# Group Fitness Class Schedule

## March

### Monday
- **5:30 AM** AERO BODY PUMP
  - Melissa
- **6:45 AM** AERO Les Mills GRIT S/A
  - Emily
- **8:00 AM** Lap Pool AERONRG ZONE
  - Jutta
- **9:00 AM** Lap Pool FIT & FLEX
  - Jutta
- **9:30 AM** ACC ZUMBA
  - Danielle
- **10:35 AM** ACC BODY ATTACK
  - Charity
- **11:30 AM** SILVER SNEAKERS YOGA ZONE
  - Chitra
- **5:30 PM** BRAC Fitness NRG ZONE
  - Emily
- **5:30 PM** AERO BODY PUMP
  - Agnes
- **6:45 PM** AERO STRONG BY ZUMBA
  - Danielle
- **7:00 PM** CYCLING ZONE
  - Emily
- **7:00 PM** Lap Pool AQUA ZUMBA
  - Regina/Kanchan
- **7:30 PM** YOGA ACC
  - Tatiana
- **7:45 PM** AERO ZUMBA
  - Danielle

### Tuesday
- **5:30 AM** AERO P90X
  - Emily
- **5:30 AM** AERO BODY PUMP
  - Melissa
- **7:00 AM** AERO AQUA FUSION
  - Georgina
- **8:00 AM** AERO AQUA MELODY
  - Dawn
- **8:30 AM** AERO PIYO
  - Becky
- **9:30 AM** GYM POTENTIAL ELEVATION GYM
  - Antoinette
- **6:00 AM** AERO TURBO KICK
  - Emily
- **9:30 AM** ACC SILVER SNEAKERS CLASSIC ZONE
  - Dawn
- **9:45 AM** AERO BODY PUMP
  - Becky
- **10:30 AM** ACC BARRE ABOVE
  - Emily
- **10:35 AM** ACC SILVER SNEAKERS CIRCUIT ZONE
  - Emily
- **11:30 AM** ZUMBA GOLD
  - Dawn
- **5:50 PM** ACC NRG Zone
  - Antoinette
- **6:05 PM** CYCLING ZONE
  - Dominick
- **6:30 PM** AERO ZUMBA
  - Chiquita
- **7:15 PM** BARRE ABOVE ZONE
  - 45 min
  - Janelle
- **7:15 PM** ACC
  - 45 min
  - Janelle
- **10:45 AM** ACC
  - 45 min
  - Janelle

### Wednesday
- **5:30 AM** AERO BODY PUMP
  - Melissa
- **5:30 AM** AERO Les Mills GRIT S/A
  - Charity
- **7:00 AM** AERO AQUA HIIT
  - Shannan
- **8:00 AM** AERO AQUA POWER FIT
  - Jutta
- **8:15 AM** ACC SILVER SNEAKERS YOGA
  - Tatiana
- **9:15 AM** Lap Pool FIT & FLEX
  - Jutta
- **9:35 AM** ACC YOGA
  - Tatiana
- **9:40 AM** AERO CLASS TAKE-OVERS
  - Emily
- **10:30 AM** ACC NOODLING AROUND
  - Jutta
- **10:45 AM** AERO Les Mills GRIT S
  - Emily
- **11:30 AM** ACC ZUMBA GOLD
  - Dawn
- **6:00 PM** AERO BODY ATTACK
  - Emily
- **6:15 PM** ACC WERO
  - Krystle
- **7:15 PM** HIIT CYCLING ZONE
  - 30 min
  - Emily
- **7:15 PM** ZUMBA / MIX IT UP ACC
  - Stacy
- **8:15 PM** ACC YOGA
  - Tatiana
- **8:30 PM** Lap Pool AQUA POWER FIT
  - Georgina

### Thursday
- **5:30 AM** AERO BODY PUMP
  - Melissa
- **5:30 AM** AERO BODY ATTACK
  - Nancy
- **8:00 AM** AERO AQUA POWER FIT
  - Jutta
- **8:15 AM** AERO YOGA
  - Tatiana
- **9:30 AM** ACC SILVER SNEAKERS CLASSIC ZONE
  - Janet
- **9:30 AM** ACC ZUMBA
  - Danielle
- **9:30 AM** ACC NRG ZONE
  - Jutta
- **10:35 AM** ACC TAI CHI
  - Janet
- **11:35 AM** ACC SILVER SNEAKERS CIRCUIT ACC
  - Danielle
- **10:45 AM** GYM TURBO KICK
  - Emily
- **11:00 AM** GYM SILVER SNEAKERS YOGA ZONE
  - Chitra
- **11:45 AM** FLEX FRIDAY GYM
  - Emily

### Friday
- **5:30 AM** AERO BODY PUMP
  - Janelle
- **5:30 AM** AERO CYCLING
  - Lizz
- **8:00 AM** AERO STRONG BY ZUMBA
  - Danielle
- **8:00 AM** AERO ZUMBA
  - Regina
- **8:30 AM** AERO PIYO/YOGA SCULPT
  - Nancy
- **9:15 AM** AERO OAKS YOGA
  - Tatiana
- **8:00 AM** AERO BODY PUMP
  - Agnes
- **8:00 AM** CYCLING ZONE
  - Emily
- **9:15 AM** BARRE ABOVE ZONE
  - 45 min
  - Emily/Janelle
- **10:00 AM** ACC YOGA
  - Tiffany/Chiquita

### Saturday
- **7:15 AM** AERO BODY PUMP
  - Becky/Janelle
- **8:00 AM** AERO CYCLING
  - Lizz
- **8:00 AM** AERO ZUMBA
  - Regina
- **8:30 AM** AERO PIYO/YOGA SCULPT
  - Becky/Tiffany
- **9:15 AM** AERO OAKS YOGA
  - Tatiana

### Sunday
- **8:00 AM** AERO BODY PUMP
  - Agnes
- **8:00 AM** CYCLING ZONE
  - Emily
- **9:15 AM** BARRE ABOVE ZONE
  - 45 min
  - Emily/Janelle
- **10:00 AM** ACC YOGA
  - Tiffany/Chiquita

### Locations
- **ACC** Amerino Community Center
- **BRAC** Bolingbrook Recreation & Aquatic Complex
- **GYM** BRAC Gym
- **DANCE** BRAC Dance
- **HOAKS** Hidden Oak Nature Center
- **AERO** Aerobic room @ BRAC
- **ZONE** Multipurpose room @ BRAC
- **REC** Rec room @ BRAC
- **COMM** Community Room @ BRAC

### Hours of Operation
- M-F: 5:00 am-10:00 pm
- SAT: 7:00 am-8:00 pm
- SUN: 7:00 am-6:00 pm

### Save The Dates
- 3/4: Class Take-overs: PIYo: 9:40 am @ BRAC
- 3/11: Class Take-overs: P90X: 9:40 am @ BRAC
- 3/16-21: Platinum Week
- 3/18: Pop Up Class: Silver Sneakers Classic 9:30 am @ BRAC
- 3/18: Class take-overs: SHIFT/L1FT 9:40 am @ BRAC
- 3/18: Pop Up Class: Silver Sneakers Circuit 10:36 am @ BRAC
- 3/21: Little Black Dress Kick-off! Register today!
- 3/25: Class Take-overs: INSANITY 45 min @ BRAC
- 3/25: Pop Up Class: Silver Sneakers Classic 10:36 am @ BRAC
- 3/29: Class Take-overs: Barre Above 8:30 am @ BRAC

### Save The Dates 2019
- 3/1: 1st, 3rd & 5th Saturdays
- 3/4: 2nd & 4th Saturdays

### Special Offers
- *Save 10% on all drop-ins*
- *Save 10% on group classes*

### Schedule is subject to change. Visit us at bolingbrookparks.org or call 630.739.1705 for current info.

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Upgrade to a PLATINUM MEMBERSHIP today and have access to everything for one low price of $59 per month.
AQUA FUSION
A mixture of power and strength exercises fused with cardio dance moves to rhythm & blues and Reggaeton music. A fun class for all ages. All Levels.

AQUA HIIT
An aqua high intensity interval training workout that will challenge your cardio and balance in the pool. The class consists of bursts of exercise intensity and varying recovery periods that will provide a total body workout and get your heart beat pumping. All levels.

AQUA MELODY
Move your body through the water and challenge your fitness level in this fun, choreographed class. All levels.

AQUA POWER FIT
Includes a variety of activities. The fast-paced class is designed to combine aerobic conditioning with strength training, muscular endurance, and flexibility. Plenty of lower body, upper body, cardio, and core work guaranteed. It is not necessary to know how to swim to participate in this invigorating workout in the pool. All levels.

AQUA ZUMBA
Combine Zumba Dance and Zumba Toning with both fast and slow rhythms that sculpt your body while burning fat. Very fun and easy to do. All Levels.

BARRE ABOVE
Using elements of the strengthening exercises dancers do, Barre Above is a results-driven workout that is not only fun and dynamic, but will sculpt your body and get you into amazing shape. You’ll see improvements in your posture, flexibility, overall body strength, and endurance. No dance experience needed! Please arrive 15 minutes prior to class to secure your spot. All levels.

BODY ATTACK
Les Mills BODY ATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. You can use any level of your own choice on the class. All Levels.

BODY PUMP
The original barbell class that strengthens your entire body. This 60-minute Les Mills workout challenges all your major muscle groups by using the best weight-room exercises such as squats, presses, lifts & dips. Levels 2 & 3.

CLASS TAKE-OVERS
Each week try something different! Come see what has been chosen to do that week! See black box for exact details. All levels.

CYCLING
Endurance and strength rides combine for a vigorous workout burning calories and keeping your muscles toned. Whether you are training for a triathlon or riding for cardiovascular health, this class is sure to get you there. All Levels.

DANCE FOR SENIORS
An easy-to-follow class that lets you move to the beat at your own speed. It’s an invigorating, community-oriented dance fitness class that feels fresh, and, most of all, exhilarating. Level 1.

FIT-N-FLEX
All age groups are welcome to join in this spunky mid morning exercise program. Light cardio exercises help to build endurance. Resistance equipment is added to help focus on coordination and balance along with body strength. All Levels.

HIIT CYCLING
This is an avid Cycling class enthusiast or have never touched an indoor bike at the gym, this high-intensity interval training (HIIT) cycling class will get your heart pumping. 30 minute express format. All levels.

MIX IT UP
This class is a mix of Zumba and Tabata with light weights. It is sure to get your heart pumping and your muscles burning. Great way to get a mix of cardio, strength, toning and FUN! All levels.

NOODLING AROUND
In this low impact water class, the pool noodle will be your primary tool in this class. Improve balance, range of motion, and flexibility without overstressing your joints. All Levels.

P90X
Feel like there isn’t enough time in your jam-packed schedule to work out? Welcome to P90X’s Muscle Acceleration system - your ultimate EXCUSE-BUSTER! Short, targeted, intense workouts that leave you looking like you’ve been tearing it up in the gym all day, every day. This class will constantly challenge your body with new moves and routines so your results never plateau, and you get in progressions that work. Class incorporates strength training, cardio, core work, yoga, and flexibility. Level 2 & 3.

PIYO
Push your limits of agility, balance and strength with this Pilates and Yoga combo. All Levels.

POUND FIT
A full-body cardio jam session, combining light resistance with continuous, non-impact dance choreography. The workout fuses cardiocycles, isometric movements, plyometrics and isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique - all while rocking out to your favorite music! All Levels.

SHIFT/LIFT
SHIFT: Smart high intensity functional training for all fitness levels. Use your bodyweight as the tool to develop speed, power and agility. You build fitness as you sweat through simple progressions that work. LIFT then utilizes weights to sculpt lean muscle and turn you into a fat burning machine long after the workout is over. Smart, safe and progressive movements ensure no fitness level is left behind. Every workout will move you up and down, side to side, forward and back, with dynamic folds, bends and twists. All levels.

SILVER SNEAKERS CLASSIC
Designed around the mature adult to increase strength, range of motion, agility, balance and coordination, and to improve participants functional capacities, physical fitness level and sense of well being. All Levels.

SILVER SNEAKERS YOGA
Move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Level 1.

STRONG BY ZUMBA
Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. In a one-hour class you will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. STRONG by Zumba instructors change up the music and moves frequently to make sure you’re always challenged to the max. Level 2 & 3.

TAI CHI
Often called “Moving Meditation” the slow and gentle practice of Tai Chi forms relaxes, strengthens and energizes the body. Tai Chi can improve balance, strengthen bones, muscles, joints and reduce stress. Suitable for all exercise ability.

TNT STRENGTH
Tone-N-Tighten Strength is a dynamic total body strength workout out that will challenge you to reach for your next level. Body resistance, weights and bands will be incorporated into this routine to shape and tone more muscle and increase your metabolism. 30 minute express format. All levels.

TURBO KICK
Burn maximum calories as you kick, punch and groove to some of the hottest new music in this action packed workout. Levels 2 & 3.

YOGA
A multilevel style yoga class that focuses on relaxing and restoring the mind thru poses and movement. This class is taught by certified Yoga Instructors. All Levels.

YOGA SCULPT
In this class, vinyasa flow yoga, resistance training, and cardio weights are combined. Boost metabolism and build lean muscle mass as you move. All levels.

ZUMBA
It’s a Latin Dance Fitness Party! Zumba combines fast & slow rhythms to tone and sculpt your body while burning fat. Fun & easy to do. All Levels.

ZUMBA TONING
This class is for those who want to dance, but also put extra emphasis on toning and sculpting to define muscles! Light weights will be used to help participants focus on specific muscle groups. All levels.

ZUMBA GOLD
This fun class uses the same great Zumba formula with an extended warm up and cool down to improve balance, flexibility and cardiovascular strength with its unique program. Zumba Gold is a great workout for adults looking for a meaningful workout at a moderate intensity. All Levels.

PLATINUM CLASSES
FLEX FRIDAY
This class includes a variety of total body conditioning work, including strength and cardio exercises. We utilize a mix of equipment that can change from week to week. Each week is designed to be a different workout that will leave you feeling strong and wanting to flex those muscles. All Levels.

LES MILLS GRIT
Les Mills GRIT is a 30 minute high intensity interval training (HIIT) workout designed with short rounds of high intensity exercise followed by periods of strategic recovery. The secret to ultimate results is not adding more workouts to your routine, but increasing their intensity. We recommend 2 HIT workouts a week as a part of a balanced training plan. Level 3.

LES MILLS GRIT Athletic is a sports conditioning workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power.

LES MILLS GRIT Strength uses barbells, plate and bodyweight exercises to make you strong, toned, and unbelievably fit.

Group Fitness classes are 55-60 minutes unless otherwise noted.

All classes require a minimum of 5 participants. Classes are subject to cancellation or change. 12-15 year olds may participate with parent or guardian. Child must have a fitness membership or paid daily admission.