



Group Fitness Schedule October 2021

Updated 9/15/21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am Sunrise Cycle		5:45am Sunrise Cycle		5:45am Cycle 45	
	7:00am Rise & Shine Yoga		8:00am Cycle 45		8:00am Revolution Cycle
8:30am Zumba	8:30am Aqua Yoga	8:30am Water Workout	8:30am Water Workout	8:30am Morning H2O	9:00am Max Strength
	9:45am Aqua Power	9:00am Muscle Madness	9:00am Interval Plus	9:00am Muscle Madness	10:00am Yoga Foundations
9:45am Aqua Blast	10:00am HI-PI	11:00am Senior Stretch	10:00am Sit & Fit	9:45am Aqua Yoga	
10:00am Gentle Yoga	11:00am SS Classic		11:00am Pilates Fusion	11:00am Yoga Foundations	SUNDAY
Fall Hours Begin October 1st! Class capacity cards will be given out 30 minutes prior to start time! Check out our LIVE LIFE WELL Calendar for specialty programs and classes!					9:00am Cardio Flex
6:00pm Sculpt		5:00pm Cardio Combat	5:00pm FIT	All Active Members will be sent monthly TF information regarding facility updates, pool, usage, promotions and mandates. Please make sure your email is updated in our system.	
6:30pm Revolution Cycle	5:45pm Party Rock	6:00pm Max Strength	6:00pm Hatha Yoga		
	6:45pm Aqua Zumba	7:00pm Dynamic Yoga			
	7:00pm Zumba				

GROUP FITNESS GUIDELINES

As advised Members/Guests must be at least age 13 to participate. For aqua classes ages 13-15 must have an adult 18+ years for supervision. We will continue to monitor the current conditions and update you with changes to our schedule.

Schedules are subject to change. Classes are 45 minutes in length. If we offer virtual options, schedules with zoom links will be sent to members monthly. Virtual classes will be marked with a zoom logo. To limit disruptions, please arrive to in-person classes or log in to virtual at least 5-7 minutes prior to the start time.

We are still monitoring social distancing and facility capacity. Front desk staff will issue class number cards 30 minutes prior to the designated class start time. Please DO NOT arrive any earlier or linger if you're only attending a class.

You will line up as directed by a staff member to gain access to your class. When the instructor arrives and is prepared, capacity cards will be collected 10 minutes prior to class time. Please be on time. The warm-up is an important component and prepares your body for exercise by increasing circulation to the muscles. To minimize disruptions, there will be NO ADMITTANCE to classes after the warm-up.

If an instructor is unavailable, a substitution format may be offered. Classes are subject to minimum/maximum, instructor/location changes, and/or cancellation at manager's discretion. For inclement weather, outdoor classes will be relocated indoors.

Classes may be subject to cancellation if we continue to see low enrollment. Low enrollment is defined as 0, 1, 2 participants in attendance for 3 consecutive weeks. As always, our goal is to keep classes running.

Prepare for class! Whether at the facility or at home have a designated workout space planned and ready with essentials: a mat, light weights, a resistant band and a chair may be needed for some specific classes. Review class descriptions. Have these items ready prior to the start of class to ensure you get the best fitness experience.

Please respect other participants: mute sound on devices if needed, refrain from private conversations during class.

FITNESS CENTER HOURS

MAY 01 - SEP 30

OCT 01 - APR 30

M-F 5:30am-9:00pm
SAT 7:00am-5:00pm
SUN 7:00am-4:00pm

M-F 5:30am-10:00pm
SAT 7:00am-8:00pm
SUN 7:00am-5:00pm

No access to the women's locker room
Monday - Friday 12:00pm - 12:30pm due to cleaning.

Tinley Fitness cannot guarantee class enrollment. Subject to change as guidelines are updated.

**Current In-Person Capacity Numbers:
Cycle 19, Aqua 40, Land 30.**

**Check out our LIVE LIFE WELL Calendar on our facility page! www.tinleyparkdistrict.org
Questions? 708-342-4255**

CARDIO CLASS DESCRIPTIONS

Cardio Combat - Multi-Level - Unleash your inner fighter! This empowering workout inspired by kickboxing and mixed martial arts (MMA) boosts cardio endurance and adds a touch of strength for a total body workout.

HI-PI - Multi-Level - High Intensity intervals coupled with Pilates Inspired core movements. Two amazing workouts in one class! Burn fat and get lean with intense bursts of exercise, followed by short recovery periods. Build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn during and after the workout.

Cardio Flex - Multi-Level - Improve your cardio endurance while using various types of resistance equipment. Activate muscles in your upper & lower body. FLEX your way to a stronger core. Challenging class for a strong heart & body.

Zumba - Multi-Level - A Latin Dance Fitness Party! Combine fast & slow rhythm dances for an interval-style, calorie-burning dance routine. Moves such as Salsa, Cumbia & Reggaeton are combined with other dance genres everyBODY moving to the beat.

STRENGTH CLASS DESCRIPTIONS

FIT - Intermediate/Advanced - Full-body intense tune-up! An ab sculpting routine followed by a full-body workout using weights, body bars & other equipment. Work small & large muscle groups with power plyometrics in between sets. A balanced blend of strength, cardio & core!

Interval Plus - Multi-Level - Strength, Pilates & cardio intervals. Each focusing on major muscle groups. Cardio work is alternated with brief recovery periods of weight training providing a total body workout with max results. Finish with restorative yoga/stretch.

Max Strength - Multi-Level - Designed for MAXIMUM calorie burn in the shortest amount of time. Various equipment & modifications will be used. Get fit, get healthy, challenge your mind & body to the MAX.

Muscle Madness - Multi-Level - Power through all major muscle groups for a maddening workout. Class uses weights, bands, stability balls & resistance exercises for a full-body workout.

Sculpt - Intermediate/Advanced - Build strength, add definition, increase bone density & decrease body fat with this intense body shaping class. Increase lean muscle mass & transform your physique, no muscle neglected!

MATURE ADULT CLASS DESCRIPTIONS

Silver Sneakers Classic - Beginner/Mature Adult - Increase muscle strength, range of motion & improve activities for daily living. A fun, energizing class for the mature adult. Includes standing warm up, balance exercises & seated work with light weights, balls, bands & use of chair for support.

Senior Stretch - Beginner/Mature Adult - 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 & a final relaxation promote stress reduction & mental clarity.

Sit & Fit - Beginner/Mature Adult - Get FIT while you SIT! After a short standing warm up, have a seat for strength & stretching using light weights, fitness bands & balls. Improving your joints helps with balance, flexibility & daily living.

First come first serve for classes, pick up your class capacity card at the desk!

Please follow the IDC Guidelines for The Restore Illinois Phase Plan: Do not attend class if you are experiencing COVID-19 Symptoms:

- Maintain 6ft social distancing
- Wearing a face covering is mandatory
- Sanitize equipment & exercising areas before/after each use
- Capacity numbers for facility and classes must be followed

**Register on the web at
www.tinleyparkdistrict.org OR
call us @ 708-342-4255**

MIND/BODY CLASS DESCRIPTIONS

Active Yoga - Multi-Level - 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. (Will be back soon!)

Dynamic Yoga - Multi-Level - This power yoga class will strengthen & lengthen your entire body and refresh your mind. Peaceful meditation will bring focus and closure to your busy day.

Gentle Yoga - Beginner/Intermediate - Stress and tension can leave you anxious & physically ill. Yoga helps to relieve stress, increase flexibility & balance, loosen tight muscles and lower blood pressure. Move with your breath to leave refreshed & peaceful.

Hatha Yoga - Multi-Level - This flowing yoga class is based on poses linked together with the breath to balance strength & flexibility. The breathing techniques will calm your mind & body.

Pilates Fusion - Multi-Level - Designed to stretch the strong muscles & 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. Light weights may be used.

Rise & Shine Yoga - Multi-Level - Wake up with energetic flow to kick start your day! This vinyasa class builds strength & flexibility, sharpening your balance & focus. Your breath will guide you in & out of each pose.

Yoga Foundations - Beginner/Intermediate - A dynamic, gentle yoga that begins with flowing sequences, followed by stationary postures to build strength, increase range of motion & improve balance. Restorative poses will leave you feeling revitalized & relaxed. Modifications for all fitness levels.

CYCLE CLASS DESCRIPTIONS

Cycle 45 - Multi-Level - Want to burn countless calories in just 45 minutes? This class will get your day off to an express start with jumps, sprints, flats and climbs. Zero impact, fat burning cardio!

Party Rock Cycle - Multi-Level - You'll be encouraged to work at your own pace, challenged with climbs, races & tempo trials. With the beat of the music, you'll go from high to low intensity levels that allow recovery periods. It's a fun filled party! You won't even know you are working out! Trust us, you'll have a Rockin' good time!

Revolution - Multi-Level - Transform your body and improve your fitness with cycling intervals. Class will accommodate the casual cyclist to the advanced athlete.

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

AQUA AEROBICS DESCRIPTIONS

Aqua Blast - Multi-Level - This high energy, uplifting class is an effective way to burn calories & build strength. Fun moves, drills & games will improve your cardio endurance, ending with buoys & noodles to strengthen & tone your body.

Aqua Power - Multi-Level - A fast-paced class with a mixture of power & strength exercises that combine aerobic conditioning with training. Plenty of lower body, upper body, cardio & core work guaranteed to improve muscular endurance & flexibility. Come join this invigorating workout.

Aqua Yoga - Multi-Level - Move vital energy through the body to calm the mind. Flowing movements direct the body through comfortable range of motion exercises to find balance & strength, aided by resistance of the water.

Aqua Zumba - Multi-Level - 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.

Morning H2O - Multi-Level - 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 morning caffeine again!

Water Workout - Multi-Level - This class provides cardiovascular benefits similar to land-based workouts without stress on the joints. Complements cross training or just plain "working out - for the health of it." You'll leave feeling motivated & invigorated!

INTENSITY LEVEL

Beginner/Mature Adult Level - Class designed for members new to exercise, older adults or individuals with limited range of motion/movement challenges. Some classes will be suitable for seated activity.

Multi-Level - Class designed for a range of fitness levels. Modifications may be offered to accommodate fitness abilities. Inform instructor prior to class if modifications are needed.

Intermediate/Advanced Level - Class designed for members who have prior exercise experience and/or those with higher fitness levels. Some classes may have high intensity intervals.