

STUDIO 1 - AEROBICS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 a.m.		Strong Body Circuit <i>Ryan</i>	Rep 'N Shred <i>Nancy</i>	20/20/20 <i>Joan</i>			
5:15 a.m.	3-2-1 Blast <i>Chrissa</i>				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.	Functional Fitness <i>Julie D.</i>	Step ■ <i>Paula</i>	3-2-1 Blast <i>Julie D.</i>	Interval Training ■ <i>Joan</i>			
8:15 a.m.					Strong ♦ <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>
9 a.m.	Turbo Kick ♦ <i>Gera</i>		Tabata <i>Julie D.</i>	Zumba® <i>Charity</i>	Body Blitz <i>Gera</i>		
9:30 a.m.		Cardio, Core & More <i>Stacy ▶</i>				20/20/20 <i>Joan</i>	Zumba® <i>Rotation</i>
9:45 a.m.	Strength Motion ♦ <i>Gera</i>						
10 a.m.			Strong Body Circuit <i>Ryan</i>	Group Strength <i>Ryan</i>	Zumba® <i>Alexis</i>		
10:30 a.m.	Functional Fit30 ■ <i>Julie B.</i>						
11 a.m.	Dance 2B Fit <i>Julie B.</i>	Fit Over 50 <i>Amy J.</i>	Zumba Basics <i>Julie</i>	Fit Over 50 <i>Amy J.</i>	Functional Fitness <i>Ryan</i>		
12 p.m.	Functional Fit30 ■ <i>Julie B.</i>						
4 p.m.	Core & More ♦ <i>Joan</i>		Ab Solution ■ <i>Joan</i>				
4:30 p.m.		Cardio Chisel <i>Maggie</i>	Power Step <i>Joan</i>	Ab Solution ■ <i>Ryan</i>	20/20/20 <i>Joan</i>		
4:45 p.m.	Tabata ♦ <i>Joan</i>						
5 p.m.				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 / Thandeka</i>	Zumba ■ <i>Bridget</i>	Zumba® <i>Alexis</i>			
7 p.m.			Power Hour <i>Rose</i>				
7:30 p.m.				Step Jam <i>Jolly</i>			

STUDIO 2 - CYCLING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 a.m.	TechnoCycle ♦ <i>Kathy</i>						
5:30 a.m.	Cycling <i>Kathy</i>				Cycling <i>Kathy/Ryan</i>		
7:30 a.m.	Cycling <i>John</i>						
8:30 a.m.	Cycling <i>Dawn / Ryan</i>		Cycling <i>Ryan</i>				
9 a.m.	Cycling <i>Rebecca</i>			Cycling <i>Jill</i>	Cycling <i>Rebecca</i>	TechnoCycle <i>Stacey S. / Jen B.</i>	
9:30 a.m.							Cycling ♦ <i>Joan</i>
5 p.m.	Cycling ♦ <i>Joan</i>						
5:15 p.m.	HIIT Spin ■ <i>Ryan</i>		HIIT Spin ■ <i>Ryan</i>				
6:30 p.m.	TechnoCycle <i>Stacey S.</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>Deb</i>						
7:15 a.m.	Yoga Stretch & Strengthen <i>Annette</i>						
7:30 a.m.		Ashtanga Yoga ▶ <i>Marie</i>		Ashtanga Yoga ▶ <i>Marie</i>			
7:45 a.m.	Vinyasa Flow Yoga <i>Deb</i>						
8 a.m.							
8:30 a.m.	Pilates <i>Amy S.</i>		Body Fusion <i>Stacy</i>		Align & Flow Hatha Yoga <i>Jen F.</i>		Restorative Yoga <i>Deb</i>
9 a.m.		Meditation ■ <i>Marie</i>		Vinyasa Flow Yoga <i>Libby</i>		Pilates <i>Maggie / Bridget</i>	
9:30 a.m.	Barre \$						Restorative Yoga <i>Deb</i>
9:45 a.m.			Breathe & Flow Yoga ♦ <i>Marie</i>				
10 a.m.		Pilates <i>Maggie</i>			Body Fusion <i>Paula</i>		
10:15 a.m.				Yoga Fusion <i>Libby</i>		Gentle Yoga <i>Carla</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>Rose G.</i>						
3 p.m.		Gentle Yoga & Pilates ▶ <i>Judy</i>		Gentle Yoga & Pilates ▶ <i>Judy</i>			
4 p.m.	Vinyasa Flow Yoga ▶ <i>Libby</i>						
4:30 p.m.		Hatha Yoga & Philosophy ▶ <i>Judy</i>	Pilates <i>Maggie</i>	Hatha Yoga & Philosophy ▶ <i>Judy</i>			
5:30 p.m.	Pilates <i>Bridget</i>						
6 p.m.		Pilates <i>Maggie</i>	Yoga for Athletes <i>Libby</i>				
7 p.m.	Pound <i>Kim</i>	Barre \$	Pilates <i>Bridget</i>				

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 core work.

20/20/20: 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.

Align & Flow Hath Yoga: Improve your strength, stamina, and flexibility! Hatha yoga focuses on the body and breath to relax and ground yourself. This class combines static and flowing poses with alignment tips. All levels welcome.

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 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.

Breathe & Flow Yoga: Come enjoy the pleasure of

moving in coordination with your breath. This Vinyasa class will be strengthening and enjoyable. We will use breathing and meditation techniques. Attendees are encouraged to stay for the Nourish Yin Yoga practice immediately following.

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

Cardio, Core & more: Get your heart pumping with a combination of cardio and light strengthening exercises designed to tone your body and improve your cardio endurance. A variety of movements create a fun workout that will keep you moving.

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!

Core Motion: Improve posture, alignment and core strength through aerobic functional exercises like twisting, bending, pushing, pulling, lunging and squatting.

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: 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: This class is designed for the active older adult. Exercises will focus on muscle strength, cardio endurance, balance and flexibility. Levels will be offered to meet class members fitness ability.

Functional Fit30: This class 30-minute class is for active older adults who wants to increase overall fitness and make it easier to carryout everyday activities. Low-impact cardio activities, light resistance and stretching exercises help improve strength, endurance, flexibility, and balance.

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: This class is designed for those who want a softer, slower-paced and relaxing practice. It includes careful movements, controlled pressure and well-measured poses.

Gentle Yoga & Pilates for Healthy Aging: 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 you into a state of body awareness, deep relaxation and the opportunity to release stress.

Glutes & Guts: Shape, sculpt and strengthen your core, booty, hips and legs in this 30-minute 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 & Philosophy: This class features asana with one topic of yoga philosophy per class. Each class includes Chakras, Koshas, Yamas and Niyamas, 8 petals of yoga, Doshas mudras and one guided meditation.

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

HIIT 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.

Meditation: Slow down and feel the healing effects of quiet and stillness. Introspection and various Yogic methods will be used to relax and quiet the mind. Props will be used to ensure comfort.

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
- ▶ 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:

Kellie McKanna, Fox Fitness Group Exercise Supervisor
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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 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.

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 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!

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: A revolutionary high-intensity 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.

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