

HYBRID GROUP EXERCISE SCHEDULE | August 9-October 3, 2021

Monday	9/6 No PM Classes	Format	Zoom ID	Thursday	9/2 No Land Classes	Format	Zoom ID
8:00–8:50 am	Pilates	Diane	894 0552 4509	6:15–7:05 am	Cycle	Lisa	NA
9:00–9:50 am	H2O Fitness	Dawn	NA	7:45–8:16 am	31 and DONE	Beth	876 9566 3695
4:30–5:01 pm	31 and DONE	Judy	839 6383 4790	8:30–9:20 am	Muscle Conditioning	Carol	827 5868 3896
5:15–6:00 pm	Cycle	Judy	NA	9:30–10:20 am	Zumba Gold	Carol	836 2225 7599
5:15–6:00 pm	Zumba	Carol	833 3813 1144	12:00–12:50 pm	Aqua ROM	Dawn	NA
6:15–7:00 pm	Yoga	Diane	828 3853 2410	6:00–6:50 pm	Personal Circuit	Sindy	857 9791 8044
7:15–8:00 pm	Barre Tone	Paid Program Starting 8/9		6:00–7:00 pm	Cycle & TRX	Paid Program Starting 8/12	
				7:15–8:15 pm	Hard Core Training	Paid Program Starting 8/12	
Tuesday	8/31 No Land Classes	Format	Zoom ID	Friday	9/3 No ROM	Format	Zoom ID
6:15–7:05 am	Cycle	Lisa	NA	9:00–9:50 am	H2O Fitness	Dawn	NA
8:30–9:20 am	Muscle Conditioning	Dawn	873 8067 1729	10:00–10:50 am	ROM	Diane	884 7293 2116
9:30–10:20 am	Pilates *Studio1	Maggie	813-6852-1696				
12:00–12:50 pm	Aqua ROM	Dawn	NA				
5:20–5:50 pm	Piloxing Express	Sindy	852 2887 0208				
6:00–6:50 pm	ROM	Diane	833 0835 0048				
6:10–7:00 pm	H2O Fitness	Sindy	NA				
7:00–8:00 pm	TRX Yoga	Paid Program Starting 8/10					
7:15–8:15 pm	Hard Core Training	Paid Program Starting 8/10					
Wednesday	9/1 No Land Classes	Format	Zoom ID	Saturday		Format	Zoom ID
6:15–7:05 am	Muscle Conditioning	Shari	839 680 3570	7:15–8:05 am	Cycle	Dawn	NA
8:00–8:50 am	Vertical Pilates	Diane	842 9123 6324	8:10–9:00 am	H2O Fitness	Diane	NA
9:00–9:50 am	H2O Fitness	Dawn	NA	8:30–9:20 am	Zumba	Carol	825 7264 4739
5:30–6:20 pm	WERQ	Molly	883 2244 8656	8:30–9:30 am	Tai Chi	Program Starting 8/14	
6:30–7:20 pm	Muscle Conditioning	Molly	814 7295 9310	9:30–10:20 am	Yoga *Studio1	Diane	897 5606 8311
6:30–7:20 pm	Yoga	Sarah	876 0514 5426				
Sunday		Format	Zoom ID				
8:15–9:05 am	Muscle Conditioning	Lisa	881 2160 8229				

**Community Center floors are being refinished
No Drop-In Land Classes Aug 31st–Sept 3rd**



Sunday, October 3, 4–5 pm

\$20 M/NM Must Register By SEP 26

Mundelein Park and Recreation District is hosting a fundraiser for Rock the Ribbon to support Breast Cancer Awareness. All proceeds go to the CARE fund.

Piloxing is a women owned global fitness company with over 1.5 million participants daily. A Piloxing class consists of boxing, Pilates and dance segments that keep your body guessing and heart pumping. The fusion is like no workout you have done before and will leave you feeling POWERFUL.

Format Options: Aqua Cardio Fusion Mind Body Strength
Location: Studio 2– Mind Body and Cycle Studio 1- All Other Classes



MUNDELEIN PARK & RECREATION DISTRICT

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GROUP FITNESS All Level Classes:

31 and DONE: In this 31 minute PERSONAL circuit class, you will focus on sculpting different muscle groups with a variety of equipment. The transitions will give you just enough time to recover and prepare.

Cycle: Get in your zone as you ride to energizing music. The instructor will keep you motivated while you adjust resistance, play with speed and change body positions on the bike.

H2O Fitness: Using the resistance created by the water, you can increase muscle strength, build endurance and reduce impact placed on the joints during a land workout. Not to mention reducing stress and decreasing anxiety in a fun atmosphere.

Muscle Conditioning: Strengthen and tone every major muscle group with the help of balls, bands, dumbbells and more. The instructor will include options to accommodate all ability levels and help you reach your fitness goals.

Personal Circuit: Workouts are more fun when they are done in a group! The instructor will present a handful of personal circuits with select pieces of equipment. Press through the strength drills, at your chosen pace, by using the encouragement of the friends around you.

Circuito Personal se enseña en inglés y español

Circuito Personal: ¡Entrenar es más divertido cuando lo hacemos en grupo! Su instructor le facilitará diferentes circuitos de ejercicios personales utilizando diferentes equipos para ejercicios. Levantamiento de pesas echos al ritmo que usted desee. Se motivará con la energía que le transmitirán sus amigos que le rodean.

Pilates: Practice the same principles created by Joseph Pilates during the 20th century. You will complete movement patterns that will promote body alignment, core strength and muscular balance. The perfect compliment to any workout routine.

PILOXING: The unique blend of Pilates, boxing and dance will strengthen your muscles, improve your balance and increase your cardiovascular ability. The non-stop intervals will leave you feeling motivated and will make the class time fly by.

Vertical Pilates: Receive the same benefits of Mat Pilates while remaining upright. Light weight and bodyweight sets will allow you to focus on fundamental movement patterns and tone muscles from head to toe.

WERQ: A fiercely fun dance fitness workout including pop, rock and hip hop music. You'll be right on count after the steps are previewed in the warm-up. Reward your hard working muscles with a yoga inspired stretch to finish the class.

Yoga: Take time to center yourself while increasing strength, stability and flexibility. A variety of poses will be presented to refine your practice. Props are available to assist with more difficult poses and increase comfort.

ZUMBA: Nothing gets your heart racing and muscles pumping like a fitness dance party. Step, slide and shake your way through a variety of Latin music with help from your certified instructor.

MEMBERS ONLY Virtual Class Reservations:

Register for Zoom classes at any time by downloading Zoom Client. After the free download, click "Join Meeting" and type in the meeting ID. If you are new to Zoom classes, email nschaller@mundeleinparks.org to receive the password.

GROUP FITNESS For Active Older Adults and Novice Participants:

Aqua ROM: Step into a therapeutic environment. The water will alleviate pressure on injured or weak joints. During this class, you will increase strength and endurance in a cool and carefree environment.

ROM: Master proper technique to keep your joints happy. Bands, balls and light weights will be used during low to no impact movements. Strength, balance and flexibility exercises are included to improve your range of motion.

ZUMBA Gold: Take the fitness dance party down just a notch to create a great cardiovascular workout for active adults. Latin music and instructor enthusiasm will inspire you to let loose as you improve balance, coordination and range of motion.

Yoga Lite: Will Return Soon

Paid Programs Available at an Additional Cost:

Barre Tone, Hard Core Training, Tai Chi, Cycle & TRX and TRX Yoga

Please see pages 42-43 in the Mundelein Park and Recreation District Program Guide for prices, descriptions and registration details.

***Registration closes 1 week before the program start date.**

Assumption of Risk:

Although the instructors keep safety as a top priority, there are always risks associated with physical activity. By participating, you voluntarily agree to assume the full risk and relinquish all claims against Mundelein Park and Recreation District including employees.

You are solely responsible for determining if you are physically fit and/or adequately skilled for the activities. It is always advisable to consult a physician before undertaking any physical activity. Before participating in any physical activity within your home or other location, you are solely responsible for ensuring you have a safe space which is free from obstructions and hazards.