Dynamics • Donna	6:10-7:10 a.m. Deep Dynamics • Donna	7:30-8:20 a.m. Power Splash • Angela
7:30-8:20 a.m. Aqua Motion • Kathy	7:30-8:30 a.m. Power Splash • Donna	7:30-8:20 a.m. Aqua Motion • Kathy	7:30-8:30 a.m. Deep Dynamics • Donna	7:30-8:30 a.m. Power Splash • Donna	8:30-9:30 a.m. Deep Dynamics • Angela
9-10 a.m. Deep Dynamics • Donna	9-10 a.m. Aqua Interval • Cyndi	9-10 a.m. Deep Dynamics • Janice	9-10 a.m. Power Splash • Cyndi	9-10 a.m. Deep Dynamics • Donna	Sunday
1-1:50 p.m. Aqua Motion • Marzena		1-1:50 p.m. Aqua Motion • Marzena	11-11:50 p.m. Aqua Motion • Marzena		
6-7 p.m. Deep Dynamics • Maria					

Schaumburg Tennis Plus Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9-10 a.m. Power Splash • Janice		9-10 a.m. Power Splash • Cyndi		9-10 a.m. Aqua Interval • Janice
	4-5 p.m. Power Splash • Cheryl		4-5 p.m. Power Splash • Cheryl/Donna	
5:30-6:30 p.m. Aqua Motion • Mary		5:30-6:30 p.m. Aqua Motion • Mary	6-7 p.m. Power Splash • Maria	

Deep Water Class (Diving Well)	Shallow Water Class (Lap Pool)
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Schaumburg Park District

UNLIMITED FITNESS

Aqua Class Descriptions

(Aqua shoes are recommended)

Aqua Interval - A cardio workout combined with higher intensity intervals to boost heart rate and burn muscles.

Aqua Motion - Easy to follow, low-impact water aerobics combined with range of motion movements for a fun water workout. (Level 1)

Aqua Step - A low impact cardio workout in the shallow pool utilizing an aqua step which is used to increase intensity. Class includes strength training with tubes and buoyant dumbbells. (Level 1-2-3)

Deep Dynamics - This non-impact workout will take you to the depths of your fitness training! Held in the deep water with aid of buoyancy equipment, this workout uses maximum water resistance. (Level 2-3)

Power Splash - An invigorating workout that is high on energy and low on impact! Performed in shallow water, this workout includes cardiovascular and strength training, and stretching for a total body workout! All fitness levels welcome. (Level 1-2-3)

Each class can be taught to fit individual fitness levels.