

**STUDIO 1 - AEROBICS**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 a.m.	3-2-1 Blast <i>Nancy</i>	Strong Body Circuit <i>Ryan</i>	Rep 'N Shred <i>Nancy</i>	Group Strength <i>Joan</i>			
5:15 a.m.					Body Blitz <i>LaShawn</i>		
6 a.m.	Total Body Sculpt ■ <i>Kathy</i>						
7:15 a.m.						Tabata <i>Paula</i>	
7:30 a.m.							Power Step <i>Joan</i>
8 a.m.	Stretch & Sculpt for Active Aging ♦ <i>Julie D.</i>		3-2-1 Blast <i>Kathy</i>	Interval Training ■ <i>Joan</i>			
8:15 a.m.					Strong 30 ■ <i>Julie B.</i>	Step & Sculpt <i>Nancy</i>	
8:30 a.m.		Power Hour <i>Paula</i>		Step ■ <i>Joan</i>			Group Strength <i>Joan</i>
8:45 a.m.	Turbo Kick ♦ <i>Gera</i>						
9 a.m.			Tabata <i>Julie</i>	Zumba® <i>Charity</i>	Body Blitz <i>Gera</i>		
9:15 a.m.						Interval Training <i>Rotation</i>	
9:30 a.m.	Strength Motion ♦ <i>Gera</i>	Cardio, Core & More <i>Stacy</i> ▶					Zumba® <i>Rotation</i>
10 a.m.			Strong Body Circuit <i>Ryan</i>	Group Strength <i>Ryan</i>	Zumba® <i>Thandeka</i>		
10:30 a.m.	Dance 2B Fit <i>Julie B.</i>						
11 a.m.		Fit Over 50 <i>Amy J.</i>	Zumba Basics <i>Julie</i>	Fit Over 50 <i>Amy J.</i>	Functional Fitness <i>Ryan</i>		
11:30 a.m.	Quick & Dirty 30 ■ <i>Julie B.</i>						
4 p.m.	Ab Solution ■ <i>Joan</i>		Ab Solution ■ <i>Joan</i>				
4:30 p.m.	Tabata ■ <i>Joan</i>	Cardio Chisel <i>Maggie</i>	Power Step <i>Joan</i>	Ab Solution ■ <i>Ryan</i>	20/20/20 <i>Joan</i>		
5 p.m.	Step ■ <i>Joan</i>			Lower Body Blast ■ <i>Ryan</i>			
5:30 p.m.	Body Blitz <i>Rose L.</i>	Boxing Fusion <i>Rose L.</i>	Group Strength <i>Joan</i>	Pilates ♦ <i>Maggie</i>	Group Strength <i>Joan</i>		
6:30 p.m.	Zumba® <i>Bridget</i>	Zumba® <i>Betty</i>	Tabata ■ <i>Bridget</i>	Zumba® ♦ <i>Jolly</i>			
7 p.m.			Power Hour <i>Rose</i>				
7:15 p.m.				Step Jam ♦ <i>Jolly</i>			
7:30 p.m.		Glutes & Guts ■ <i>Betty</i>					

**STUDIO 2 - CYCLING**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 a.m.	TechnoCycle ♦ Kathy						
5:30 a.m.	Cycling Kathy				Cycling Kathy/Ryan		
7:30 a.m.						Cycling John	
8:30 a.m.			Cycling Ryan				
9 a.m.	Cycling Bob	Cycling Rebecca		Cycling Jill	Cycling Rebecca	TechnoCycle Stacey S.	
9:30 a.m.							Cycling ♦ Joan
5:15 p.m.	HIIT Spin ■ Ryan		HIIT Spin ■ Ryan				
5:30 p.m.		Cycling Jill					
6:30 p.m.	TechnoCycle Stacey S.			Cycling Melissa			

**STUDIO 3 - MIND & BODY**

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



**POUND:** Designed for all fitness levels, POUND provides the perfect atmosphere to let loose, energized, tone up and rock out! This exhilarating 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 Step:** 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!

**Quick & Dirty 30:** This action-packed circuit-style class is designed to strengthen your body in a quick and effective workout. All are welcome to work at their own pace at each station as participants are coached to work through various exercise in 30 minutes.

**Rep N Shred:** Work up a sweat in this high energy class which mixes high repetition strength work and cardio bursts to provide maximum results class after 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.

**Step:** The cardio workout includes step patterns suitable for all levels.

**Step & Sculpt:** This class combines segments of classic choreographed step routines with strength intervals to create a full-body cardio and strength workout.

**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 30:** A revolutionary high-intensity 30-minute workout where every move is synced to a beat, pushing you harder to give it everything you've got. This class combines elements of kickboxing, interval work and bodyweight strength training.

**Strong Body Circuit:** Stations will be set up to give you a full-body strength and conditioning workout. A variety of music, equipment and exercises will create a unique and challenging workout.

**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 unique cycling class incorporates an entertaining and motivating ride filled with videos and interactive data that will help you reach your goals.

**Total Body Sculpt:** This class will work a variety of muscles using hand weights, 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 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.

**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 Stretch & Strengthen:** Increase flexibility, develop strength, improve balance and release tension through safe stretching, movement, poses and restorative relaxation.

**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!

1. Go to [rainoutline.com](http://rainoutline.com)
2. Search for Fox Valley Park District
3. Select "VAC Group Exercise"
4. 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
- ▶ 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.

### FOR QUESTIONS OR INPUT, PLEASE CONTACT:

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