

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 a.m.				Tabata <i>Paula</i>			
7:15 a.m.	Cardio Kickboxing • <i>Amy</i>						
8 a.m.	Total Body Sculpt • <i>Amy</i>			Step & Strengthen <i>Annette</i>		STRONG <i>Vickie</i>	
8:30 a.m.			Zumba <i>Giorgio</i>				
9 a.m.	Rep & Step <i>Jessica</i>	Cycling <i>Bob</i>		Cycling <i>Bob</i>		Vinyasa Yoga ▶ <i>Rose G</i>	
9:15 a.m.						Zumba <i>Vickie</i>	
9:30 a.m.			Cardio, Core & More <i>Dawn</i>		Body Fusion <i>Paula</i>		
10 a.m.		Fit for All <i>Dawn</i>					
11 a.m.	Strong Body Circuit <i>Ryan</i>						
12 p.m.		Zumba <i>Giorgio</i>					
5 p.m.	Weight Up <i>Paula</i>			Zumba <i>Giorgio</i>			
5:30 p.m.			STRONG <i>Vickie</i>				
6 p.m.				Ab Solution ■ <i>Eric</i>			
6:30 p.m.	Zumba <i>Alexis</i>			Functional Strength & Conditioning <i>Eric</i>			
6:45 p.m.			Zumba <i>Vickie</i>				

UNMARKED CLASSES ARE 60 MINUTES IN LENGTH
 ■ 30 mins. • 45 mins. ▶ 70 mins.
 Highlighted classes are held in Room 117.

Body Fusion: 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.

Body Fusion: This total-body workout fuses exercises that will strengthen and tone, with complementary yoga poses that will lengthen and define.

Cardio, Core & More: Get your heart pumping with a combination of cardio and strengthening exercises designed to tone your body and improve your endurance. A variety of movements create an energizing workout that will keep you moving throughout the entire class!

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

Fit for All: This class will focus on cardiovascular health, strength, balance, and flexibility. Various equipment and exercises will be used to create different workouts each class that are sure to challenge your body and your brain.

Functional Strength & Conditioning: Each class is based around strength and conditioning while utilizing functional fitness. Use a variety of equipment and training methods to improve your overall level of fitness and get maximum results.

Rep & Step: This energizing cardiovascular and strength workout is designed to sculpt and tone your body using weights and equipment.

Step & Strengthen: Improve cardio fitness and build muscle strength in this low-intensity step interval class.

STRONG: Using only bodyweight, this revolutionary workout is led by music that focuses on sequences of movement. Crush your fitness goals by combining strength, flexibility and stamina exercises.

Tabata: Through a variety of simple yet intense time exercises, you will blast away calories and see results in a short amount of time.

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 fitness.

Weight Up: A great way to increase your strength, burn fat and slim your waist as you utilize various weight equipment.

Vinyasa Yoga: Flow through a carefully balanced sequence of breath-guided postures. Create internal heat and breath awareness through sun salutations and holding postures while learning alignment. Leave class feeling rejuvenated. Suitable for all levels.

Zumba: Join the party! Zumba involves dance and aerobic movements performed to energetic music. Choreography includes hip-hop, soca, samba, salsa, merengue and mambo.

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.

FOR QUESTIONS OR INPUT, PLEASE CONTACT:

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