

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 a.m.		Cycling <i>Chuck • Room 117</i>		Tabata <i>Paula</i>			
7:15 a.m.							
8 a.m.				Step & Strengthen <i>Annette</i>		STRONG <i>Vickie</i>	
8:30 a.m.						Cycling <i>Bob/Chuck • Room 117</i>	
9 a.m.	Rep & Step <i>Jessica</i>	Cycling <i>Bob • Room 117</i>	Zumba <i>Giorgio</i>	Cycling <i>Bob • Room 117</i>		Vinyasa Yoga ▶ <i>Rose G • Room 117</i>	
9:15 a.m.						Zumba <i>Vickie</i>	
9:30 a.m.					Body Fusion <i>Paula</i>		
10 a.m.		Fit for All <i>Dawn</i>	Cardio, Core & More <i>Dawn</i>				
11 a.m.	Strong Body Circuit <i>Ryan</i>						
12 p.m.		Zumba <i>Giorgio</i>					
4:30 p.m.				Power Hour <i>Traci</i>			
5 p.m.	Weight Up <i>Paula</i>						
5:30 p.m.			STRONG <i>Vickie</i>	Zumba <i>Giorgio</i>			
6:30 p.m.	Zumba <i>Alexis</i>						
6:45 p.m.			Zumba <i>Vickie</i>				

**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!

**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.

**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:**

Kellie McKanna, Fox FitnessGroup Exercise Supervisor  
kmckanna@fvpd.net • 630-907-9600

**CLASS FORMAT INFORMATION:**

Unmarked classes are one hour in length.

- 30-minute class
- ▶ 75-minute class
- ◆ 45-minute class
- 💰 Fee-based class

**PLEASE NOTE:**

*Class scheduled may be altered based on participation.  
Classes are intended for participants ages 16 & up.  
Participants under the age of 16 need instructor approval and must be accompanied by a participating guardian.*

