

Land Fitness	Fitness Unlimited	Fitness Unlimited PLUS (Includes all classes)	*Active Older Adult
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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	9-10 a.m. Colette Barbell Blast • WS	9-9:50 a.m. Colette Cycle • CS	9-10 a.m. Colette Interval Intrigue • WS	8-9 a.m. Maria Cycle • CS	9:15-10:30 a.m. Sandy Strength & Stretch • WS
9-10 a.m. Jen Strong Heart & Body* • Gym	9-10 a.m. Jim Tai Chi*	9-10 a.m. Kathy Cardio Conditioning* • Gym	9-9:50 a.m. Marzena Boot Camp Blast • WS	9-10 a.m. Jen Cardio Conditioning* • Gym		
10:15-11:15 a.m. Amanda Yoga Fusion • WS	10-11 a.m. Jim Tai Chi (Beg/Int)*	9:30-10:30 a.m. TRX Circuit • TRX	9-10 a.m. Jim Tai Chi* • D3	10:05-10:45 a.m. Colette Core & More • WS	9:15-10 a.m. Alexis RIP & More • WS	
10:15-11:15 a.m. Kathy Gentle Yoga* • Gym	10-11 a.m. Traci Cardio Conditioning* • Gym	10:15-11:15 a.m. Kathy Gentle Yoga* • Gym	9:50-10:40 a.m. Marzena Yoga Fusion* • WS	10:15-11:15 a.m. Kathy Gentle Yoga* • Gym	9:15-10 a.m. Traci TRX Strength • TRX	
5:30-6 p.m. Sarah Core & More • WS	5:30-6:15 p.m. Sandy TRX Strength • PS	5:30-6:30 p.m. Colleen Cardio Sculpt • WS	10-11 a.m. Colette Strong Heart & Body* • Gym	10:15-11:15 a.m. Traci Zumba Gold • D3	10:15-11 a.m. Alexis Boot Camp Blast • WS	
6:15-7:15 p.m. Sarah Cardio Kickbox • Gym	6:15-7:15 p.m. Sandy Total Body Strength • WS	6-7 p.m. Eileen Cycle • CS	10-11 a.m. Jim Tai Chi (Beg/Int)* • D3			
6-7 p.m. Phil Cycle • CS	7:20-8:20 p.m. Marzena Yoga Fusion • WS	6:30-7 p.m. Colleen Core & More • WS	6:15-7:15 p.m. Sandy Total Body Strength • WS			
6:15-7:15 p.m. Angie RIP • WS						

Meineke Recreation Center: 847/985-2143 Room: Studio				
5:45-6:30 a.m. Rachel Tabata Boot Camp	5:45-6:30 a.m. Rachel Cardio Kick Box	5:45-6:30 a.m. Eileen Total Body Conditioning	5:45-6:30 a.m. Rachel Core & More	5:45-6:30 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	6-7 p.m. Heather RIP	
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 a.m.-12:30 p.m. Andrea Core & More	11:30 a.m.-12:15 p.m. Andrea Yoga Fusion	11:30 a.m.-12:15 p.m. Andrea Boot Camp Blast	11:30 a.m.-12:15 p.m. Colette TRX Circuit	11:30 a.m.-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	12:15-1 p.m. Colette Cardio Kickbox	12:30-1:15 p.m. Andrea TRX Strength

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

Schedule begins June 4

Free Week June 4-10



Park Partner



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.

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 form 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

Aqua classes are included in Fitness Unlimited and Fitness Unlimited PLUS

Deep Water
(Diving Well)

Shallow Water
(Lap Pool)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
The Water Works: 847/490-2505 <i>No classes 8/6-8/26 for maintenance (a modified schedule will be available)</i>						
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	6:10-7:10 a.m. Donna Deep Dynamics	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
7:15-8:05 a.m. Kathy Aqua Motion	7:15-8:15 a.m. Donna Power Splash	7:15-8:05 a.m. Kathy Aqua Motion	7:15-8:15 a.m. Donna Deep Dynamics	7:15-8:15 a.m. Donna Power Splash	8:30-9:30 a.m. Angela Deep Dynamics	
6-7 p.m. Maria Deep Dynamics						

Bock Neighborhood Center Pool: 847/985-2141

8-9 a.m. Donna Deep Dynamics	8-9 a.m. Cyndi Power Splash	8-9 a.m. Cheryl Deep Dynamics	8-9 a.m. Cyndi Power Splash	8-9 a.m. Janice Deep Dynamics
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Schaumburg Tennis Plus Pool: 847/884-0678

No classes 7/9-7/15 for maintenance.

9-10 a.m. Janice Power Splash	4-5 p.m. Cheryl Power Splash	9-10 a.m. Cyndi Power Splash	11-11:50 a.m. Marzena Aqua Motion	9-10 a.m. Donna 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		

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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.

