



# Group Fitness Class Schedule

Fall 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Blast 5:35am additional fees apply		Early Bird Ride - C 5:45am - 6:45am		Body Blast 5:35am additional fees apply		
Early Bird Ride - C 5:45am - 6:45am		Water Workout - P 7:45am - 8:30am	Interval + - S 8:45am - 9:45am	Early Bird Ride - C 5:45am - 6:45am	Cycle Burn - C 7:45am - 8:45am	Cardio Complete - S 9:00am - 10:00am
Water Workout - P 7:45am - 8:30am	Cardio Complete - S 8:45am - 9:45am	Step It Up - S 8:00am - 9:00am	Water Workout - P 9:00am - 9:45am	Morning H2O - P 8:00am - 8:45am	Saturday Strength - S 9:00am - 10:00am	Aqua Zumba - P 10:00am - 11:00am
Aqua Attack - P 9:00am - 9:45am	Water Workout - P 9:00am - 9:45am	Aqua Attack - P 9:00am - 9:45am	Pilates Stretch - S 10:00am - 11:00am	Muscle Madness - S 8:45am - 9:45am	Yoga Foundations - S 10:15am - 11:15am	
Zumba - S 9:00am - 10:00am	Senior Grooves - S 10:00am - 10:45am	Muscle Madness - S 9:15am - 10:15am	Water Work-it - P 10:15am - 11:00am	Dance Fusion - S 10:00am - 11:00am		
Aqua Splash - P 10:15am - 11:00am	Water Work-it - P 10:15am - 11:00am	Aqua Blast - P 10:15am - 11:00am	Sit & Fit - S 11:15am - 12:00pm	Yoga Foundations - S 11:15am - 12:15pm	<b>Hours of Operation</b> Fall - Winter - Spring Monday - Friday 5:30am - 10:00pm Saturday 7:00am - 8:00pm Sunday 7:00am - 5:00pm <hr/> <b>Hours of Operation</b> Summer (May 1 - September 30) Monday - Friday 5:30am - 9:00pm Saturday 7:00am - 5:00pm Sunday 7:00am - 4:00pm	
Gentle Yoga - S 10:30am - 11:30am	S.S. Classic - S 11:00am - 11:45am	S.S. Yoga - S 10:30am - 11:15am	S.S. Cardio - S 12:15pm - 1:00pm			
	Active Yoga - S 5:45pm - 6:45pm			Class Capacity: S = Studio 40		
Flex & Firm - S 6:15pm - 7:15pm	SPINergy - C 6:15pm - 7:15pm	Cardio Jam - S 5:00pm - 6:00pm	Sculpt - S 5:00pm - 6:00pm	C = Cycle 19		
Revolution - C 6:30pm - 7:30pm	Zumba Mix - S 7:00pm - 8:00pm	Super Strength 6:15pm-7:15pm	Active Yoga - S 6:15pm - 7:15pm	P = Pool 50		
Yoga Pilates w/Ball - S 7:30pm - 8:30pm	Aqua Zumba - P 7:15pm - 8:15pm	Dynamic Yoga - S 7:30pm - 8:30pm	Aqua Jog - P 7:15pm- 8:00pm		<b>Personal Training &amp; Assessment</b> Packages Available Small Group Training Classes Sign Up See Front Desk For Details	

Classes will be held in the format indicated. If an instructor is unavailable, a substitution format will be offered.

<b>Aqua</b>	<b>Cycle</b>	<i>Classes are an hour in length unless noted</i>
<b>Cardio</b>	<b>Strength</b>	<i>Senior &amp; Aqua are 45 minutes</i>
<b>Yoga/Pilates</b>	<b>Silver Sneakers</b>	<i>Tues/Sun Aqua Zumba 1 hour</i>

**PLEASE EXIT PROMPTLY AFTER CLASSES**

**Schedule Is Subject To Change**

**Visit us at [www.tinleyparkdistrict.org](http://www.tinleyparkdistrict.org) or call 708.342.4200**

### Aqua Attack

Attack the water for this aqua combo! Build strength with resistance exercises interspersed between classic cardio intervals. Increase coordination, balance & flexibility with this full-body workout. Get wet, burn calories & leave stronger.

### Sit & Fit

Get FIT while you SIT! After a short standing warm up, have a seat for strength & stretching using light weights & fitness bands.

### Cardio Jam

Mix up your workout with different types of cardio to blast away the fat. Close out the class with a touch of strength and you will leave with a total-body workout in just one hour.

### Silver Sneakers Classic

A fun, energizing class for the mature adult. Includes standing warm up, balance exercises & seated work with light weights, balls and bands.

### Cardio Complete

Class comes complete with 35 minutes of aerobic exercise, 15 minutes of strength using weights or bands & 10 minutes of ab work & stretching. Get your COMPLETE workout in just one hour of fitness fun!

### Flex & Firm

An ab sculpting routine followed by a full-body workout using weights, body bars & other equipment. Work small & large muscle groups with cardio incorporated between sets. Try this class for a balanced blend of strength, cardio & core!

### Silver Sneakers Yoga

Move your body through a complete series of seated & standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises & a final relaxation will promote stress reduction and mental clarity.

### Aqua Blast

This high energy, powerful and uplifting class is a fun effective way to burn calories & build muscles. Incorporates cardio, muscular endurance & flexibility.

### Step It Up

Build an exhilarating cardio routine based on small combinations of steps on and off the bench.

### Zumba

Latin Dance Fitness Party! This class combines fast & slow rhythms to tone & sculpt your body. Merengue, Salsa, Cumbia & Cha Cha your way to a new you!

### Aqua Jog

Cardiovascular interval routine with use of aqua weights and belts for a suspension corecentric workout.

### Early Bird Ride

Riding techniques that simulate outdoor bike terrains, speeds & challenges. A fun effective way to improve strength, endurance, cardio, tone muscles & burn calories. Challenges the hardcore cyclist as well as accommodating beginners.

### Dynamic Yoga

This power yoga class will strengthen and lengthen your entire body and refresh your mind too. Peaceful meditation will bring focus and closure to your busy day. Bring a mat to this all-level class.

### Water Work-It

Get ready for a total body water workout. This class is for every shape & fitness level. Stretch & tone in a fun class designed for cardiovascular improvement with a focus on coordination & balance.

### Yoga Pilates on the Ball

Combining Yoga poses & Pilates stretches using the exercise ball, this class will leave you feeling lean & strong with a sense of calm. A great way to end your day! Bring a yoga mat.

### Senior Grooves

Get movin' & groovin' with this fun cardio class for the active adult. Upbeat music provides the backdrop for an easy-to-follow routine, simple strength exercises and whole body stretch.

### Pilates Stretch

This class is designed to stretch the strong muscles and strengthen the weak muscles to put the body back into proper alignment while working from the center to pull your belly back in from inside out resulting in a nice tall posture. Bring a yoga mat.

### Super Strength

This Super Strength class is designed for MAXIMUM calorie burn in the shortest amount of time. Get fit, get healthy, challenge your mind and body and make fitness FUN!

### Interval +

Strength, pilates & cardio intervals. Each interval will focus on major muscle groups. Grueling, all out work efforts are alternated with brief recovery periods to provide a total body workout with max results. Yoga/stretch cool down.

### Sculpt

Designed to build strength, add definition, increase bone density & decrease body fat, this class will increase your lean muscle mass. No muscle neglected!

### Morning H2O

Instead of a morning Cup of Joe, wake up with an energizing workout in the H2O! Build cardiovascular endurance that lasts all day long! You'll never need that morning caffeine again!

### Muscle Madness

Every major muscle group works in this hour of power. This strength class uses weights, bands, stability balls & resistance exercises to deliver a full-body workout. All fitness levels.

### Yoga Foundations

A dynamic, yet gentle yoga that begins with flowing sequences, followed by stationary postures to build strength, increase range of motion, and improve balance. Restorative poses will leave you feeling revitalized & relaxed. Modifications for all fitness levels. Bring a yoga mat.

### SPINnergy

Intense cycling class that will challenge you to push through the various hill and endurance sets. Feel the energy! All fitness levels.

### Active Yoga

This flowing yoga class is based on a series of poses called Sun Salutations, linked together with the breath. Poses will challenge your strength & flexibility. The breathing techniques will calm your mind & body. Bring a mat to this all-level class.

### Saturday Strength

Wake up your body with strength and toning. Burns optimum calories leaving you fit & trim!

### Zumba Mix

Combine your favorite latin moves with other fun dance genres! Time flies when you're dancing the night away!

### Revolution

Transform your body & improve your fitness with cycling intervals. Class will accommodate the casual cyclist to the advanced athlete.

### Aqua Splash

This low impact cardio workout will improve endurance and increase muscle tone. Using the water to cushion your joints, make a splash into a fun and energizing class.

### Silver Sneakers Cardio

Add a little more standing cardio to your Silver Sneakers workout and you will enjoy this full-body workout. Incorporates weights, bands & balls.

### Cycle Burn

Want to burn countless calories? Shape & define your legs & glutes? This is the ultimate zero impact, fat burning, indoor cycling experience. This class combines climbs, flats, jumps and speedwork. You'll leave ringing out your shirt to prove it.

### Aqua Zumba

Take the fun music & Latin moves from the floor to the water! Splash your way into shape with this energetic workout. A pool party that will elevate your heart rate, sculpt your body & torch calories.

### Dance Fusion

Alternate between choreographed dance cardio & strength training for a total body workout! Experience all genres of music from jazz to disco with easy to follow moves. No dance experience needed.

### Gentle Yoga

Stress & tension can leave you anxious and physically ill. Yoga helps to relieve stress, increase flexibility & balance, loosen tight muscles & lower blood pressure. Move with your breath to leave refreshed & peaceful. Bring a mat to this all-level class.

### Water Workout

This class will provide cardiovascular benefits similar to land-based workouts without stress on the joints. A nice compliment to cross training or just plain "working out - for the health of it." You'll leave feeling motivated & invigorated!



Yoga/Pilates

Silver Sneakers

Aqua

Cycle

Strength

Cardio