

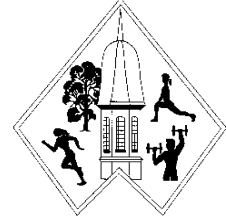
Group Fitness Schedule

All Participants must check in at the desk prior to class.

BLACK classes are part of our Group Exercise Passport pricing.

BLUE classes are specialty classes. Registration, and separate fee required.

Park View



Health & Fitness

1401 N. Midlothian Rd.
Mundelein, IL 60060
847-388-5430

	Time	Class	Location	Instructor																					
Monday	8:00 - 8:55am	Muscle & Core	Studio	Judy																					
	9:00 - 9:55am	Zumba Toning	Studio	Steve																					
	9:00-9:55am	Water Fitness	Indoor Pool	Dawn																					
	6:00-6:55pm	Zumba	Studio	Carol																					
	7:15-8:15pm	Total Body Boot Camp p. 52	Fitness Floor	April/Dawn																					
	6:15-7:10pm	Water Fitness	Indoor Pool	Janet																					
	6:30-7:30pm	Training to "Tri" p. 51	Various	Nancy/Stacy																					
	7:00-8:00pm	Pilates on a Mat p. 51	Studio	Susan																					
Tuesday	5:35-6:30am	Total Body Conditioning	Studio	Nancy	Passport Fees <i>*See back for discounts!</i> <table border="1" style="width: 100%; border-collapse: collapse; font-size: x-small;"> <tr><td style="background-color: #ffff00;">10 Punch</td><td></td></tr> <tr><td>Res \$50</td><td>NRes \$60</td></tr> <tr><td style="background-color: #ffff00;">20 Punch</td><td></td></tr> <tr><td>Res \$100</td><td>NRes \$120</td></tr> <tr><td style="background-color: #ffff00;">30 Punch</td><td></td></tr> <tr><td>Res \$150</td><td>NRes \$180</td></tr> <tr><td style="background-color: #ffff00;">Drop In Rate</td><td></td></tr> <tr><td>Res \$6</td><td>NRes \$6.75</td></tr> </table> All the above passes expire 1 year from date of purchase. <table border="1" style="width: 100%; border-collapse: collapse; font-size: x-small;"> <tr><td style="background-color: #ffff00;">Unlimited</td><td></td></tr> <tr><td>Res \$192</td><td>NRes \$240</td></tr> </table> Expires 3 mos. from date of purchase.	10 Punch		Res \$50	NRes \$60	20 Punch		Res \$100	NRes \$120	30 Punch		Res \$150	NRes \$180	Drop In Rate		Res \$6	NRes \$6.75	Unlimited		Res \$192	NRes \$240
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	8:15-9:15am	Group Training	Fitness Floor	Dawn																					
	9:15-10:15am	Cycling	Cycle Studio	Dawn																					
	9:00-10:00am	Pilates	Studio	Maggie																					
	12:00-1:00pm	Aqua Range of Motion	Indoor Pool	Maggie																					
	6:00-7:00pm	Cycling	Cycle Studio	Dawn																					
	7:15-8:15pm	Total Body Boot Camp p. 52	MCC	April/Dawn																					
Wednesday	8:30-9:25am	TBC Cardio Pump	Studio	Diane																					
	9:00-9:55am	Water Fitness	Indoor Pool	Dawn																					
	6:00-6:55pm	Zumba	Studio	Stephanie																					
	6:15-7:10pm	Water Fitness	Indoor Pool	Janet																					
	9:30-10:30am	Pilates and Props p. 51	Studio	Susan																					
	7:15-8:15pm	Vinyasa Yoga (Lev. 1 & 2) p. 52	Studio	Mary (Yoga Bash)																					
Thursday	5:35-6:30am	Cycling	Cycle Studio	Nancy																					
	8:30-9:25am	Group Training	Fitness Floor	Dawn																					
	9:00-9:55am	Combo/Cardio Mix	Studio	Maggie																					
	12:00-12:55pm	Aqua Range of Motion	Indoor Pool	Dawn																					
	6:00-6:55pm	Cycling	Cycle Studio	Dawn																					
	7:15-8:15pm	Total Body Boot Camp p. 52	MCC	April/Dawn																					
	7:00-7:55pm	Water Fitness	Indoor Pool	Janet																					
Friday	8:00-8:55am	Muscle & Core	Studio	Judy																					
	9:00-9:55am	Zumba	Studio	Carol																					
	9:00-9:55am	Water Fitness	Indoor Pool	Vickie																					
	9:00-10:00am	Cycling	Cycle Studio	Judy																					
Saturday	7:15-8:10am	Cycling	Cycle Studio	Dawn																					
	7:15-8:15am	Weekend Warrior Boot Camp p.52	MCC	Gregg																					
	7:15-8:15am	Tai Chi p. 53	Studio	Ken Ning																					
	8:00-8:55am	Water Fitness	Indoor Pool	Vickie																					
	8:30-9:25am	*Rotational Classes	Studio	Posted																					
	10:00-11:00am*	Yoga	Studio	Larisa																					
Sunday	8:30-9:25am	Cycling	Cycle Studio	Nancy																					
	9:30-10:30am	Cycling	Cycle Studio	Nancy																					



CLASS DESCRIPTIONS ON BACK

Class Descriptions

Schedule Is Subject To Change

Zumba- Get Fit and Healthy with a new fusion of Latin & International dance music. Combine high energy and music unique moves and combinations.

Zumba Toning- This is the original dance-fitness class taken to the next level. **ZUMBA® TONING** is an innovative muscle training program with the addition of light weight toning sticks, and is designed to offer the participant a safe, yet effective total body toning workout!

Cardio Kick – A nonstop high intensity workout featuring kickboxing, cardio, and core work, set to heart pounding music, Class includes both aerobic and anaerobic threshold training.

Total Body Conditioning (TBC) increase your energy level and go beyond traditional aerobics by cross training in a classroom setting. Combine muscular conditioning and cardio for an all-in-one time efficient workout!

Pilates- Designed to increase ones body awareness, focusing on using the body's center as the foundation of movement. These Mat-based exercises are designed to elongate and strengthen the muscles creating a longer, leaner look, as well increase strength.

Core Combo – This class is set up with the fundamentals and movements of Pilates in mind. Focusing the exercises on the core area is what this class entails.

Group Training- This class will be held in the fitness center, with a “Personal Training” feel to it. We will be using all the different cardiovascular machines and weight machines as well as free weights.

H2O Fitness – Let the water condition your workout through buoyancy/ drag/ resistance (12x the resistance of air). Buoyancy reduces the impact shock to the body and will help increase range of motion. Core stabilization and balance work included in this workout. With water temp. @ 80 – 86 F, this allows the body to remain cool while exercising.

Aqua R.O.M – A low intensity water class that focuses on range-of-motion (ROM), strength, balance and functional movement. A therapeutic and enjoyable class for individuals that are post-rehabilitation, pre-post natal or experiencing neurological or joint difficulties. No swimming experience is required (your head stays dry!).

Indoor Cycling – Cycling classes that incorporate different types of rides ranging from flats, hills, jumps and cadence variations, while emphasizing the importance of a proper warm-up, cool-down and stretches. Reservations required.

Yoga Toning – Tone up your whole body using Yoga movements that combine light weights with synchronized breathing. Sun salutations heat up your body, followed by core mat work.

As a courtesy to others please turn off cell phones and refrain from excessive conversation in class.

For classes in **BLUE**, please refer to the 2011/12 Winter Brochure for the program description.
Page numbers are located on the reverse side.

*Rotational classes may include TBC, Pilates, Zumba, etc. depending on instructor availability. Monthly schedules are posted outside the group fitness studio.

Annual Fitness & Ultimate members receive a 40% discount on Passports (EFT's do not apply)

***Seniors, age 55+ receive a 10% discount**

Class Descriptions

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