

STUDIO 1 - AEROBICS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 a.m.			Rep 'N Shred Nancy	20/20/20 Joan			
5:15 a.m.	Tabata Paula	Lower Body Blast ■ Ryan			Body Blitz LaShawn		
5:45 a.m.		AbSolution ■ Ryan					
6 a.m.			Total Body Sculpt ■ Kathy				
7:15 a.m.						Tabata Paula	
7:30 a.m.							Power Step Joan
8 a.m.	Stretch & Sculpt for Active Aging ♦ Paula		3-2-1 Blast Kathy	20/20/20 Joan			
8:15 a.m.					Step Jam ♦ Katie		
8:30 a.m.		Power Blast Kickboxing Amy B.				20/20/20 Joan	Group Strength Joan
8:45 a.m.	Turbo Kick ♦ Gera						
9 a.m.			Tabata Julie	Zumba® Amy B.	Body Blitz Katie		
9:30 a.m.	Strength Motion ♦ Gera	HIIT Cardio/Strength Stacy ♦				Cardio Chisel Nancy	Zumba® Rotation
9:45 a.m.							
10 a.m.			Strong Body Circuit Ryan	Group Strength Ryan	Zumba® Mido		
10:15 a.m.		AbSolution ■ Stacy					
10:30 a.m.	Dance 2B Fit Katie						
11 a.m.		Fit Over 50 Amy J.	Zumba Basics Julie	Fit Over 50 Amy J.	Functional Fitness Ryan		
11:30 a.m.	STRONG by Zumba® Julie						
4:15 p.m.	Ab Solution ■ Joan						
4:30 p.m.		Cardio Chisel Maggie	Power Step Joan	Ab Solution ■ Ryan	20/20/20 Joan		
4:45 p.m.	Tabata ♦ Joan						
5 p.m.				Lower Body Blast ■ Ryan			
5:30 p.m.	Body Blitz Rose L.	Boxing Fusion Rose L.	Group Strength Joan	Pilates ♦ Maggie	Group Strength Joan		
6:30 p.m.	Zumba® Bridget	Zumba® Mido	Tabata ■ Bridget				
6:45 p.m.				Zumba® ♦ Mido			
7 p.m.			Power Hour Rose				
7:30 p.m.				Step Jam Jalitzta			

STUDIO 2 - CYCLING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 a.m.			Cycling <i>Kathy</i> ♦				
5:30 a.m.	Cycling <i>Kathy</i>				Cycling <i>Kathy</i>		
7:30 a.m.						Cycling <i>Rotation</i>	
8:30 a.m.			Cycling <i>Ryan</i>				
9 a.m.	Cycling <i>Ron</i>	Cycling <i>Rebecca</i>		Cycling <i>Jill</i>	Cycling <i>Rebecca</i>	TechnoCycle <i>Rotation</i> \$	
9:30 a.m.							Cycling <i>Joan</i> ♦
5:15 p.m.	HIIT Spin <i>Ryan</i> ■		HIIT Spin <i>Ryan</i> ■				
5:30 p.m.		Cycling <i>Jill</i>					
6 p.m.			TechnoCycle <i>Rotation</i> \$				
6:30 p.m.	TechnoCycle <i>Rotation</i> \$			Cycling <i>Melissa</i>			

STUDIO 3 - MIND & BODY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 a.m.			POUND <i>Kim</i>				
7 a.m.	Yoga Basics <i>Priti</i>						
7:30 a.m.				Ashtanga Yoga <i>Marie</i> ▶			
7:45 a.m.						Vinyasa Flow Yoga <i>Deb</i>	
8:30 a.m.	Pilates <i>Amy S.</i>	Ashtanga Yoga <i>Marie</i> ▶	Body Fusion <i>Stacy</i>		Vinyasa Flow Yoga <i>Deb/Carla</i>		Restorative Yoga <i>Deb</i>
9 a.m.				Vinyasa Flow Yoga <i>Libby</i>		Pilates <i>Maggie / Bridget</i>	
9:30 a.m.	Barre <i>Katie</i> \$						Restorative Yoga <i>Deb</i>
9:45 a.m.			Breathe & Flow Yoga <i>Marie</i> ♦				
10 a.m.		Pilates <i>Maggie</i>			Pilates <i>Desiree</i>		
10:15 a.m.				Yoga Fusion <i>Libby</i>		Yoga Basics <i>Desiree</i>	
10:30 a.m.	Vinyasa Flow Yoga <i>Libby</i>		Nourish YIN Yoga <i>Marie</i> ♦				
11:15 a.m.					Mindful Yoga <i>Rose</i>		
11:30 a.m.			Yoga Basics <i>Priti</i> ▶				
3 p.m.		Gentle Yoga & Pilates for Happy Aging <i>Judy</i> ▶		Gentle Yoga & Pilates for Happy Aging <i>Judy</i> ▶			
4 p.m.	Vinyasa Flow Yoga <i>Libby</i> ▶						
4:30 p.m.		Hatha Yoga <i>Judy</i> ▶	Pilates <i>Maggie</i>	Hatha Yoga <i>Judy</i> ▶			
5:30 p.m.	Pilates <i>Bridget</i>						
6 p.m.		Pilates <i>Maggie</i>	Yoga for Athletes <i>Deb</i>				
6:30 p.m.	Hatha Yoga <i>Priti</i> ▶						
7 p.m.		Barre <i>Rotation</i> \$	Pilates <i>Bridget</i>				

GlideFit
Saturdays
8:30 to 9:15 a.m.
Vaughan Aquatic Center
FREE FOR FITNESS MEMBERS

3-2-1 Blast: Blast your way to a fitter you! This full-body interval class consists of 3-2-1 blocks of cardio, strength and ab work.

20/20/20: Get a full body workout with this high intensity, action-packed class. This workout uses a variety of equipment and is made up of 20 minutes of weight training, 20 minutes of cardio and 20 minutes of core work.

AbSolution: This 30-minute class consists of concentrated abdominal and lower back work. A great class to complement the front or back end of your workout routine or simply on its own.

Ashtanga Yoga: Ashtanga Yoga focuses on a specific sequence of postures which are linked through movement and breath. It is an athletic flow combining strength, flexibility and stamina for a complete practice.

Barre: A creative and challenging barre experience that blends together elements of ballet, Pilates and strength training. This class alternates between intervals of muscle sculpting strength work and high energy cardio segments to define the body and make you sweat!

Body Blitz: Take on this challenging full body workout to improve your strength, cardiovascular health and overall fitness ability using a variety of equipment and exercises ranging from traditional strength movements to compound cardio conditioning exercises.

Body Fusion - This total-body workout fuses exercises for core and seat work (done at the barre and on the mat) which will strengthen and tone your muscles, with complementary yoga postures which will lengthen and define your body.

Boxing Fusion: Get a toned and powerful body of a boxer with this high intensity class which combines basic boxing elements with strength and core exercises to create a fun and challenging workout.

Breath & Flow Yoga: Come enjoy the pleasure of moving in coordination with your breath. This Vinyasa class will be warming, strengthening and enjoyable. We will use many tools of yoga, including breathing and meditation techniques. Attendees are encouraged to stay for the Nourish Yin Yoga practice immediately following, which will complement this active Yang practice.

Cardio Chisel: An energizing cardiovascular and strength workout designed to sculpt and tone your body using a variety of weights and equipment.

Cardio Kickboxing: Kick, punch and hook your way through this fun, yet challenging class. Blast away calories and get moving as you perform hard-hitting, action-packed moves that are sure to give you a great cardio workout!

Cycling: A dynamic indoor cycling experience on a specially designed stationary bike and set to music. A great non-impact workout for all fitness levels. Follow ride with cooldown and stretch.

Dance 2B Fit: It's not a workout, it's a party! Designed for beginners and active older adults, Dance 2B Fit combines upbeat music with moves and pacing suitable for beginners and seniors.

Fit Over 50: Use a variety of equipment to improve balance and increase bone density and muscle strength and endurance.

Functional Fitness: Low-impact cardio activities mixed with functional movement exercises to improve strength, endurance, flexibility and balance. This class is designed for active adults 55 and up, or those looking to make everyday activities easier.

Gentle Yoga & Pilates for Healthy Aging: Geared toward the independent exerciser. Slow, gentle core work with an emphasis on building strong bones, a healthy spine and greater pelvic stability will start the class. Restorative yoga will help to bring the student into a state of body awareness, deep relaxation and the opportunity to release stress.

GlideFit: This aqua class utilizes a floating fitness board which gives participants the benefit of core stabilization and the challenge of balancing in the water. Increase flexibility, stability, strength and muscular endurance in the challenging new class!

Group Strength: This class offers effective strength training in a group setting. Get strong by using the straight bars and plates, hand weights, tubes or your own body weight - producing the ultimate workout. Ages 16 & up.

Hatha Yoga: Focus on body alignment, breathing and the integrity of individual asanas (postures). Poses are broken down into different levels to accommodate students of varying levels of experience and flexibility. Class ends with relaxation.

HIT Cardio/Strength: This class alternates between brief high-intensity cardio and strength exercises to achieve fast, dramatic fitness results.

HIT Spin: Push your limits in this intense cycling class! Each class is designed to challenge the body with cardio intervals of varying degrees of difficulty.

Lower Body Blast: Get your legs, and butt in shape with this intense 30 min class! Plyometrics, cardio conditioning, and strength training will shed unwanted fat and tone your lower body.

Mindful Yoga: This class helps the student access the Yoga pose through the use of props, including chairs. Props will help students access poses with greater effectiveness, ease, and stability. Alignment and breath work will be emphasized.

Nourish Yin Yoga: This nourishing class will incorporate both yin and restorative postures. Yin assists you in gently opening your body and calming the nervous system. Restorative poses use bolsters, blankets and blocks to enhance wellbeing and balance the body, mind and spirit. This practice is accessible to all.

Pilates: Traditional mat class designed to work the body's core, or powerhouse, to improve flexibility and strength. (Ages 16 & up)

POUND: Designed for all fitness levels, POUND provides the perfect atmosphere to let loose, get energized, tone up and rock out! This exhilarated full-body workout combines cardio, conditioning and strength training with yoga and pilates-inspired movements.

Power Blast Kickboxing: This class combines cardio kickboxing and strength sections using your own bodyweight and a variety of equipment that are sure to create a powerful, action-packed workout!

Power Hour: An intense total body workout intended to challenge the body through a variety of methods such as cardio kickboxing, weight training, athletic drills and circuit training. Participants can expect to push themselves to the max and improve their overall fitness level!

Power Pedal: Challenge yourself and crank up the resistance as you pedal through hills and climbs. This class is intended to improve your strength and cardio health.

Power Step: Put POWER into your step routine! This class is designed to push your cardio edge into high gear and attack the legs in every plane of motion, both on the step and on the floor. Not your average step class!

Restorative Yoga: A relaxing practice of supported poses, guided relaxation, yogic breathing, and an extended savasana (final resting pose). For any level student seeking to reduce the effects of stress.

Slow Vinyasa Flow Yoga: Poses are held a bit longer than a traditional vinyasa flow class building strength and increased flexibility while creating and sustaining a mind/body connection. Short meditation and relaxation included.

Sprint Spin: Improve your endurance and tone your lower body with this fast-moving, intense workout. This high-energy class combines lower resistance with sprints and jumps to create a non-stop, exciting ride.

Step Jam: High-intensity, mostly low-impact activity featuring great choreography to keep mind and body challenged.

Strength Motion: Strengthen your body using a variety of equipment and your own body weight. This class keeps participants moving by transitioning through different compound strength exercises to create a balanced, full body workout.

Stretch & Sculpt for Active Aging: Gentle stretching and light weight work will keep older adults active and strong through this class. Resistance bands, stability balls and dumbbells will be used to create a full-body workout.

Strong Body Circuit: Stations will be set up to give you a full-body strength and conditioning workout. A variety of music, equipment and challenges will be combine each class to create a unique and exciting workout.

STRONG by Zumba: A revolutionary high-intensity workout where every move is synced to a beat, pushing you hard to give it everything you've got... and then some.

Sunrise Yoga: Start your day off right in this mixed-style class, sequenced to address tight morning muscles and joints while building energy and focus for the day to come. All levels are welcome!

Tabata: Tabata interval training is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense timed exercises, each class will blast the calories and provide noticeable results in a short amount of time.

TechnoCycle Connect: This new and exciting cycling class uses a unique Bluetooth system to track your workout, enabling users to improve their performance through a totally immersive riding experience. Take part in this overall fun and entertaining experience through a motivating ride filled with inspirational videos and music to set the mood and the beat.

Total Body Sculpt: This class will work a variety of muscles using hand weights and more, creating an effective total body sculpting workout designed to increase your strength and improve your overall fitness.

Turbo Kick: This fat-blasting, ab-defining cardio workout combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn.

Vinyasa Flow Yoga: Suitable for all levels. Follow a carefully balanced sequence of breath-guided postures that teach alignment.

Yoga Basics: Learn the fundamentals of yoga postures, focusing on proper alignment, stretching and breathing through poses appropriate to beginners. No previous yoga training required!

Yoga Core Essentials: This class incorporates meditation, breath work, mindful movement, core strength and body awareness including a restorative savasana.

Yoga Fusion: Elements of yoga, pilates and barre are blended to build heat, develop strength and promote flexibility. The first half of class will be active movements while the second half will focus on flexibility and restoration.

Yoga for Athletes: This class integrates movement, strength and breath work to help athletes of all levels excel, no matter their sport or ability. You will improve balance, flexibility, and power which can result in improved performance, injury reduction and faster recovery for everyone and athletes of all levels.

Zumba®: Ditch the workout and join the party! Zumba is a fun cardio workout with easy-to-follow dance steps inspired by Latin rhythms, featuring "sizzling" south-of-the-border moves that are "spicy hot!" Dancer or not, burn calories, work up a sweat and have a great time doing it!

Zumba Basics: This class is designed for those looking for a modified Zumba class full of high energy and fun! Lower-intensity moves and easy-to-follow Zumba choreography create an enjoyable workout to help you get fit.

Is class still on?
Real-time alerts & updates!

- Go to rainoutline.com
- Search for Fox Valley Park District
- Select "VAC Group Exercise"
- Select "Email & Text Alerts"

Or download the app and select the bell icon for push notifications!

CLASS DIFFICULTY LEVELS:

Classes are designed for all skill levels. Impact and intensity options are taught so participants can work at their own level. Instructors are professionally certified to provide a safe and enjoyable exercise experience.

CLASS FORMAT INFORMATION:

Unmarked classes are one hour in length.

- 30-minute class
- ◆ 45-minute class
- ▲ 75-minute class
- ☞ Fee-based class

Please Note:
 Class scheduled may be altered based on participation.
 Most classes are appropriate for ages 14 & up.

FOR QUESTIONS OR INPUT, PLEASE CONTACT:

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