



# GROUP FITNESS CLASS SCHEDULE

## JANUARY

PLATINUM MEMBERS or DROP INS ONLY

CARDIO STRENGTH

AQUA ZUMBA SPIN

revised 12/19/18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM TNT STRENGTH AERO 30 min Stefanie	5:30 AM P90X AERO Emily	5:30 AM BODY PUMP AERO Melissa	5:30 AM BODY ATTACK AERO  Nancy	5:30 AM BODY PUMP AERO Janelle	7:15 AM BODY PUMP AERO Becky/Janelle	
5:30 AM Les Mills GRIT S/P GYM  Emily	7:00 AM AQUA FUSION Lap Pool Georgina	5:30 AM Les Mills GRIT S/P GYM  Charity	7:00 AM AQUA FUSION Lap Pool Georgina	8:00 AM AQUA POWER FIT Lap Pool Jutta	8:00 AM CYCLING ZONE Lizz	
6:00 AM PIYO AERO 30 min Stefanie	8:00 AM AQUA POWER FIT Lap Pool Jutta	7:00 AM AQUA KICK Lap Pool Jutta/Shannan	8:00 AM AQUA POWER FIT Lap Pool Jutta	9:15 AM FIT & FLEX Lap Pool Georgina	8:00 AM ZUMBA BRAC GYM Regina	
7:00 AM AQUA KICK Lap Pool Shannan	8:30 AM PIYO AERO Becky	8:00 AM AQUA POWER FIT Lap Pool Jutta	8:15 AM YOGA AERO Tatiana	9:30 AM BODY PUMP AERO Emily	8:15 AM Les Mills GRIT C DANCE  Craig	
8:00 AM AQUA POWER FIT Lap Pool Jutta	9:30 AM POTENTIAL ELEVATION BRAC-Gym  Pat	8:30 AM SILVER SNEAKERS YOGA ACC Tatiana	9:30 AM ZUMBA ACC Danielle	9:30 AM ZUMBA ACC Joelle	8:30 AM PIYO/YOGA SCULPT AERO Becky/Tiffany	
9:00 AM FIT & FLEX Lap Pool Georgina	9:30 AM TURBO KICK ACC Emily	9:15 AM FIT & FLEX Lap Pool Jutta	9:30 AM NRG ZONE BRAC-Fitness  Pat	9:45 AM DANCE FOR SENIORS ZONE Danielle	9:15 AM OAKS YOGA HOAKS  Tatiana	
9:30 AM ZUMBA ACC Tracey	9:30 AM SILVER SNEAKERS CLASSIC ZONE Janet	9:30 AM SILVER SNEAKERS CIRCUIT ZONE Danielle	9:30 AM SILVER SNEAKERS CLASSIC ZONE Janet	10:30 AM NOODLING AROUND Slide Catch Pool Georgina		
9:30 AM SILVER SNEAKERS CIRCUIT ZONE Danielle	9:45 AM BODY PUMP AERO Becky	9:35 AM CORE DE FORCE AERO Emily	9:35 AM TURBO KICK AERO Emily	10:45 AM POUND FIT AERO 45 min Emily		
9:30 AM BODY ATTACK AERO Charity	10:35 AM SILVER SNEAKERS CLASSIC ZONE Danielle	9:35 AM YOGA ACC Tatiana	10:35 AM TAI CHI ZONE Janet	11:00 AM SILVER SNEAKERS YOGA ZONE Chitra	8:00 AM BODY PUMP AERO Agnes	
10:35 AM DANCE FOR SENIORS ZONE 45 min Danielle	11:35 AM ZUMBA GOLD ZONE Joelle	10:30 AM NOODLING AROUND Slide Catch Pool Jutta	6:15 PM BODY PUMP AERO Becky		9:00 AM PIYO ZONE Stefanie	
10:45 AM NOODLING AROUND Slide Catch Pool Jutta	5:50 PM Les Mills GRIT S ACC  Nancy	10:35 AM SILVER SNEAKERS CLASSIC ZONE Danielle	6:30 PM ZUMBA ACC Chiquita		10:00 AM YOGA ACC Tiffany/Shubhra	
11:30 AM SILVER SNEAKERS YOGA ZONE Chitra	6:00 PM CYCLING ZONE Lizz	10:45 AM Les Mills GRIT S AERO  Emily	7:15 PM AQUA 50/50 Lap Pool Georgina			
5:30 PM BODY PUMP AERO Agnes	6:30 PM ZUMBA ACC Chiquita	6:00 PM ZUMBA AERO Krystle	7:30 PM Les Mills GRIT S/P AERO  Nancy			
6:45 PM STRONG BY ZUMBA AERO Danielle	7:15 PM YOGA ZONE Lizz	6:00 PM MID-WEEK WARRIOR BRAC GYM  Jutta	<i>Where the fun is!</i>			
7:00 PM CYCLING ZONE Tracey		6:15 PM BODY ATTACK ACC Emily				
7:00 PM AQUA ZUMBA Lap Pool Regina		7:00 PM MIX IT UP COMM Room Stacy				
7:30 PM YOGA ACC Tatiana		7:00 PM AQUA ZUMBA Lap Pool Abel				
7:45 PM ZUMBA AERO Danielle		7:15 PM HIIT CYCLING ZONE 30 min Jutta				
		7:30 PM YOGA ACC Tatiana				

= PLATINUM MEMBERS or DROP INS ONLY

Schedule is subject to change.  
Visit us at [bolingbrookparks.org](http://bolingbrookparks.org)  
or call 630.739.1705  
for current info.

### SAVE THE DATES

- 1/1 New Year's Day Open 10am - 3pm (No classes)
- 1/2 Class Take-Over Barre Above 9:35 am @ BRAC
- 1/6 Pop Up Class Cycling 8am @ BRAC
- 1/7 Pop Up Class Kettlebell 6:45pm @ BRAC
- 1/9 Class Take-Over LaBlast 6:00 pm @ BRAC
- 1/12 THIS IS LIFESTYLES Group Fitness Launch Event
- 1/13 Pop Up Classes: Cycling 8am & Barre Above 9:15am @ BRAC
- 1/14 Pop Up Class: Barre Above 6:45pm @ BRAC
- 1/16 Class Take-Over P90X 9:35 am @ BRAC
- 1/23 Class Take-Over WERO 6:00 pm @ BRAC
- 1/28 Pop Up Class: Pound Fit 6:45pm @ BRAC

### LOCATIONS

- ACC Annerino Community Center
- BRAC Bolingbrook Recreation & Aquatic Complex
- GYM BRAC Gym
- DANCE BRAC Dance
- HOAKS Hidden Oaks 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

\* Aquatic Hot Tub not available on SAT after 6:00 pm

200 South Lindsey Ln. 630.739.1705  
201 Recreation Dr. 630.739.0272

## AQUA 50/50

A combination of aqua kick and aqua fusion in this blended class. All levels

## AQUA FUSION

A mixture of power and strength exercises fused with cardio dance moves to rhythm & blues and Reggaton music. A fun class for all ages. All Levels.

## AQUA KICK

Combines the benefits of low-impact water resistance with the fun and energy of cardio kickboxing, as well as fusing strength training and self defense moves. 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. 60 minutes. 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'll use the room like no other class on the schedule. 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 like squats, presses, lifts and curls. Levels 2 & 3.

## CORE DE FORCE

Mixed Martial Arts inspired, total body workout uses core conditioning combinations, bodyweight moves and cardio spikes to harness the power of your core. MMA inspired combinations are broken into 3 minute rounds of punching, kicking and jabbing. These boxing, kickboxing and Muay Thai moves blasts fat, strengthen the core, and define your abs. This is a high intensity cardio training class. Level 2 & 3

## 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

Whether you're 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 over-stressing 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 take just 30 minutes - but 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 better shape in less time. 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. 60 minutes. All Levels.

## POUND FIT

A full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, 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.

## SILVER SNEAKERS CIRCUIT

Take it up a notch! This class alternates standing non impact choreography and standing upper body strength work with hand held weights, bands and balls. 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 dynamite total body strength workout that will challenge you to reach for your next level. Body resistance, weights and bands will be incorporated into this work out. Add 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 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 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 active adults looking for a meaningful workout at a moderate intensity. All Levels.

## PLATINUM CLASSES

### 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 HIIT workouts a week as a part of a balanced training plan. Level 3.

Les Mills GRIT Strength uses barbells, plates and bodyweight exercises to make you strong, toned, and unbelievably fit.

Les Mills GRIT Plyo is explosive agility training to build a lean and athletic body.

Les Mills GRIT Cardio uses bodyweight exercises with a focus on speed and intensity to rapidly burn fat and improve your cardiovascular fitness.

### MIDWEEK WARRIOR

Challenge yourself in this mid-week boot camp style class. Each week will be changing the exercises to target all major muscles in different maneuvers. All levels.

### NRG ZONE TRAINING

An effective, functional, and fun workout with a small-group format limited to a maximum of 6 people per class. Build muscle and burn calories using TRX suspension trainers, medicine balls, a power pivot, cable trainer, plyometric station, and more. You'll improve cardiovascular ability, strength, power and balance all at the same time. This program is led by a certified personal trainer and can be scaled to meet participants at different levels. All Levels.

### OAKS YOGA

Multilevel style yoga class that focuses on relaxing and restoring the mind thru poses and movement. This small group training class is taught at Hidden Oaks by certified Yoga Instructors. Weather permitting this class is held on the Dream Roof. All Levels.

### POTENTIAL ELEVATION

Uncover the power of your inner athlete. Whether you are new to exercise, weekend warrior, exercise enthusiast, or athletically trained, this strength and conditioning class will challenge your abilities by progressively building strength and endurance. All levels.

**All Level Classes:** For all participants.

**Level 1:** Low to moderate intensity with basic, easy to follow movements. Great if you are beginning group exercise or have not been at it for a while.

**Level 2:** Medium intensity with simple choreography.

**Level 3:** Medium to high intensity. More complex choreography and longer duration of cardio portion. Recommended for experienced participants.