

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 a.m.		Cycling Chuck		Cycling Chuck			
7:30 a.m.						Cycling Chuck	
8 a.m.		Fit for All Dawn • 117	Stretch & Sculpt Dawn • 117	Step & Strengthen Annette • 117			
8:30 a.m.	Total Body Sculpt ♦ Charity • 117				Body Fusion Paula • 117		
9 a.m.		Cycle Fusion Jill		Cycle Fusion Dawn		Vinyasa Yoga ▶ Rose • 117	
9:15 a.m.	Zumba Charity • 117		HIIT Spin ■ Dawn				
9:30 a.m.							
10 a.m.			Zumba Giorgio • 117				
11 a.m.	Strong Body Circuit Ryan						
12 p.m.		Zumba Giorgio • 117		Zumba Giorgio • 117			
5 p.m.			Boxing Fusion Rose • 117	20/20/20 Joan			
5:30 p.m.				Zumba Julie B. • 117			
6 p.m.		Zumba Kelly • 117					

Classes marked "117" are held in Room 117

20/20/20: This workout uses a variety of equipment and is made up of 20 minutes of weight training, 20 minutes of cycling and 20 minutes of core work.

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

Boxing Fusion: Get the toned and powerful body of a boxer in this high-intensity class that combines boxing elements with strength and core exercises.

Cycle Fusion: This unique class combines cycling and strength training by using bodyweight and light resistance equipment to improve endurance and tone your body.

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.

HIIT Spin: Push your limits! Each class is designed to challenge the body with cardio intervals of varying degrees of difficulty.

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

Stretch & Sculpt: Gentle stretching and light weight work will keep participants active and strong through this class. Suitable for all fitness levels.

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.

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
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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.



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