

GROUP EXERCISE CLASS DESCRIPTIONS

Serious cycle	Crank it up a notch with this high intensity group cycling class. Fun and knowledgeable instructors as well as great music will keep you motivated. Modifications will be shown for all fitness levels so beginners are welcome.
Jersey Core	Join the calorie blasting workout done using interval style cardio moves as well as core conditioning done mainly with your own body weight
Cardio Step & Pump	Combines the best of step and weight training intervals for a fun, calorie blasting workout.
Turbo Kick	An intense low to high-impact workout that inspires dance, Tae Kwon Do, boxing, and FUNK. This workout creates a party atmosphere that will have you lining up for MORE!
Zumba	Get fit with these fun Latin rhythms! Anyone can join the party get a great cardio and core blasting workout!
Power Hour	This strength training workout will use a variety of resistance tools such as free weights, barbells, resistance bands and more to sculpt your body from head to toe.
PiYo	This class is Pilates fused with yoga, and power. Modifications are shown for all levels of fitness.
Butts and Guts	Train your trouble spots with this leg and abdominal workout done using a variety of equipment such as balance balls, Bosu balls, weights and resistance bands
Rejuvenating Yoga	Learn all the basics of breathing, gentle stretches, strengthening and balancing poses, all taught at an easy pace. Instructions are included to modify poses to meet varied needs and abilities.
3.2.1. Blast and Tone	This class gives you maximum calorie burn while toning all major muscle groups. There will be 3 minutes of strength, 2 minutes of cardio, and 1 minute of abs that is repeated for a killer workout.
Boot Camp \$	This is for those who are tired of the same routine and want a change of pace. This workout is for you a variety of calorie blasting high intensity workout routines will be incorporated, exercises Times are 5 am to 6 am, 9:15 am to 10:15 am. Or 4:30 – 5:30pm * There is a extra fee for this class. Come try one for free. Ask about session dates.
Body Blitz	This full body strength training class is done in a circuit style moving from one station to the next for one minute at a time. Come join the blitz!
Bosu Box	This class is a mix of cardio and strength training. Class will alternate between cardio boxing done to the latest music for maximum motivation and strength moves done using a bosu ball. Get a full body workout and have some fun!

Wellness Coordinator

Danielle Penge

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Instructors

*Matt Blocker
 Courtney Dewitt
 Liz Heriaud
 Machele Hill
 April Hix
 Ann Lunde
 Jen Mehochko
 Jenny Miller
 Danielle Penge
 Stacey Savage
 Julie Taxis*