



GROUP EXERCISE SCHEDULE: OCTOBER 22-DECEMBER 23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00-7:00 a.m. Maxx	6:00-7:00 a.m. Lamont	6:00-7:00 a.m. Maxx	6:00-7:00 a.m. Maxx	6:00-7:00 a.m. Ylona			
9:00-10:00 a.m. Antonette	8:30-9:10 a.m. BARRE ABOVE™ Neda	9:00-10:00 a.m. Emi	8:30-9:30 a.m. Beth	9:00-10:00 a.m. Antonette	8:00-9:00 a.m. Agnes	8:30-9:30 a.m. YOGA Jeremy	
10:00-11:00 a.m. Antonette	9:15-10:15 a.m. Neda		9:30-10:30 a.m. Beth	10:00-11:00 a.m. Maxx	9:00-9:30 a.m. Agnes	9:30-10:30 a.m. Barbra	
11:00-11:45 a.m. CHAIR YOGA Linda		10:00-10:55 a.m. BARRE ABOVE™ Emi	10:30-11:30 a.m. Ylona	11:00-12:00 p.m. YOGA Ylona		10:30-11:30 a.m. Ylona	
		12:00-1:00 p.m. YOGA BASICS Linda					
5:30-6:15 p.m. YOGA Ylona	5:30-6:30 p.m. Barb			6:00-7:00 p.m. Agnes	<p>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.</p> <p>If you enter class after the warm-up or leave before the cool-down, the instructor will assume you have properly prepared.</p> <p>Please allow participants from the previous class to exit before entering the studio or sitting area inside the studio.</p>		
6:15-7:10 p.m. Cardio Kick & Strength Training Jessica	6:30-7:30 p.m. PURP YOGA Janet	6:30-7:30 p.m. Antonette	6:30-7:30 p.m. Jenny/Rosie				
7:15-8:15 p.m. Barbra	7:30-8:30 p.m. BARRE ABOVE™ Jessica	7:30-8:30 p.m. Antonette	7:30-8:30 p.m. RESTORATIVE YOGA Janet				

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.

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.

CIZE LIVE The future of exercise is here. It's time to work your workout with CIZE LIVE, a revolutionary new dance workout. Created by Shaun T and a team of professional choreographers, CIZE LIVE will have you bustin' out full dance routines to the hottest music tracks. Get sweaty, gain confidence, and get an amazing workout.

KETTLEBELL CARDIO/STRENGTH 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.

BARRE ABOVE™ This class blends the latest exercise science with the principles of the Lotte Berk method (the genesis of The Barre movement) delivering a fusion of ballet, Pilates, yoga and strength training to the workouts. Designed for wide range of fitness levels, ages and Bodies, complete with progressions so those new to fitness feel successful their first time and seasoned Barre enthusiasts will always feel challenged. Barre Above classes may be taught using a barre or center-floor - completely off the barre.

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 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.

YOGA BASICS 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

YOGA This health and fitness class ensures strength and flexibility for balance, poise and confidence in body and mind. By practicing yoga, you will improve posture and body alignment resulting in better circulation and nerve function. You will strengthen and tone internal organs, while relieving muscle tension or joint pain. Come and improve your quality of life!

YIN YOGA 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.

RESTORATIVE YOGA This class is perfect for first timers and regular yogis. We work very hard in our lives, and while we may sleep, we rarely take time to rest. Restorative yoga poses help us learn to relax and rest deeply and completely. During deep relaxation, all the organ systems of the body are benefited, and a few of the measurable results of deep relaxation are the reduction of blood pressure, serum triglycerides and blood sugar levels in the blood, the increase of the 'good cholesterol' levels, as well as improvement in digestion, fertility, elimination, the reduction of muscle tension, insomnia and generalized fatigue.

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.



WOODRIDGE PARK DISTRICT
Athletic Recreation Center