



# SEPTEMBER 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>SS CLASSIC X-PRESS</b> Jen   Virtual Only 8:30–9:00 am	<b>LES MILLS BODY PUMP</b> Dominic   AERO   Hybrid 7:15–8:15 am
<b>LES MILLS BODY PUMP</b> Larissa   AERO 9:00–10:00 am	<b>AQUA CARDIO SPLASH</b> Dawna   Indoor 8:00–9:00 am	<b>SS CLASSIC</b> Jen   MPR 8:00–9:00 am	<b>AQUA CARDIO SPLASH</b> Dawna   Indoor 8:00–9:00 am	<b>AQUA TABATA</b> Heather   Indoor 8:00–9:00 am	<b>SS YOGA</b> Chitra   ZONE 8:30–9:15 am	<b>YOGA SCULPT</b> Tiffany   AERO 8:30–9:30 am
<b>Special Events</b>  <b>Sept 1 - Labor Day</b> Open 7:00 am - noon  <b>Sept 2 - ZUMBA at ACC</b> 6:30 pm  <b>Sept 19 - Zumba in the Park</b> 6:30 pm  <b>Sept 27 - Fall Fest</b> 3:00-6:00 pm	<b>SS YOGA</b> Chitra   ZONE 8:30–9:15 am	<b>AQUA POWER STRETCH</b> Heather   Indoor 8:00–9:00 am	<b>VINYASA</b> Chitra   Dance 8:30–9:20 am	<b>PIYO</b> Becky   AERO   Hybrid 8:15–9:15 am	<b>LES MILLS BODY PUMP</b> Emily   AERO   Hybrid 9:30–10:30 am	<b>ZUMBA</b> Danielle   MPR 8:30–9:30 am
	<b>SS STRENGTH &amp; STABILITY</b> Dawna   MPR 9:30–10:30 am	<b>AQUA FIT, FLEX &amp; JOG</b> Heather   Indoor 9:00–10:00 am	<b>AQUA FIT</b> Heather   Indoor 9:00–10:00 am	<b>AQUA X-TREME</b> Dawna   Indoor 9:00–9:45 am	<b>ZUMBA TONING</b> Jen   MPR 9:30–10:15 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>CARDIO KICKBOXING</b> Emily   AERO 9:30–10:15 am	<b>SS STRENGTH &amp; STABILITY</b> Dawna   ZONE 9:30–10:30 am	
	<b>SS CLASSIC</b> Jen   MPR 11:00 am–12:00 pm	<b>TAI CHI</b> Janet   ZONE 10:00–11:00 am	<b>SH1FT M1X</b> Emily   AERO   Hybrid 9:30–10:30 am	<b>TAI CHI</b> Janet   ZONE 10:00–11:00 am	<b>SS CLASSIC</b> Jen   MPR 11:00 am–12:00 pm	
	<b>SS CLASSIC X-PRESS</b> Jen   Virtual Only 12:15–12:45 pm	<b>SENIOR DANCE</b> Danielle   GYM 11:45 am–12:30 pm	<b>SS CLASSIC</b> Janet   MPR   Hybrid 10:45–11:45 am	<b>ZUMBA</b> Danielle   MPR 10:30–11:30 am		
	<b>CARDIO KICKBOXING</b> Emily   AERO 4:30–5:15 pm	<b>LES MILLS BODY PUMP</b> Dominic   AERO   Hybrid 4:30–5:30 pm	<b>LES MILLS BODY ATTACK</b> Emily   AERO 5:30–6:30 pm	<b>SENIOR DANCE</b> Danielle   GYM 11:45 am–12:45 pm		
	<b>HIIT CYCLING</b> Emily   ZONE 5:30–6:00 pm	<b>BODY ATTACK XPRESS</b> Kasin   AERO 5:45–6:15 pm	<b>BUTT &amp; GUT</b> Huber   ZONE 5:30–6:15 pm	<b>L1FT</b> Emily   AERO 4:30–5:15 pm		
	<b>VINYASA YOGA</b> Tiffany   AERO 5:30–6:30 pm	<b>ZUMBA</b> Chiquita   MPR 6:30–7:30 pm	<b>AQUA FIT, FLEX &amp; JOG</b> Heather   Indoor 7:30–8:30 pm	<b>CYCLING</b> Emily   ZONE 5:30–6:15 pm		
	<b>ZUMBA</b> Danielle   MPR 7:00–8:00 pm	<b>AQUA TABATA/HIIT</b> Heather   Indoor 7:30–8:30 pm	<b>ZUMBA TONING</b> Jen   MPR 7:30–8:30 pm	<b>ZUMBA</b> Chiquita   MPR   6:30–7:30 pm		
<b>HOW DO I SIGN UP?</b> <b>REGISTER AT:</b> <a href="https://bit.ly/GroupXBPd">https://bit.ly/GroupXBPd</a> <b>FEE:</b> \$4 per VIRTUAL class; \$9 per IN-PERSON class <b>LOCATION:</b> ZOOM or In-person or Hybrid						
<b>PLEASE NOTE:</b> <ul style="list-style-type: none"><li>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.</li><li>Please bring your own mat and arrive 15 minutes before your class.</li><li>Please join all zoom classes at least 5 minutes prior to the start time.</li><li>Zoom links are included in your registration email.</li></ul>						
<b>CANCELLATION PROCEDURE</b> You may cancel classes in your household account up to 2 hours prior to the class start time. To cancel, please follow these steps: <ul style="list-style-type: none"><li>Log into your Household Account</li><li>Go to My Account &gt; History &amp; Balances &gt; Cancellations</li><li>Select the class you want to cancel &amp; click Save</li></ul>						
<b>QUESTIONS?</b> Please email: <a href="mailto:dburisek@bolingbrookparks.org">dburisek@bolingbrookparks.org</a>						

### COLOR KEY

IN-PERSON

VIRTUAL

HYBRID

AQUA

### **AQUA CARDIO SPLASH**

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

### **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 TABATA/HIIT**

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

### **AQUA POWER STRETCH**

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

### **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!

### **BUTT & GUT**

Designed to shape, sculpt, and strengthen your butt, thigh, back and core muscles in a targeted and high energy workout.

### **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.

### **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.

### **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.

### **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.

### **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.

### **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!