



GROUP X CLASS SCHEDULE: 8/14-10/22

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. Maxx	6:00-7:00 a.m. Ylona		
8:30-9:30 a.m. Carmela	8:30-9:30 a.m. Neda	8:30-9:25 a.m. Lamont	9:00-10:00 a.m. Beth	8:30-9:00 a.m. Carmela	7:45-8:45 a.m. Agnes	8:30-9:30 a.m. Jeremy
9:30-10:30 a.m. Audra	9:30-10:30 a.m. Neda	9:30-10:45 a.m. Linda		9:00-9:45 a.m. Carmela		
9:30-10:30 a.m. Audra	9:30-10:30 a.m. Neda	9:30-10:45 a.m. Linda	9:45-10:45 a.m. Maxx	9:45-10:45 a.m. Maxx	8:45-9:15 a.m. Agnes	9:30-10:15 a.m. Carmela
10:30-11:30 a.m. Jeremy		11:00-11:45 CHAIR YOGA Linda (Program Rm C lower level)	10:00-10:45 a.m. Beth		9:45-10:45 a.m. \$\$\$ Brian	10:15-11:00 a.m. Carmela
12:00-1:00 p.m. Jeremy		12:00-1:00 p.m. Ylona		12:00-1:00 p.m. Ylona		
5:30-6:15 p.m. Ylona	5:00-6:00 p.m. Jeremy		5:30-6:30 p.m. Jeremy	4:30-5:30 p.m. Barbra	\$\$\$ Highlighted classes require additional fee and registration and are subject to cancellation due to low enrollment. 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. 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.	
6:15-7:10 p.m. Cardio Kick & Strength Training Jessica	6:00-7:00 p.m. Agnes	6:00-7:00 p.m. Jeremy	6:45-7:30 p.m. Tisha			
	7:00-7:30 p.m. Agnes					
7:15-8:15 p.m. Candace	7:35-8:30 p.m. Carmela	7:30-8:30 p.m. Carmela	7:30-8:15 p.m. Tisha			

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 Interval training is the most effective exercise for burning calories for longer periods of time. This class will show you proper form while pushing you out of your comfort zone to reach new levels of fitness. We integrate power bursts and aerobic activities in a fun and motivating environment. This class is designed to give you a full body workout and we strive to improve endurance and muscle hypertrophy. Each class is always different from the last. Boot camp is a great way to relieve stress and get in the best physical shape of your life.

CARDIO KICK & STRENGTH TRAINING A combination cardio kickboxing and strength training class with punching, kicking, and rhythmic movements set to heart pounding music! This workout is designed to melt away pounds and inches while targeting every muscle group. Burn more calories than ever while increasing endurance and muscle tone, improving coordination and flexibility and getting in the best shape of your life.

CHAIR YOGA Improve your strength, flexibility, and mobility through standing or seated yoga poses specially adapted for seniors (55 and older) at any level of health and fitness. Chairs and props are provided to keep everyone safe and supported.

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

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.

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.

STRENGTH TRAINING W/ABS This strength training class is designed to increase your metabolism and help with muscle endurance by lifting weights. This intense but easy to follow workout will give you a total body workout; great for burning fat.

YOGA BASICS Learn and refine fundamental yoga poses. This class will include both seated and standing poses, allowing time to focus on alignment as well as relaxation postures. Build strength, flexibility, and balance. Relax, breathe, relieve stress. Suitable for all levels.
*Great for beginners

YIN YOGA Yin Yoga is a slow-paced style of yoga with postures that are held for longer periods of times. Yin Yoga poses will allow us to work the deeper tendons, fascia and ligaments with the aim of increasing circulation in the joints and improving flexibility. Improved flow of energy may improve range of motion and flexibility, lengthen muscle, and improve organ health, immunity and emotional well-being

VINYASA YOGA Students flow through spirited posture sequences with fewer breaks and at a more vigorous pace. The linking of breathe with movement increases the strength and flexibility of the body and calms the nervous system. There is always deep relaxation, pranayama (breathwork), and a brief meditation to end the class.

WERQ A fiercely fun, dance fitness class 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!

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.



WOODRIDGE PARK DISTRICT
Athletic Recreation Center