



# MAY 2025

## GROUP FITNESS SCHEDULE

**HAPPY.  
HEALTHY.  
TOGETHER.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CYCLING</b> Dominic   ZONE 8:00–8:45 am	<b>LES MILLS BODY PUMP</b> Emily   AERO   Hybrid 5:30–6:30 am	<b>METCONRX</b> Emily   AERO   Hybrid 8:00–8:45 am	<b>LES MILLS BODY PUMP</b> Missy   AERO 5:30–6:30 am	<b>TREAD &amp; SHRED</b> Dawna   LIFESTYLES 8:00–8:45 am	<b>INSTRUCTOR'S CHOICE</b> Heather   Indoor Lap pool 8:00–9:00 am	<b>LES MILLS BODY PUMP</b> Dominic   AERO   Hybrid 7:15–8:15 am
<b>Special Events</b>  May 9: Lifestyles Potluck 12:30–2:30 pm  May 16: Vino y Vinyasa 6:00–8:00 pm at Ashbury's  May 17: All Staff Meeting Classes Canceled  May 24: Lincoln Park Zoo Trip 9:00 am–4:00 pm  May 28: Splash Pad Ribbon Cutting	<b>AQUA CARDIO</b> Heather   Indoor Lap Pool 8:00–8:45 am	<b>SS CLASSIC</b> Jen   MPR 8:00–9:00 am	<b>AQUA CARDIO SPLASH</b> Dawna   Indoor Lap Pool 8:00–8:45 am	<b>PIYO</b> Becky   AERO   Hybrid 8:15–9:15 am	<b>SS CLASSIC X-PRESS</b> Jen   Virtual Only 8:30–9:00 am	<b>YOGA SCULPT</b> AERO 8:30–9:30 am
	<b>SS YOGA</b> Chitra   ZONE 8:30–9:15 am	<b>AQUA POWER STRETCH</b> Heather   Indoor Lap Pool 8:00–8:45 am	<b>VINYASA YOGA</b> Chitra   ZONE 8:30–9:20 am	<b>AQUA FIT, FLEX &amp; JOG</b> Dawna   Indoor Lap Pool 9:00–9:45 am	<b>SS YOGA</b> Chitra   ZONE 8:30–9:15 am	<b>ZUMBA</b> Danielle   MPR 8:30–9:30 am
	<b>AQUA FIT</b> Heather   Indoor Lap Pool 9:00–10:00 am	<b>AQUA FIT, FLEX &amp; JOG</b> Heather   Indoor Lap Pool 9:00–10:00 am	<b>AQUA FIT</b> Heather   Indoor Lap Pool 9:00–10:00 am	<b>CARDIO KICKBOXING</b> Emily   AERO 9:30–10:15 am	<b>LES MILLS BODY PUMP</b> Emily   AERO   Hybrid 9:30–10:30 am	
	<b>LES MILLS BODY ATTACK</b> Emily   AERO 9:30–10:15 am	<b>BARRE ABOVE</b> Emily   MPR 9:30–10:15 am	<b>SS STRENGTH &amp; STABILITY</b> Dawna   MPR 9:30–10:30 am	<b>TAI CHI</b> Janet   ZONE 10:00–11:00 am	<b>ZUMBA TONING</b> Jen   MPR 9:30–10:15 am	
	<b>SS STRENGTH &amp; STABILITY</b> Dawna   MPR 9:30–10:30 am	<b>TAI CHI</b> Janet   ZONE 10:00–11:00 am	<b>SH1FT M1X</b> Emily   AERO   Hybrid 9:30–10:30 am	<b>ZUMBA</b> Danielle   MPR 10:30–11:30 am	<b>SS STRENGTH &amp; STABILITY</b> Dawna   MPR 9:30–10:30 am	
	<b>PILATES</b> Dawna   AERO 10:30–11:20 am	<b>FLEXFIT</b> Emily   MPR 10:30–11:00 am	<b>SS CLASSIC</b> Janet   MPR   Hybrid 10:45–11:45 am	<b>SENIOR DANCE</b> Danielle   GYM 11:45 am–12:45 pm	<b>SS CLASSIC</b> Jen   MPR 11:00 am–12:00 pm	
	<b>SS CLASSIC</b> Jen   MPR 11:00 am–12:00 pm	<b>SENIOR DANCE</b> Danielle   GYM 11:45 am–12:30 pm	<b>LES MILLS BODY ATTACK</b> Emily   MPR 5:30–6:30 pm	<b>L1FT</b> Emily   AERO 4:30–5:15 pm		
	<b>SS CLASSIC X-PRESS</b> Jen   Virtual Only 12:15–12:45 pm	<b>LES MILLS BODY PUMP</b> Dominic   AERO   Hybrid 4:30–5:30 pm	<b>AQUA FIT, FLEX &amp; JOG</b> Heather   Indoor Lap Pool 7:30–8:30 pm	<b>CYCLING</b> Emily   ZONE 5:30–6:15 pm		
<b>CARDIO KICKBOXING</b> Emily   MPR 4:30–5:15 pm	<b>BODY ATTACK XPRESS</b> Kasin   MPR 5:45–6:15 pm	<b>ZUMBA TONING</b> Jen   MPR 7:30–8:30 pm	<b>VINYASA YOGA</b> Tiffany   AERO 5:30–6:30 pm			
<b>HIIT CYCLING</b> Emily   ZONE 5:30–6:00 pm	<b>ZUMBA</b> Chiquita   MPR 6:30–7:30 pm		<b>ZUMBA</b> Chiquita   MPR 6:30–7:30 pm			
<b>ZUMBA</b> Danielle   MPR 7:00–8:00 pm	<b>AQUA TABATA/HIIT</b> Heather   Indoor Lap Pool 7:30–8:30 pm					

COLOR KEY

IN-PERSON ONLY

HYBRID  
In-person & Virtual

AQUA  
In-person

**HOW DO I SIGN UP?**  
REGISTER AT: <https://bit.ly/GroupXBDP>  
FEE: \$4 per VIRTUAL class; \$9 per IN-PERSON class  
LOCATION: ZOOM or In-person or Hybrid

**PLEASE NOTE:**

- Group classes are preregistration only. Classes are open for registration on the 3rd Tuesday of each month at 2:00 pm. Classes may be cancelled if less than four people are registered. You will be notified via email if cancelled.
- Please bring your own mat and arrive 15 minutes before your class.
- Please join all zoom classes at least 5 minutes prior to the start time.
- Zoom links are included in your registration email.

**CANCELLATION PROCEDURE**  
You may cancel classes in your household account up to 2 hours prior to the class start time.  

To cancel, please follow these steps:

- Log into your Household Account
- Go to My Account > History & Balances > Cancellations
- Select the class you want to cancel & click Save

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**QUESTIONS?** Please email: [dburisek@bolingbrookparks.org](mailto:dburisek@bolingbrookparks.org)

### 50/50

Mix it up! The first half hour you will be in the Lazy River running with and against the current. The second half of the class you will tread water and get a total core work out in the Deep Well. Flotation devices and resistance equipment will be used. This is an advanced class, must be comfortable with deep water/deep well!

### 20/20/20

A blended aquatic workout combining intervals of fusion, cardio and noodling! This class will utilize the whole length of the lap lanes.

### AQUA CARDIO

45 minutes of a total body, cardio and strength training class that uses only your body weight.

### AQUA CARDIO SPLASH

45 minutes of no-rest-allowed cardio. Get ready to sweat!

### AQUA CIRCUIT

This workout keeps you moving and gives you a total body workout. You will rotate through 4-5 high intensity circuit exercises that build muscle and keep your heart rate elevated for optimal.

### AQUA FIT

A fun, total body workout using a variety of pool equipment.

### AQUA FIT, FLEX & JOG

A total body workout using barbells and noodles!

### 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 HIIT

45 minutes of interval training that will keep you moving and burning calories.

### AQUA POWER STRETCH

50/50 mix of toning with aqua weights coupled with stretching to keeps joints flexible .

### AQUA TABATA/HIIT

Cardio workout using tabata themed interval training of 30 sec followed by 10 sec rest. High intensity interval training.

### 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!

### CARDIO KICKBOXING

A high energy class that uses punches, kicks and body weight exercises set to the hottest new music. You'll incorporate real kickboxing moves along with high intensity drills to burn maximum calories. It is the ultimate kickboxing party! Options for all levels available.

### 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.

### FLEXFIT

This class will leave you feeling refreshed and ready to take on your next workout. You will be guided through foam rolling and stretching techniques to relax your muscles, increase range of motion and flexibility as well as ease tension, aches and pains.

### HIIT CYCLING

This vigorous cycling class involves, short high intensity periods, followed by lower intensity recovery periods to help burn optimal calories. Whether you are training for a triathlon or riding for cardiovascular health, this class is sure to get you there.

### INSTRUCTOR'S CHOICE

Come out and enjoy a total body workout on Friday morning before your weekend begins, you never know what equipment we might be using.

### L1FT

L1FT delivers true strength development in a classic group fitness setting. Taking the learnings and principles from the weights room and other strength brands, L1FT is a strength development format that delivers real results using standard studio equipment.

### LES MILLS 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.

### LES MILLS 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 exercises like squats, presses, lifts and curls.

### LES MILLS GRIT

30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.

### METCONRX

MetConRx stands for science driven Metabolic Conditioning. This is a full body interval class that works all planes, different energy systems and multiple muscle groups. The combination of functional strength training and cardio conditioning is an efficient way to build muscle, burn fat and torch calories. It's a fast moving, fun and results driven class that's easily accessible to all levels.

### PILATES

Pull out your gym mat and get ready to do a series of movements that will stabilize and strengthen your core.

### PIYO

Push your limits of agility, balance and strength with this pilates and yoga combo.

### SENIOR DANCE

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.

### SH1FT M1X

Smart, high intensity training for all fitness levels. This class will change each week using a mix of bodyweight, dumbbells, barbell and aerobic step. You'll use simple progressions that are smart, safe and progressive to ensure that no fitness level is left behind.

### SS STRENGTH & STABILITY

Standing upper-body strength work and lower body strength coupled with low-impact cardio using a chair for support designed to improve risk of falls.

### 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.

### SS X-PRESS

A condensed 30-minute virtual edition of our traditional SS class.

### SS YOGA

This classe offers a complete series of seated and standing yoga poses. Chair support is offered so you can 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.

### SUNRISE FLEX AND FLOW

A combination of Pilates and Stretching to calm and soothing music.

### 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.

### TREAD & SHRED

Combining cardio with strength training on a treadmill and the floor in a fun and challenging workout that targets the entire body.

### VINYASA YOGA

Vinyasa yoga is a creative form of yoga where poses are linked together with the breath in a flowing sequence

### YOGA

A multi-level style yoga class that focuses on relaxing and restoring the mind through poses and movement. This class is taught by certified yoga Instructors.

### 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

The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!