



GROUP X CLASS SCHEDULE - MARCH 6- APRIL 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 a.m. Antonette	6:00-7:00 a.m. Antonette	6:00-7:00 a.m. Antonette	6:00-7:00 a.m. Antonette	6:00-7:00 a.m. Ylona	6:30-7:15 a.m. P90X	6:30-7:30 a.m. PLYOGA® Flow
8:00-8:55 a.m. Linda	8:30-9:15 a.m. Antonette	8:00-8:55 a.m. Linda	8:30-9:30 a.m. Beth	8:30-9:00 a.m. AXIS	8:00-9:00 a.m. Agnes/Jennifer	8:30-9:15 a.m. \$\$\$ Barb
		9:00-10:00 a.m. Neda		9:00-9:45 a.m. Carmela		
9:30-10:30 a.m. Audrone	9:30-10:30 a.m. Neda	10:00-10:30 a.m. Neda	9:30-10:30 a.m. Antonette	9:45-10:30 a.m. Carmela		9:30-10:25 a.m. Candace
10:30-11:30 a.m. Jeremy	10:45-11:45 a.m. Neda	10:30-11:30 a.m. Neda	10:30-11:30 a.m. Antonette	10:30-11:00 a.m. Carmela	9:35-10:35 a.m. \$\$\$ Brian	10:30-11:30 a.m. Alison
12:00-1:00 p.m. Jeremy	12:00-1:00 p.m. Carmela	12:00-1:00 p.m. Ylona	12:00-1:00 p.m. Carmela	12:00-1:00 p.m. Ylona		4:30-5:30 p.m. Family Yoga \$\$\$ (\$5 per person) Jeremy
5:30-6:15 p.m. Tisha	5:30-6:25 p.m. Jeremy	5:00-5:45 p.m. \$\$\$ Barb	5:30-6:30 p.m. Jeremy	5:00-6:00 p.m. WAR	\$\$\$ Highlighted classes require additional fee and registration and are subject to cancellation due to low enrollment.	
6:15-7:10 p.m. Jessica	6:30-7:30 p.m. Agnes	6:00-7:00 p.m. Jeremy	6:45-7:30 p.m. Tisha		Schedule is subject to change without notice. For your safety: Please wear appropriate athletic shoes and refrain from chewing gum in class. Every class will consist of a warm-up, indicated class content and cool-down.	
7:15-8:15 p.m. Antonette	7:35-8:30 p.m. Candace	7:15-8:15 p.m. Carmelo	7:30-8:15 p.m. Tisha		If you enter class after the warm-up or leave before the cool-down, the instructor will assume you have properly prepared. Please allow participants from the previous class to exit before entering the studio.	
					NEW Family Yoga Sundays 4:30-5:30 p.m. Drop in fee of \$5 per person. Class is for ages 12 and up.	

GROUP FITNESS CLASS DESCRIPTIONS

BODYCOMBAT™ This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you will strike, punch, kick, and kata your way through calories to superior cardio fitness.

BODYPUMP™ The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls.

BOOT CAMP Sick of boring cardio workouts? Get back to basics with a fitness boot camp class. This circuit-style class will focus on total body training with a mix of strength and cardio.

CIRCUIT TRAINING A non-stop circuit utilizing a variety of equipment including TRX, kettlebells, gliding discs, dumbbells, resistance tubing and more.

CHI FLOW Integrate mind/body fitness utilizing breathing techniques and movement patterns influenced by tai chi, yoga and modern dance. Awaken your inner chi in low impact exercise and develop functional strength, flexibility and balance, aligning the body through energy stimulation and relaxation.

CXWORX™ During the 30-minute workout trained instructors guide you through correct techniques as you work your core with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

FOREVER FIT is a lighter, low-impact class designed for those just beginning an exercise program or those looking for a lower intensity option. Resistance training and stretching follow the cardio portion of class.

JILLIAN MICHAELS BODYSHRED™ A 30-minute high intensity fun and effective, interval/circuit workout divided into sections of 3 minutes of strength moves, 2 minutes of cardio and 1 minute of core.

KETTLEBELL CARDIO/STRENGTH (***)additional fee and registration required) - Our unique approach of combining kettlebell and bodyweight movements makes this class challenging, yet flexible enough for individuals of most fitness levels. Programs focus on joint mobility and stability, muscular strength, cardiovascular endurance, muscular flexibility, total-body range of motion, and injury prevention.

PILATES BARRE classes are an energetic mix of yoga, pilates, fitness and dance using a wall-mounted bar to strengthen, condition and stretch your entire body. You will move, pulse, lengthen and strengthen your entire body.

POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, Pound transforms drumming into an incredibly effective way of working out.

R.I.P.P.E.D® This total body, high intensity style program, utilizing free weights, resistance and body weight, masterfully combines the components of R.I.P.P.E.D.: Resistance, Intervals, Power, Plyometrics and Endurance as the workout portion along with Diet suggestions to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

TRX CIRCUIT TRAINING (***)additional fee and registration required) This class combines the best of interval and circuit training to take TRX to the next level! Class includes the use of the TRX and other equipment to get a full body challenge as well as a great cardio workout. Intervals at each station will challenge the core and increase upper and lower body strength. Kettlebells, bands, and other equipment add additional challenge.

WERQ® A fiercely fun dance fitness based on pop, rock, and hip hop music. The warm-up previews the dance steps that will be used in class and the cool down includes balance and yoga-inspired poses. Everything in between is just pure fun!

ZEN A fusion style flexibility workout combining Pilates, Yoga, and Strength inspired movement in a flowing sequence.

ZUMBA® This class incorporates Latin and international rhythms along with dance steps like salsa, merengue, cha cha, and samba in a class that is fun and easy to do.

FITNESS ON DEMAND CLASSES OFFERED THIS MONTH:

WAR simple, athletic moves that cater to men and women of all fitness levels. WAR gets into the core of life and makes you feel like a champion.

PLYOGA FLOW Balance, Flexibility, Recovery. A kicked up, hybrid, yoga inspired workout that emphasizes recovery, balance, and flexibility through power yoga postures.

TRANSFORM by Group Rx unites yoga and sport like never before. Prepare for a unique mind/body experience featuring traditional yoga poses, such as warrior, and sport-influenced movement including plyometrics, and strength.



WOODRIDGE PARK DISTRICT
Athletic Recreation Center