



Group Fitness
SCHAUMBURG PARK DISTRICT

Fitness Unlimited & Fitness Unlimited PLUS

2019 Summer Schedule

Effective June 3. Free week: June 3-9

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

*Beginning June 15

Wellbeats virtual fitness coming soon to the CRC.

Schaumburg Tennis Plus | 847-884-0678

Monday	11:30 a.m.-12:15 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 Cycle Circuit
Thursday	11:30 a.m.-12:15 p.m. 12:30-1:15 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. 8:40-9:40 a.m. 9:45-11 a.m. 6-7:15 p.m. 7:30-8:30 p.m.	Monday Morning Mix Cardio Combo Strength & Stretch PiYo Zumba
Tuesday	5:35-6:20 a.m. 8:40-9:30 a.m. 9:35-10:05 a.m. 6:15-7:15 p.m. 7:30-8:30 p.m.	Tabata or HIIT Cardio Sculpt Total Body Stretch BANG Core & More
Wednesday	5:35-6:20 a.m. 8:40-9:40 a.m. 9:45-11 a.m. 6:15-7:15 p.m. 7:30-8:30 p.m.	Core & More Step Circuit Strength & Stretch RIP Zumba
Thursday	5:35-6:20 a.m. 8:40-9:30 a.m. 9:40-10:40 a.m. 6:20-7:10 p.m.	Core & More Cardio Sculpt Yoga Fusion Total Body Strength
Friday	5:35-6:20 a.m. 8:40-9:30 a.m. 9:35-11 a.m.	Total Body Strength Core & More 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 Summer Schedule

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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

No classes 8/5-8/18 due to maintenance (modified schedule will be available)

Monday	6:10-7:10 a.m. 7:15-8:05 a.m. 6-7 p.m.	Aqua Step Aqua Motion Deep Dynamics
Tuesday	6:10-7:10 a.m. 7:15-8:15 a.m.	Deep Dynamics Power Splash
Wednesday	6:10-7:10 a.m. 7:15-8:05 a.m.	Power Splash Aqua Motion
Thursday	6:10-7:10 a.m. 7:15-8:15 a.m.	Deep Dynamics Deep Dynamics
Friday	6:10-7:10 a.m. 7:15-8:15 a.m.	Deep Dynamics Power Splash
Saturday	7:30-8:20 a.m. 8:30-9:30 a.m.	Power Splash Deep Dynamics
Sunday	8-9:30 a.m.	Power Splash

Bock Neighborhood Center Pool | 847-985-2141

Class cancellation due to severe weather is possible

Monday	8-9 a.m.	Deep Dynamics
Tuesday	8-9 a.m.	Power Splash
Wednesday	8-9 a.m.	Deep Dynamics
Thursday	8-9 a.m.	Power Splash
Friday	8-9 a.m.	Deep Dynamics

Schaumburg Tennis Plus | 847-884-0678

No classes 7/9-7/15 due to maintenance

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

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 by Zumba-This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to music designed to match every move. Every squat, lunge and plyo move is driven by music.

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.



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