

studio I • studio II • aqua

m	t	w	th	f	s	sn
STRENGTH 5:45-6:45a Kellie	SPIN 6:00-6:50a Anna	STRENGTH 5:45-6:45a Kathy D.	SPIN 6:00-6:50a Tom	STRENGTH 5:45-6:45a Kellie	STEP XPRESS 7:05-7:50a Peggy	PC50X 8:00-8:50a Doug
SPIN 6:00-6:50a Caren	LITE N LIVELY 8:00-8:55a Peggy	SPIN 6:00-6:50a Tracy	ZUMBA® GOLD 8:00-8:50a Jeannie	SPIN 6:00-6:50a Trish	SPIN 7:30-8:20a Anna	SPIN 8:15-9:05a Tom
SENIOR FIT 8:00-9:00a Mary W. - Gym A	AQUA 8:00-9:00a Jeanne	SENIOR FIT 8:00-9:00a Mary W. - Gym A	CORE N MORE 8:00-8:50a KC- 201	SENIOR FIT 8:00-9:00a Mary W.- Gym A	POWER STRENGTH 8:00-8:55a Kellie	ZUMBA® 9:00-10:00a Amy
LO IMPACT 8:00-9:00a Amy C.	SPIN 8:30-9:20a Becky	STRENGTH 8:00-8:55a Kathleen	SPIN & YOGA 8:30-9:45a Becky	OLD SKOOL 8:00-8:55a Ginger	SPIN 8:30-9:20a Tracy	SPIN 9:15-10:05a Beth
SPIN 8:30-9:20a Trish	BOX N TONE 9:10-10:10a Lisa D.	AQUA 8:00-9:00a Kathy D.	AQUA 9:00-10:00a KC	SPIN 8:30-9:20a Patrick	SPIN & YOGA 9:30-10:45a Becky	STRIKE 10:15-11:15a Kellie
AQUA 9:00-10:00a Susie	DEEP AQUA 9:15-10:15a Anne	SPIN 8:30-9:20a Allyson	BARRE BURN 9:15-10:15a Missy- 201	STRENGTH 9:10-10:10a Ginger	ZUMBA® 9:00-9:55a Ginger & Kellie	STRENGTH 10:15-11:15a Kathleen
INTERVALS 9:10-10:10a Missy	SPIN 9:30-10:20a Missy	LO IMPACT 9:00-9:55a Kathleen	KICKBOX 9:15-10:10a Linda	AQUA 9:15-10:15a Diane	STRENGTH 10:00-11:00a Lisa D./Tracy	
PLAYSTATIONS* 9:15-10:10a Lynn F.- Gym A	ZUMBA® 10:15-11:10a Debbie	POOL-ates 9:10-10:10a Susie	TRX BASICS 10:00-10:50a Kathy D.	CARDIO BLAST 10:15-11:15a Kathleen		
STRIKE 9:30-10:20a Marnie	BARRE BURN 10:30-11:30a Missy	SPIN 9:30-10:20a Liz	MUSCLE ENDURANCE 10:15-11:10a Linda	LIGHT AQUA 10:15-11:00a Diane		
LIGHT AQUA 10:15-11:00a Susie	BALANCE 11:15-12:15a Kathy D	LIGHT AQUA 10:15-11:00a Susie	BALANCE 11:15-12:15p Kathy D.	REBOUNDERS 10:35-11:35 Missy		
WERQ 10:30-11:25 Marnie/Missy	TRX BASICS 5:00-6:00p Kathy D.	INTERVALS 10:30-11:30a Liz	AQUA ZUMBA 12:00-12:50p Robin	STRENGTH 5:00-6:00p Kellie		
TRX BASICS 10:30-11:20a Ginger	STRENGTH 5:15-6:10p Kellie	TRX BASICS 10:30-11:20 Ginger	STRENGTH 5:00-5:55p Kathy D.			
DRUMS 11:30-12:30p Kristen	AQUA 6:00-7:00p Robin	ZUMBA® GOLD 12:00-12:50p Ginger	SPIN & CORE 5:00-6:00p Missy			
STRENGTH 5:00-6:00p Peggy	STRIKE 6:15-7:05p Kellie	WERQ 5:30-6:30p Ginger & Kellie	ZUMBA® 6:00-7:00p Melissa			
ZUMBA GOLD 5:15-6:15p Debbie	ZUMBA® 6:15-7:15p Erin	SPIN 6:15-7:05p Trish	AQUA 6:00-7:00p Judy			
WERQ 6:05-7:00p Haley	KETTLEBELLS 7:15-8:15p Kellen	MMA CONDITION 7:15-8:15p Doug	STRIKE 6:05-6:55p Missy			
SPIN 6:30-7:20p Tom		POWER STRENGTH 6:40-7:40p Kellie	TRX CIRCUITS 7:00-7:50p Doug			
KILLER B'S 7:05-8:00p Haley			NIA 7:00-8:00p Valerie			

GROUP FITNESS

GUIDELINES

- 1) PASSPORTS EXPIRE 6 MONTHS FROM DATE OF PURCHASE.
- 2) Be on time. Warm-ups prevent injury.
- 3) No admittance 10 minutes past class start time.
- 4) Classes and instructors subject to change at any time.
- 5) Please refrain from wearing perfume or cologne.
- 6) Please respect those around you and keep talking to a minimum.
- 7) No food allowed in the studios.
- 8) Please put away ALL equipment after class.
- 9) No street shoes allowed.
- 10) No sharing or transfers of passports.

STUDIO I
STUDIO II
AQUA

Studio Classes

Balance: A combination of ballet and Tai-Chi using balance techniques to create heat. Great for arthritis sufferers and pain management. This process of working muscles and joints with balance creates a stronger, healthier mind and body.

Barre Burn: A bare-foot (optional) body sculpting and fat burning workout that will challenge all major muscle groups. Utilize the ballet bar, free weights, and mat work resulting in a more defined, stronger, leaner you.

Box n Tone: 30 minutes of Cardio Kickbox and 30 minutes of toning. Get it all in one hour!

Cardio Blast: No equipment necessary! Focus on cardiovascular training. Class segments may include kickbox, sports conditioning drills, and high and low impact movement. Balance and core work make this a class for all levels.

Core n More: Utilize the Pelvicore Pro™ to enhance strength, coordination, and balance in your core muscles...abs, hips, back, glutes and pelvic floor! Improve your overall biomechanical health.

DRUMS: It's fun. It's different. It's a workout like none other. Move your body to songs you know and love. Use rhythm to train the whole body – whole mind.

Condition the cardiovascular system, core, and mind through rhythm, movement and creative expression.

Intervals: A challenging, ever-changing workout using the principles of interval training to get stronger, increase endurance, build your body's aerobic and anaerobic capacity and improve core strength and balance.

Kettlebells: A traditional practice focusing on safely and effectively using Kettlebells to increase strength, endurance and strong, flexible joint structure. Create a leaner, stronger and more injury resistant body.

Killer B's: A 60-minute workout divided into three 20-minute sections devoted to three different areas of focus all starting with B. Bosu, ball, bands, barbell, boxing, butt, back, biceps... endless combinations of body parts and modalities to deliver a beautiful, bangin' body.

Lite N Lively: Combine cardiovascular exercise with light toning, balance and stretching exercises. A perfect class for the mature exerciser, pregnant woman, someone recovering from injury, or those who want a "lighter" workout.

Lo Impact: Fitness for all ages! Adjust the intensity levels to meet your needs in this joint-friendly workout. Options offered for any level workout.

MMA Conditioning: This high intensity class incorporates punching and kicking techniques on the heavy bags, uses battling ropes, TRX suspension training, running, jump rope, and lots of conditioning and groundwork drills used for MMA training -- but no sparring. Get in great shape without the bruises or broken bones.

Muscle Endurance: Sculpt and Tone small and major muscles using bodyweight movements combined with light weights. You'll definitely feel the burn!

NIA: Nia is a sensory-based movement practice that leads to health, wellness and fitness. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. Classes are taken barefoot to soul-stirring music in more than 45 countries. Step into your own joyful journey with Nia, and positively shape the way you feel, look, think and live.

OLD SKOOL MEETS NEW SKOOL: A twist on your basic Lo Impact class! Join Ginger as she starts you off with basic low impact aerobics and gets you sweatin' to the hottest current beats! Finish with toning, abs/core and a yoga stretch.

PC50X: You've seen and heard of P90X...now experience Doug's version all packed into 50 minutes! A must try for those looking for a new fitness challenge!

Rebounders: If you like interval training, you will love this class! Learn how to effectively "rebound" for cardiovascular endurance and core strength. Use Rebounders, step and/or jump ropes for cardiovascular conditioning and equipment for strength. For all levels of fitness. Exercise options offered.

Senior Fit: A workout on the lighter side that includes muscle toning, and balance work geared for the mature adult.

Step Express: Take it back in time with the N-R-G of Step in this 45-minute Xpress workout to music from all decades! Be on time as this express workout starts with a quick warm-up and hits 40 minutes of pure cardio.

Strength/Power Strength: Strengthen with weights, tubing, fitness balls, medicine balls, dumbbells, etc. Proper technique and form are emphasized to create a workout that is effective, fun, and safe. "Power" adds an element of cardiovascular conditioning.

Strike: This class provides a high level of cardiovascular conditioning using sport-specific moves from boxing on the heavy bags. Partner, group and individual work in drills and combinations improve muscular strength, flexibility, agility, coordination, and balance.

TBC (Total Body Conditioning): Get a complete workout with cardio and strength! Classes vary weekly and may contain step, kickbox, strength, sports conditioning exercises, and/or drills. Abdominal work and stretches complete a total body workout.

TRX Basics & TRX Circuits: Suspension training for all levels! TRX uses your own body weight to increase mobility, flexibility and improve strength. TRX is less stressful on joints and is for all levels. **Must take a TRX Basics or have prior TRX experience to participate in Circuits.**

WERQ: The fiercely fun, new dance fitness class based on pop, rock, and hip hop music and high energy dance steps!

WTFF Weight Training Friday Fun: Get an extra workout in on Friday nights with Kellie and kick off the weekend. Anything goes in this full body strength and conditioning class!

Zumba®: Combine high-energy and motivating music with unique and easy moves that allow you to dance your worries away. Great for the body and mind. A feel-happy workout for all!

Zumba Gold®: Zumba Gold is designed for the active, mature adult population or the true beginner participant. Improve coordination and balance with this easy to follow workout. Zumba Chair workout available.

Spin Classes

Bike reservations required. Bike reservations held only 3 minutes past class start time.

Call 847-657-3249 to reserve a bike 24 hours prior to class.

Spin: A non-impact, high-energy, cardiovascular ride on a stationary bike. Builds strength, endurance and stamina – a great form of cross-training year-round!

Spin & Core: Use the first 45 minutes of class for your cardio workout and the remaining time to develop core strength.

Spin & Yoga: Cycle first, then have the option while your muscles are warm, to increase flexibility, balance, and strength with Yoga.

Aqua Classes

Aqua: A general conditioning class in the water to work all aspects of fitness: cardiovascular endurance, muscular strength, flexibility, and improved body composition. Uses aqua dumbbells, noodles, and resistance bands for strength training.

Aqua Zumba: Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Light Aqua: A great class for individuals desiring a lighter workout in the water. Appropriate for participants recovering from hip and knee replacements, those looking to reduce joint pain, or to increase range of motion, joint strength, and flexibility.

Deep H2O: Aqua Joggers, noodles or suspension make this a challenging water workout.

Pool-ates Intervals: Take the core training of Pilates on land and put it in the water! Add aerobic intervals to keep the heart rate up between core exercises and you've got a total workout designed to burn calories, tone, and strengthen your core.

Warm H2O Stretch*: This warm water class is designed, but not limited to people with arthritis, limited range of motion or those looking for post-rehabilitation. Can also be used for post-recovery workout stretches.

*Registration required. Not a Passport class.

m t w th f s sn

morning

	SUNRISE YOGA 5:45-6:45a Jolynn		SUNRISE YOGA 5:45-6:45a Jolynn		GENTLE YOGA 7:30-8:30a Megan M.	
PILATES GOLD 8:00-8:55a Niki-Rm 201		PILATES GOLD 8:00-8:55a Niki- Rm 201	SPIN & YOGA 8:30-9:45a Becky- St 2	INTRO TO PILATES 8:00-8:55a Dawn	FLOW YOGA 2 8:45-10:00a Megan M.	FLOW YOGA 2•3 8:15-9:15a Cassie
ADVANCED PILATES 9:00-9:55a Niki- Rm 201	BASIC YOGA I 8:15-9:15a Julie L	ADVANCED PILATES 9:00-9:55a Niki-Rm 201	BASIC YOGA I 8:15-9:15a Cassie	ADVANCED PILATES 9:00-9:50a Dawn	HATHA YOGA 9:00-10:00a Sophia - Rm 201	BASIC YOGA I•2 9:30-10:45a Cassie
FLOW YOGA I•2 9:00-10:15a Lisa	FLOW YOGA I•2 9:30-10:45a Julie L	FLOW YOGA I•2 9:00-10:15a Lisa	FLOW YOGA I•2 9:30-10:45a Cassie	FLOW YOGA I•2 9:00-10:15a Lisa -Rm 201	SPIN & YOGA 9:30-10:45a Becky- St 2	
GENTLE YOGA 10:30-11:30a Lisa		GENTLE YOGA 10:30-11:30a Lisa		GENTLE YOGA 10:30-11:30a Lisa		

mid-day

INTRO TO PILATES 12:00-12:55p Niki-Rm 201	BASIC YOGA I•2 11:15a-12:25p David	INTRO TO PILATES 12:00-12:55p Niki-Rm 201	YIN & YANG YOGA 11:15a-12:25p David		PILATES FUSION 11:15a-12:15p Sophia
HATHA YOGA 12:00-1:00p Susan B.	HEALING YOGA 12:30-1:30p David	HATHA YOGA 12:00-1:00p Bhairvi	HEALING YOGA 12:30-1:30p David	HATHA YOGA 12:00-1:00p Bhairvi	

evening

HATHA YOGA 5:30-6:30p Megan		BASIC YOGA I•2 5:15-6:15p Trish	FLOW YOGA 2•3 5:45-7:00p Susan B	
PILATES 6:30-7:30p Nicole - Rm 205		PILATES 6:30-7:30p Nikki		FORREST YOGA 2•3 5:15-6:30p Jolynn
FLOW YOGA I•2 6:45-8:00pm Megan	FLOW YOGA 2 7:00-8:15p Cassie			

descriptions

Basic/Hatha/Sunrise Yoga: For all levels. This class relaxes, strengthens, and soothes the body and mind. The focus is on increasing flexibility, balance, and strength through various postures and breathing.

Healing/Gentle Yoga: For all levels. Suitable for beginners, seniors, and those with limitations or prior injury. Harness your mind and body's natural healing potential.

Flow Yoga: An energetic yoga practice that connects the breath (pranayama) to movement with longer held poses (asanas). This practice will allow you to refine postures and move beyond limitations of the body and mind. Pre-requisite: A strong yoga practice of at least 1 year.

Yin & Yang Yoga: Start by targeting connective tissues, ligaments and tendons with long held floor stretches. Follow up with a vigorous vinyasa flow to complete this perfectly balanced yoga class.

Pilates: A full body, mat-based exercise class based on techniques developed by Joseph Pilates. Concentrate on restoring muscular balance, building strength, increasing flexibility, and improving coordination while improving body alignment and posture through core strength and stability.

***Pilates Gold** is meant for those wanting a slower paced class.

Advanced Pilates: Pre-requisite: Strong knowledge of Basic Pilates fundamentals and a minimum 1 year mat Pilates experience.

**Private Pilates available by appointment. Call Lynne Brenner, Personal Training Coordinator, at 224.521.2598 for more information.

- Level 1: Beginner
- Level 2: Intermediate
- Level 3: Advanced

guidelines

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- 2) Be on time. Warm-ups prevent injury.
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- 5) Please refrain from wearing perfume or cologne.
- 6) Please respect those around you and keep talking to a minimum.
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- 8) Please put away ALL equipment after class.
- 9) No street shoes allowed.
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Studio II - Park Studio Pilates Studio POLICIES / PROCEDURES

1. Please bring your passport ID card with you at all times. You will need this to check in with fitness staff.
2. When taking a fitness class / Pilates session in the NEW fitness expansion space, enter through the West Entrance located on the first floor. (*Between the double doors of the entrance on west side of Park Center*)
3. If you need to use the bathrooms/locker room, the Splash Landings locker room is located on the first floor and available for free use. Please bring a lock should you plan on leaving your belongings in a locker.
4. Hand Towels will be available for you during class.
5. If you need assistance, please use the elevator and check-in at the fitness entrance on the second floor.
6. Fitness Center locker rooms are only available for Park Center Members. If you are interested in joining, please see a fitness staff for details.
7. If you need to renew your passport package, you may do so on-line (glenviewparks.org) or at the fitness desk (*located on the second floor*)

IMPORTANT: Should you renew your passport package at the fitness desk before a class, please make sure you give yourself a little extra time. The entrance for the New fitness expansion space is through the West Entrance located on the first floor.

8. Please contact Ginger Heisler, Group Fitness Coordinator, at (224) 521-2608 with any questions or concerns.

* *Group Exercise Passports expire 6 months from the date of purchase.*

* *No sharing or transferring of passports*