



**Group
Fitness**
SCHAUMBURG PARK DISTRICT

Fitness Unlimited & Fitness Unlimited **PLUS**

2019 Spring Schedule

Effective April 1. Free week: April 1-7

LAND FITNESS CLASSES

Fitness Unlimited | Fitness Unlimited PLUS (includes all classes)
*Active Older Adults

Community Recreation Center | 847-490-2505

Rooms: FS-Fitness Studio | WS-Wellness Studio | D3-Dance Room 3
Gym | TRX- TRX Studio | CS-Cycle Studio

Monday	9-10 a.m.	Cardio Kick Box	WS
	9-10 a.m.	Strong Heart & Body*	Gym
	10:15-11:15 a.m.	Yoga Fusion	WS
	10:15-11:15 a.m.	Gentle Yoga*	Gym
	5:30-6:30 p.m.	Yoga	FS
	6-7 p.m.	Cycle	CS
	6:15-7:15 p.m.	RIP	WS
Tuesday	8:50-9:30 a.m.	Total Body Conditioning	WS
	9-10 a.m.	Tai Chi*	D3
	9:50-10:40 a.m.	Yoga Fusion	FS
	10-11 a.m.	Tai Chi (Beg/Int)*	D3
	10-11 a.m.	Cardio Conditioning*	Gym
		5:30-6:15 p.m.	TRX Strength
	6:15-7:15 p.m.	Total Body Strength	WS
	7:20-8:20 p.m.	Yoga Fusion	WS
Wednesday	6-7 a.m.	Cycle	CS
	9-10 a.m.	Barbell Blast	WS
	9-10 a.m.	Cardio Conditioning*	Gym
	10:15-11:15 a.m.	Gentle Yoga*	FS
	5:30-6:30 p.m.	Cardio Sculpt	FS
		6-7 p.m.	Cycle
	6:30-7 p.m.	Core & More	WS
	7:15-8 p.m.	TRX	TRX
Thursday	9-9:50 a.m.	Cycle	CS
	9-9:50 a.m.	Boot Camp Blast	WS
	9-10 a.m.	Tai Chi*	D3
	9:50-10:40 a.m.	Yoga Fusion	WS
	10-11 a.m.	Strong Heart & Body*	Gym
	10-11 a.m.	Tai Chi (Beg/Int)*	D3
		6-7 p.m.	Cycle
	6:15-7 p.m.	Pound	D2
	6:15-7:15 p.m.	Total Body Strength	WS
Friday	9-10 a.m.	Interval Intrigue	WS
	9-10 a.m.	Cardio Conditioning*	Gym
	10:05-10:45 a.m.	Core & More	WS
	10:15-11:15 a.m.	Gentle Yoga*	FS
		10:15-11:15 a.m.	Zumba Gold
Saturday	8-9 a.m.	Cycle	CS
	9:15-10 a.m.	RIP & More	WS
	9:15-10 a.m.	TRX Strength	TRX
	10:15-11 a.m.	Boot Camp Blast	WS
Sunday	9:15-10:30 a.m.	Strength & Stretch	WS

**Wellbeats virtual fitness
coming soon to the CRC.**

Schaumburg Tennis Plus | 847-884-0678

Monday	11:30 a.m.-12:30 p.m. 12:30-1:15 p.m.	Core & More TRX Circuit
Tuesday	11:30 a.m.-12:15 p.m. 12:30-1:15 p.m.	Yoga Fusion Barbell Blast
Wednesday	11:30 a.m.-12:15 p.m. 12:30-1:15 p.m.	Boot Camp Blast Yoga Flow
Thursday	11:30 a.m.-12:15 p.m. 12:15-1 p.m.	TRX Circuit Kettlebell Interval
Friday	11:30 a.m.-12:15 p.m. 12:30-1:15 p.m.	Cycle TRX Strength

Meineke Recreation Center | 847-985-2143

Monday	5:35-6:20 a.m.	Tabata Boot Camp
	8:40-9:40 a.m.	Cardio Combo
	9:45-11 a.m.	Strength & Stretch
	6-7:15 p.m.	PiYo
	7:30-8:30 p.m.	Zumba
Tuesday	5:35-6:20 a.m.	Cardio Kickbox
	8:40-9:30 a.m.	Cardio Sculpt
	9:45-10:05 a.m.	Total Body Strength
	6:15-7:15 p.m.	BANG
	7:30-8:15 p.m.	Core & More
Wednesday	5:45-6:30 a.m.	Total Body Conditioning
	8:40-9:40 a.m.	Step Circuit
	9:45-11 a.m.	Strength & Stretch
	6:15-7:15 p.m.	RIP
	7:30-8:30 p.m.	Zumba
Thursday	5:35-6:20 a.m.	Core & More
	8:40-9:30 a.m.	Cardio Sculpt
	9:40-10:40 a.m.	Yoga Flow
	6:20-7:10 p.m.	Total Body Strength
Friday	5:45-6:30 a.m.	Barbell Blast
	8:40-9:30 a.m.	Core & More
	9:45-11 a.m.	PiYo

See reverse side for Aqua Fitness Classes and class descriptions.



**For information, call 847-490-7020
or visit parkfun.com.**

Get the latest District news

2019 Spring Schedule

Effective April 1. Free week: April 1-7

AQUA FITNESS CLASSES

All aqua fitness classes are included in Fitness Unlimited and Fitness Unlimited PLUS memberships.

Shallow Water (Lap Pool) | Deep Water (Diving Well)

The Water Works | 847-490-2505

Monday	6:10-7:10 a.m.	Aqua Step
	7:30-8:20 a.m.	Aqua Motion
	9-10 a.m.	Deep Dynamics
	6-7 p.m.	Deep Dynamics
Tuesday	6:10-7:10 a.m.	Deep Dynamics
	7:30-8:30 a.m.	Power Splash
	9-10 a.m.	Aqua Interval
Wednesday	6:10-7:10 a.m.	Power Splash
	7:30-8:20 a.m.	Aqua Motion
	9-10 a.m.	Deep Dynamics
Thursday	6:10-7:10 a.m.	Deep Dynamics
	7:30-8:30 a.m.	Deep Dynamics
	9-10 a.m.	Power Splash
	11-11:50 a.m.	Aqua Motion
Friday	6:10-7:10 a.m.	Deep Dynamics
	7:30-8:30 a.m.	Power Splash
	9-10 a.m.	Deep Dynamics
Saturday	7:30-8:20 a.m.	Power Splash
	8:30-9:30 a.m.	Deep Dynamics
Sunday	8-9:30 a.m.	Power Splash

Schaumburg Tennis Plus | 847-884-0678

Monday	9-10 a.m.	Power Splash
	11-11:50 a.m.	Aqua Motion
	5:30-6:30 p.m.	Aqua Motion
Tuesday	4-5 p.m.	Power Splash
Wednesday	9-10 a.m.	Power Splash
	11-11:50 a.m.	Aqua Motion
	5:30-6:30 p.m.	Aqua Motion
Thursday	4-5 p.m.	Power Splash
	6-7 p.m.	Power Splash
Friday	9-10 a.m.	Aqua Interval

See reverse side for Land Fitness Classes.

LAND FITNESS CLASS DESCRIPTIONS

BANG-BANG is a mixed fitness class that includes kickboxing, body weight training, 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 exercises ending with stretching and core strength.

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

Cardio Kickboxing-A traditional cardio Kickboxing class with high-energy combinations of kicks and punches.

Cardio Sculpt-Straightforward 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.

Interval Training-Rigorous interval training sequences with high-intensity exercises improve total agility, strength and cardio.

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

Pure Strength-Utilizes barbells, hand weights, and other fun tools to work every major muscle group, with an emphasis on balance and core work to keep our bodies strong.

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

Step Circuit-A combination of step, strength, core and more!

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-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-This class 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 CLASS 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 a 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 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 that includes cardio, strength training and stretching.