

Land Fitness							Fitness Unlimited	Fitness Unlimited PLUS (Includes all classes)	*Active Older Adult
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
Community Recreation Center: 847/490-7020 Rooms: FS-Fitness Studio WS-Wellness Studio D3-Dance Room 3 Gym TRX- TRX Studio CS-Cycle Studio									
9-10 a.m. Vanessa Cardio Kick Box • WS	8:50-9:30 a.m. Kim Total Body Conditioning • WS	6-7 a.m. Dottie Cycle • CS	9-9:50 a.m. Colette Cycle • CS	9-10 a.m. Colette Interval Intrigue • WS	8-9 a.m. Sara Cycle • CS				
9-10 a.m. Jen Strong Heart & Body* • Gym	9-10 a.m. Jim Tai Chi*	9-10 a.m. Colette Barbell Blast • WS	9-9:50 a.m. Marzena Boot Camp Blast • WS	9-10 a.m. Jen Cardio Conditioning* • Gym	9:15-10 a.m. Alexis RIP & More • WS				
10:15-11:15 a.m. Amanda Yoga Fusion • WS	9:50-10:40 a.m. Amanda Yoga Fusion • WS	9-10 a.m. Kathy Cardio Conditioning* • Gym	9-10 a.m. Jim Tai Chi*	10:05-10:45 a.m. Colette Core & More • WS	9:15-10 a.m. Traci TRX Strength • TRX				
10:15-11:15 a.m. Kathy Gentle Yoga* • Gym	10-11 a.m. Jim Tai Chi (Beg/Int)*	9:30-10:30 a.m. TRX Circuit • TRX	9:50-10:40 a.m. Marzena Yoga Fusion* • WS	10:15-11:15 a.m. Kathy Gentle Yoga* • Gym	10:15-11 a.m. Alexis Boot Camp Blast • WS				
5:30-6:30 p.m. Sarah Yoga	10-11 a.m. Traci Cardio Conditioning* • Gym	10:15-11:15 a.m. Kathy Gentle Yoga* • Gym	10-11 a.m. Vanessa Strong Heart & Body* • Gym	10:15-11:15 a.m. Traci Zumba Gold • D3					
6-7 p.m. Phil Cycle • CS	5:30-6:15 p.m. Sandy TRX Strength • PS	5:30-6:30 p.m. Colleen Cardio Sculpt • WS	10-11 a.m. Jim Tai Chi (Beg/Int)* • D3						
	6:15-7:15 p.m. Sandy Total Body Strength • WS	6-7 p.m. Eileen Cycle • CS	6-7 p.m. Dottie Cycle • CS						
	7:20-8:20 p.m. Marzena Yoga Fusion • WS	6:30-7 p.m. Colleen Core & More • WS	6:15-7 p.m. Traci POUND* • D2						
		7:15-8 p.m. Eileen TRX • TRX	6:15-7:15 p.m. Sandy Total Body Strength • WS						



Meineke Recreation Center: 847/985-2143 Room: Studio				
5:35-6:20 a.m. Rachel Tabata Boot Camp	5:35-6:20 a.m. Rachel Cardio Kick Box	5:45-6:30 a.m. Eileen Total Body Conditioning	5:35-6:20 a.m. Rachel Core & More	5:35-6:20 a.m. Rachel Barbell Blast
8:40-9:40 a.m. Lyn Cardio Combo	8:40-9:30 a.m. Lyn Cardio Sculpt	8:40-9:40 a.m. Lyn Step Circuit	8:40-9:30 a.m. Lyn Cardio Sculpt	8:40-9:30 a.m. Lyn Core & More
9:45-11 a.m. Lyn Strength & Stretch	9:35-10:05 a.m. Lyn Total Body Stretch	9:45-11 a.m. Lyn Strength & Stretch	9:40-10:40 a.m. Dina Yoga Flow	9:45-10:45 a.m. Vanessa PiYo
6-7 p.m. Vanessa PiYo	6:15-7:15 p.m. Eileen BANG	6:15-7:15 p.m. Angie RIP	6:20-7:10 p.m. Heather RIP & More	
7:30-8:30 p.m. Vanessa Zumba	7:30-8:15 p.m. Eileen Core & More	7:30-8:30 p.m. Vanessa Zumba		

Schaumburg Tennis Plus: 847/884-0678 Room: Fitness Studio				
11:30 am-12:30 p.m. Andrea Core & More	11:30 am-12:15 p.m. Andrea Yoga Fusion	11:30 am-12:15 p.m. Andrea Boot Camp Blast	11:30 am-12:15 p.m. Colette TRX Circuit	11:30 am-12:15 p.m. Andrea Cycle
12:30-1:15 p.m. Andrea TRX Circuit	12:15-1 p.m. Andrea Barbell Blast	12:30-1:15 p.m. Andrea Yoga Flow	12:30-1:15 p.m. Colette Kettleball Interval	12:30-1:15 p.m. Andrea TRX Strength

Land Fitness Descriptions

BANG-BANG is a mixed fitness class that includes kickboxing, body weight, aerobics and dance.

Barbell Blast—Barbell Blast is a full-body workout utilizing the barbell to improve muscular strength and endurance.

Boot Camp Blast—You will be challenged with a variety of agility, strength, plyometric, core and cardio drills.

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

Cardio Conditioning—Burn calories and increase energy with low impact cardio exercises.

Cardio Kick Box—A traditional cardio kick box class with high-energy combinations of kicks and punches.

Cardio Sculpt—Straight forward cardiovascular and strength conditioning.

Core & More—A resistance training class that targets the abdominal, back, gluteal muscles and MORE!

Cycle—This class has you riding to the rhythm of powerful music, while losing inches and toning muscles.

Gentle Yoga—Gentle stretching and yoga positions to increase flexibility.

HIIT—This interval-based class combines total body strength training with high-intensity cardio bursts.

Interval Intrigue—High-energy class combining full-body strength and cardio bursts through interval training, circuit training and TRX.

PiYo—PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.

POUND*—Sweat. Sculpt. Rock. The world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

RIP—A barbell workout that incorporates functional orthopedic strength training.

Step Circuit—Combine step, strength, core and more and you get this class!

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 the heart using bands, balls, cardio moves, stretching and strengthening.

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 requires you to move your body slowly, gently and with awareness while breathing deeply. Improve posture and balance and gain more control over your body.

Total Body Conditioning—Full-body class that focuses on toning, strength, cardio endurance and core stability.

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.

TRX—Leverage gravity and body weight to perform exercises that build power and increase strength, flexibility, balance and mobility.

Yoga Flow—Yoga Flow blends yoga technique with a few aspects of traditional exercises and Pilates movements.

Yoga Fusion—A mix of traditional yoga poses incorporated with other forms of fitness, such as Pilates or resistance training.

Zumba—This exhilarating, easy to follow, Latin-inspired, calorie-burning dance fitness-party™ will move YOU!

Aqua Fitness						Deep Water (Diving Well)	Shallow Water (Lap Pool)
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
The Water Works: 847/490-2505							
6:10-7:10 a.m. Kathy Aqua Step	6:10-7:10 a.m. Donna Deep Dynamics	6:10-7:10 a.m. Kathy Power Splash	9-10 a.m. Cyndi Power Splash	6:10-7:10 a.m. Donna Deep Dynamics	7:30-8:20 a.m. Angela Power Splash	8-9:30 a.m. Maria/Judy Power Splash	
7:30-8:20 a.m. Kathy Aqua Motion	7:30-8:20 a.m. Donna Power Splash	7:30-8:20 a.m. Kathy Aqua Motion	11-11:50 a.m. Marzena Aqua Motion	7:30-8:20 a.m. Donna Power Splash	8:30-9:30 a.m. Angela Deep Dynamics		
9-10 a.m. Donna Deep Dynamics	9-10 a.m. Cyndi Aqua Interval	9-10 a.m. Janice Deep Dynamics	6:10-7:10 a.m. Donna Deep Dynamics	9-10 a.m. Donna Deep Dynamics			
6-7 p.m. Maria Deep Dynamics			7:30-8:20 a.m. Donna Deep Dynamics				

Schaumburg Tennis Plus Pool: 847/884-0678				
9-10 a.m. Janice Power Splash	4-5 p.m. Cheryl Power Splash	9-10 a.m. Cyndi Power Splash	4-5 p.m. Cheryl/Donna Power Splash	9-10 a.m. Janice Aqua Interval
11-11:50 a.m. Marzena Aqua Motion		11-11:50 a.m. Marzena Aqua Motion	6-7 p.m. Maria Power Splash	
5:30-6:30 p.m. Mary Aqua Motion		5:30-6:30 p.m. Mary Aqua Motion		



Aqua Fitness Descriptions

Aqua shoes are recommended. Program participants are encouraged to bring their own towel.

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.

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.

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.

Power Splash—A high energy and low impact class performed in shallow water, includes cardio, strength training, and stretching.

Take advantage of all of our fitness classes with a **Fitness Unlimited PLUS** membership!



For information, call **847-490-2505** or visit **parkfun.com**.