

GROUP EXERCISE SCHEDULE | August 22–November 6, 2022

Monday	No Classes 9/5 and 10/31			Format	Location	Virtual Option
8:00–8:50 am	Pilates	Diane		2	<input checked="" type="checkbox"/>	
9:00–9:31 am	31 and DONE	Lisa		1	<input checked="" type="checkbox"/>	
9:00–9:50 am	H2O Fitness	Dawn		IP		
12:30–1:15 pm	PWR! Moves	Paid Program Starting 9/12				
4:30–5:01 pm	31 and DONE	Judy		1		
5:10–6:00 pm	Cycle	Judy		2		
5:15–6:05 pm	Zumba	Carol		1		
6:15–7:05 pm	H2O Fitness	Judy		IP		
6:15–7:05 pm	Yoga	Diane		2	<input checked="" type="checkbox"/>	
7:15–8:00 pm	Barre Tone	Paid Program Starting 9/12				

Tuesday	Format	Location	Virtual Option		
6:00–6:45 am	Cycle	Lisa		2	
8:30–9:20 am	Muscle Conditioning	Dawn		1	<input checked="" type="checkbox"/>
9:30–10:20 am	Foam Rolling	Maggie		1	
12:00–12:50 pm	Aqua ROM	Dawn		IP	
5:30–6:00 pm	Cardio + Core	Molly		1	
6:10–7:00 pm	WERQ	Molly		1	
NEW	IC6 Cycle Program	Coming Soon			
7:15–8:15 pm	Hard Core Training	Paid Program Starting 9/13			

Wednesday	Format	Location	Virtual Option		
5:30–6:15 am	Cardio + Core	Shari		1	
8:00–8:50 am	Pilates	Diane		2	<input checked="" type="checkbox"/>
9:00–9:45 am	Cardio + Core	Lisa		1	<input checked="" type="checkbox"/>
9:00–9:50 am	H2O Fitness	Dawn		IP	
12:30–1:15 pm	PWR! Moves	Paid Program Starting 9/14			
NEW	IC6 Cycle Program	Coming Soon			
5:15–6:05 pm	Strength and Length	Diane		1	
6:15–7:05 pm	Muscle Conditioning	Judy		1	
6:15–7:15 pm	Yoga	Diane		2	

Thursday	Format	Location	Virtual Option		
6:00–6:45 am	Cycle	Lisa		2	
8:30–9:20 am	Muscle Conditioning	Carol		1	<input checked="" type="checkbox"/>
9:30–10:20 am	Zumba Gold	Carol		1	
12:00–12:50 pm	Aqua ROM	Dawn		IP	
5:30–6:20 pm	WERQ	Molly		1	
6:30–7:01 pm	31 and DONE	Molly		1	
6:00–7:00 pm	Cycle & TRX	Paid Program Starting 9/15			
7:15–8:15 pm	Hard Core Training	Paid Program Starting 9/15			

Friday	Format	Location	Virtual Option		
5:30–6:20 am	Muscle Conditioning	Tracey		1	
7:45–8:16 am	31 and DONE	Beth		1	<input checked="" type="checkbox"/>
8:30–9:30 am	Yoga	Diane		2	
9:00–9:50 am	H2O Fitness	Dawn		IP	
9:40–10:30 am	Strength and Length	Diane		1	<input checked="" type="checkbox"/>

Saturday	No Classes 9/17			Format	Location	Virtual Option
7:10–8:00 am	Cycle	Dawn		2		
8:00–8:50 am	H2O Fitness	Alt.		IP		
8:30–9:20 am	Zumba	Carol		1		
8:30–9:30 am	Tai Chi	Program Starting 9/17				
9:30–10:30 am	Yoga	Diane		1	<input checked="" type="checkbox"/>	

Sunday	Format	Location	Virtual Option		
8:00–8:50 am	Muscle Conditioning	Lisa		1	<input checked="" type="checkbox"/>
NEW	IC6 Cycle Program	Coming Soon			
9:00–9:50 am	Zumba	Steve		1	

FREE Program Classes

Join one of the trial classes to sample what fitness programs are all about. Registration is required.

Barre Tone Monday Aug 29
 Cycle and TRX Thursdays Sep 1–8th
 Hard Core Training Tues Aug 30–Sep 6 or Thurs Sep 1–8
 PWR! Moves Monday Aug 29 or Wed Aug 31–Sep 7
 Tai Chi Saturday Sep 3–10

Format Options: Aqua Cardio Fusion Mind Body Strength
 Location: 1– Studio One 2– Studio Two IP– Indoor Pool



MUNDELEIN PARK & RECREATION DISTRICT

847.388.5430 | mundeleinparks.org

Class cancellations are posted on Rainout Line

GROUP FITNESS All level classes:

31 and DONE: In this 31 minute 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.

Zoom ID: Monday 863 1335 0656 **Friday** 894 7984 1756

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.

Cardio + Core: A 30 or 45 minute interval workout that focuses on your midsection and lower body. Move at your own pace as the instructor guides you through strength drills and bursts of aerobic training.

Zoom ID: Wednesday 835 8092 4953

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.

Foam Rolling: Work to improve flexibility, muscle recovery and range of motion with self myofascial release. Use a foam roller as your tool to massage major and minor muscle groups. Be your own masseuse.

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.

BEACHED classes will take place in the Fitness Studio

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.

Zoom ID: Tuesday 882 2541 5068 **Thursday** 854 8554 9134
Sunday 830 7062 7644

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.

Zoom ID: Monday 893 5463 5641 **Wednesday** 832 3325 3233

Strength and Length: 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.

Zoom ID: Friday 849 3257 5440



WERO: 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.

Zoom ID: Monday 881 0952 5104 **Saturday** 853 0340 0955



ZUMBA fitness: 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.



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.

The schedule is subject to change

MEMBERS ONLY Virtual Class Reservations:

Register for virtual classes at any time by visiting zoom.us or downloading the Zoom app. After the free download, click "Join Meeting" and type in the meeting ID. We suggest having dumbbells, resistance bands, a stability ball, towel and mat available for virtual classes.

PAID PROGRAMS Available at an additional cost:

Barre Tone, Cycle & TRX, Hard Core Training, PWR! Moves, and Tai Chi,

Please see 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.