### INDOOR & OUTDOOR GROUP FITNESS CLASS SCHEDULE

**JULY**

**HOW DO I SIGN UP?**

**REGISTER AT:**  [www.bolingbrookparks.org/groupexercice](http://www.bolingbrookparks.org/groupexercice)

**FEE:** $7 per class

**LOCATION:** Bolingbrook Recreation & Aquatic Complex Pavilion  
(200 S. Lindsey Lane, north side of building)

**PLEASE NOTE:**
- Classes limited to a maximum of nine participant to with comply with social distancing guidelines.
- Registration closes 48 hours prior to class.
- Please arrive 15 minutes prior to class start time.
- Class descriptions are on the next page.
- Classes may be cancelled if less than four people are registered. If the class is cancelled, you will be notified via email.

**ATTENTION LIFESTYLES FITNESS MEMBERS:**
Memberships are currently suspended and you will continue to not get charged your monthly fee. These group exercise classes will be treated as "drop-in" programs and you will be required to pay the entry fee. Once we open our facility and memberships are re-instated, you will then enjoy the benefits of being a member, which include no additional fees for our group exercise classes.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BODY ATTACK</strong></td>
<td><strong>BARRE ABOVE</strong></td>
<td><strong>STEP FUSION</strong></td>
<td><strong>TURBO KICK</strong></td>
<td><strong>BODY PUMP</strong></td>
<td><strong>CYCLING</strong></td>
</tr>
<tr>
<td>Emily</td>
<td>Aerobic Room</td>
<td>Lizz</td>
<td>Aerobic Room</td>
<td>Emily</td>
<td>Aerobic Room</td>
</tr>
<tr>
<td>9:00-9:45 am</td>
<td>9:00-9:45 am</td>
<td>9:00-9:45 am</td>
<td>9:00-9:45 am</td>
<td>9:00-9:45 am</td>
<td>8:15-9:00 am</td>
</tr>
<tr>
<td>Check-in 8:45 am</td>
<td>Check-in 8:45 am</td>
<td>Check-in 8:45 am</td>
<td>Check-in 8:45 am</td>
<td>Check-in 8:45 am</td>
<td>Check-in 8:00 am</td>
</tr>
</tbody>
</table>

| **SS CLASSIC**     | **ZUMBA**           | **SS CLASSIC**       | **DANCE FOR SENIORS** | **SS CLASSIC**   |                   |
| Janet | ZONE         | Danielle | Outdoor Pavilion | Janet | ZONE         | Danielle | Outdoor Pavilion | Janet | ZONE |
| 10:45-11:30 am    | 11:45 am-12:30 pm | 10:45-11:30 am      | 10:45-11:30 am       | 10:45-11:30 am  |                   |
| Check-in 10:30 am | Check-in 11:30 am | Check-in 10:30 am   | Check-in 10:30 am    |                   |                   |

| **GRIT CARDIO**    | **YOGA**            | **BODY ATTACK**      | **YOGA**             |                   |                   |
| Emily | Aerobic Room | Lizz | Aerobic Room | Emily | Aerobic Room | Lizz | Aerobic Room |                   |
| 6:00-6:30 pm       | 6:00-6:45 pm        | 6:00-6:45 pm         | 6:00-6:45 pm         |                   |                   |
| Check-in 5:45 pm   | Check-in 5:45 pm    | Check-in 5:45 pm     | Check-in 5:45 pm     |                   |                   |

Class length is 45 min. in order to allow for proper instruction, information regarding safety and distance etiquette, and equipment pre/post sanitation practices.

Thank you for your patience and understanding as we strive to deliver quality and value to your workout experience.

**Most Group Exercise Classes will be moving INDOOR on JULY 13!**

---

*revised 7/7/20*
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.

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.

BODY ATTACK
Les Mills BODY ATTACK is a high-energy fitness class with moves that center for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercise such as push-ups and squats.

SS 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.

GRIT CARDIO
Uses bodyweight exercise with a focus on speed and intensity to rapidly burn fat and improve your cardiovascular fitness.

BARRE ABOVE
Use strengthening exercises trusted by dancers. 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 balance. No dance experience needed!

YOGA
A multilevel style yoga class that focuses on relaxing and restoring the mind through poses and movement. This class is taught by certified Yoga instructors.

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

BODY PUMP
The original barbell class that strengthens your entire body. This Les Mills workout challenges all your major muscle groups by using the best weight-room exercise like squats, presses, lifts and curls.

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 healthy, this class is sure to get you there.

STEP FUSION
If you are ready to step up your workout this is the class for you. A simple to follow, yet challenging workout combining step, kickboxing, interval work, strength and core.