

Effective May 28 to August 25

SUMMER 2019: FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		BODY THRIVE BOOT CAMP G 6-7am Camelot	BODY PUMP G 6:15-7:15am Recreation	BODY THRIVE BOOT CAMP G 6-7am Camelot	BODY PUMP G 6:15-7:15am Recreation	BODY PUMP G 7:30-8:30am Recreation
BODY PUMP G 8:45-9:45am Camelot	CORE 'N MORE G 8-9am Camelot	FUN AND FIT: STRENGTH TRAINING G S 8:40-9:45am Senior Center	CORE 'N MORE G 8-9am Camelot	ALIGNMENT YOGA G 8-9am Camelot	CORE 'N MORE G 8-9am Camelot	TOTAL BODY G 8-9am Pioneer
	FUN AND FIT: AEROBIC G S 9-9:45am Senior Center	MOVES THAT GROOVE G S 9-10am Recreation	FUN AND FIT: AEROBIC G S 9-9:45am Senior Center	YOGA SCULPT G 8:15-9:15am Pioneer	FUN AND FIT: STRENGTH TRAINING G S 8:40-9:45am Senior Center	INDOOR CYCLING G 8:45-9:30am Camelot
	BODY PUMP G 9:15-10:15am Recreation	INDOOR CYCLING G 9:15-10am Camelot	BODY PUMP G 9:15-10:15 am Recreation	FUN AND FIT: AEROBIC G S 9-9:45am Senior Center	RESTORATIVE YOGA G 9-10am Pioneer	WERQ G 8:45-9:45am Recreation
STRENGTH & BALANCE YOGA G 10:15-11:15am Admin	BODY COMBAT G 9:15-10am Camelot	BARRE G 9:30-10:30 am Pioneer	ZUMBA G 9:15-10:15 am Camelot	TONE 'N SCULPT G S 9-10am Recreation	ZUMBA G 9:15-10:15 am Camelot	PILATES G 9:45-10:45am Camelot
		BREATHE & FLOW YOGA G 10:15-11:30am Camelot	STRENGTH & BALANCE YOGA G 10:30-11:30am Pioneer	INDOOR CYCLING G 9:15-10am Camelot	BODY PUMP G 9:15-10:15am Recreation	
	FLEX-ABILITY G S 10:30-11:30am Recreation		FLEX-ABILITY G S 10:30-11:30am Recreation	BARRE G 9:30-10:30 am Pioneer	TABATA CHALLENGE G 10:30-11:15am Recreation	
				CXWORX G 10:10-10:40am Camelot		
			YOGA SCULPT G 4:45-5:45pm Camelot	BODY PUMP G 10:15-11:15am Recreation		
		BODY PUMP EXPRESS G 6-6:45pm Camelot				
	BODY PUMP G 5:30-6:30pm Recreation	ZUMBA STEP G 6-7pm Recreation				
	INDOOR CYCLING G 6-6:45pm Camelot	WERQ G 7-8pm Camelot	INDOOR CYCLING G 6-6:45pm Camelot	BODY PUMP EXPRESS G 6-6:45pm Camelot	<p>For complete class descriptions and registration information, please see the following page.</p> <p>G Gold PlayPass classes S Silver PlayPass classes Please note: Schedule is subject to change. Visit ahpd.org/group-fitness for more information.</p>	
	ZUMBA TONING G 6:45-7:30pm Recreation		ZUMBA G 6:30-7:30pm Forest View	BODY COMBAT G 7-7:45pm Camelot		
	BODY COMBAT G 7-7:45pm Camelot			WERQ G 7-8pm Recreation		
	CXWORX G 7:50-8:20pm Camelot					

Note: Schedule is subject to change.

Arlington Heights Park District

Fitness centered around you!

We're excited to offer you three ways to enjoy group fitness classes. Purchase your Group Fitness PlayPass at any AHPD community center, Senior Center or at the Administration Center. If you have questions about the Group Fitness PlayPass, please call 847.577.3000 or visit ahpd.org.

G Gold PlayPass

- ONLY \$35/MONTH
- UNLIMITED GROUP EXERCISE CLASSES
- 40+ CLASSES/WEEK TO CHOOSE FROM
- CLASSES HELD 7 DAYS A WEEK
- RECEIVE AN ADDITIONAL 10% OFF ALL PAY PER PROGRAM CLASSES
- BONUS! INCLUDES ALL SILVER CLASSES
- ONLINE ENROLLMENT NOT AVAILABLE.

S Silver PlayPass

- ONLY \$215/YEAR
- COST EFFECTIVE/AFFORDABLE
- 9 CLASSES/WEEK TO CHOOSE FROM
- CLASSES HELD 5 DAYS A WEEK
- LOW IMPACT + LOW INTENSITY
- ONLINE ENROLLMENT NOT AVAILABLE.

CARDIO

BODY THRIVE BOOT CAMP **G**

We integrate modern physical therapy, functional training, high intensity interval training, yoga, and callisthenics to provide safe and lasting results.

MOVES THAT GROOVE **S** **G**

Get an aerobic workout inspired by dance moves and patterns.

ZUMBA **G**

Latin-inspired dance fitness program that blends red hot international music and contagious dance steps.

INDOOR CYCLING **G**

A 45-minute indoor cycling class will focus on cardio challenges and hill climbs that are suited for all participant levels.

WERQ **G**

A fiercely fun dance fitness class based on pop, rock and hip hop music.

FUN & FIT AEROBIC **S** **G**

Strength and Flex.: join our daily Fun & Fit class at the Senior Center.

BODY COMBAT **G**

A high-energy martial-inspired workout. It's non-contact and there are no complex moves to master.

TABATA CHALLENGE **G**

Complete 4 minute exercise sequences broken down into intervals of 20 sec. high intensity work followed by 10 sec. of rest..

ZUMBA STEP **G**

Tone & strengthen your legs and glutes using all the Zumba fitness steps you already know and love.

STRENGTH

CORE 'N MORE **G**

Focused on core conditioning to the MAX as well as strengthening the upper and lower body for a well-rounded workout.

BARRE CLASS **G**

A high energy, full-body workout set to upbeat music. The class moves swiftly from cardio, to ballet barre, to core work on a mat.

YOGA SCULPT **G**

A strength training class that begins with Vinyasa flow yoga and moves into a music driven weight training class utilizing yoga poses.

BODY PUMP **G**

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout that burns lots of calories

TOTAL BODY! **G**

Combines strength and resistance training with intervals that are designed to boost your energy and increase your heart rate.

TONE 'N SCULPT **S** **G**

A great toning class using hand weights, the step, tubing, bands and stability balls.

PILATES **G**

A series of exercises that target deep postural muscles to build strength while improving flexibility, balance, & posture.

CXWORX **G**

Get a stronger core in just 30 minutes! CXWORX provides the vital ingredient for a stronger body while chiseling your waist line.

STRENGTH

ZUMBA TONING **G**

If you want to party but put extra emphasis on toning and sculpting your muscles, this is the class for you!

FLEX-ABILITY **S** **G**

Integrate flexibility and core work into your cardio and strength training regimen

BREATHE & FLOW YOGA **G**

Tap into your own personal power and explore the breath by blending a variety of yoga styles in this fun, open-hearted Level 1 class with a sprinkle of Level 2 poses.

RESTORATIVE YOGA **G**

Reduce blood pressure, lower blood sugar levels, improve digestion and reduce muscular tension, insomnia and fatigue.

STRENGTH AND

BALANCE YOGA **G**

A well-rounded class that promotes a balance between strength and flexibility.

ALIGNMENT YOGA **G**

A practice to connect your heart, body and mind. Movements will be linked to breath to help increase awareness.

**Fitness centered
around you!**

847.577.3000
www.ahpd.org