



APRIL 2026

GROUP FITNESS SCHEDULE

**HAPPY.
HEALTHY.
TOGETHER.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CYCLING Dominic ZONE 8:00–8:45 am	LES MILLS BODY PUMP Emily AERO Hybrid 5:30–6:30 am	METCONRX Emily AERO Hybrid 8:00–8:45 am	LES MILLS BODY PUMP Missy AERO 5:30–6:30 am	TREAD & SHRED Dawna LIFESTYLES 8:00–8:45 am	AQUA CARDIO SPLASH Dawna Indoor 8:00–9:00 am	LES MILLS BODY PUMP Dominic AERO Hybrid 7:15–8:15 am
LES MILLS BODY PUMP Larissa AERO 9:00–10:00 am	AQUA CARDIO SPLASH Dawna Indoor 8:00–9:00 am	SS CLASSIC Jen MPR 8:00–9:00 am	AQUA CARDIO SPLASH Dawna Indoor 8:00–9:00 am	AQUA TABATA Heather Indoor 8:00–9:00 am	SS CLASSIC X-PRESS Jen Virtual Only 8:30–9:30 am	ZUMBA Multi MPR 8:30–9:30 am
Special Events April 1 Soft Launch Virtual Gym App SA April 25 Lifestyles Open House 10:00 am–1:00 pm	SS YOGA Chitra ZONE 8:30–9:15 am	AQUA FUN Heather Indoor 8:00–9:00 am	VINYASA Chitra Dance 8:30–9:20 am	LES MILLS SHAPES Emily AERO 8:30–9:15 am	SS YOGA Chitra ZONE 8:30–9:15 am	YOGA SCULPT Tiffany AERO 8:30–9:30 am
	SS STRENGTH & STABILITY Dawna MPR 9:30–10:30 am	AQUA FIT, FLEX & JOG Heather Indoor 9:00–10:00 am	AQUA FIT Heather Indoor 9:00–10:00 am	SS STRENGTH & STABILITY Dawna MPR 8:45–9:45 am	LES MILLS BODY PUMP Emily AERO Hybrid 9:30–10:30 am	KUKUWA Daneen MPR 9:45–10:45 pm
	LES MILLS BODY ATTACK Emily AERO 9:30–10:15 am	BARRE ABOVE Emily MPR 9:30–10:15 am	SS STRETCH, STRENGTH & STABILITY Dawna MPR 9:15–10:15 am	AQUA FUN Heather Indoor 9:00–10:00 am	ZUMBA TONING Jen MPR 9:30–10:15 am	
	SS CLASSIC Jen MPR 11:00 am–12:00 pm	TAI CHI Janet ZONE 10:00–11:00 am	SH1FT M1X Emily AERO Hybrid 9:30–10:30 am	CARDIO KICKBOXING Emily AERO 9:30–10:15 am	STRETCH & RECOVERY Jen MPR 10:15–10:45 am	
	SS CLASSIC X-PRESS Jen Virtual Only 12:15–12:45 pm	SENIOR DANCE Deneen GYM 11:45 am–12:30 pm	SS CLASSIC Janet MPR Hybrid 10:45–11:45 am	TAI CHI Janet ZONE 10:00–11:00 am	SS CLASSIC Jen MPR 11:00 am–12:00 pm	
	CARDIO KICKBOXING Emily AERO 4:30–5:15 pm	LES MILLS BODY PUMP Dominic AERO Hybrid 4:30–5:30 pm	LES MILLS BODY ATTACK Emily AERO 5:30–6:30 pm	SENIOR DANCE Deneen GYM 11:45 am–12:30 pm		HOW DO I SIGN UP? REGISTER AT: https://bit.ly/GroupXBPD FEE: \$4 per VIRTUAL class; \$9 per IN-PERSON class LOCATION: ZOOM or In-person or Hybrid PLEASE NOTE: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> Log into your Household Account Go to My Account > History & Balances > Cancellations Select the class you want to cancel & click Save QUESTIONS? Please email: dburisek@bolingbrookparks.org
	HIIT CYCLING Emily ZONE 5:30–6:00 pm	BODY ATTACK XPRESS Kasin AERO 5:45–6:15 pm	BUTT & GUT Huber ZONE 5:30–6:15 pm	LES MILLS BODY PUMP HEAVY! Emily AERO 4:30–5:25 pm		
	VINYASA YOGA Tiffany AERO 5:30–6:30 pm	ZUMBA Chiquita MPR 6:30–7:30 pm	KUKUWA Daneen MPR 6:00–7:00 pm	CYCLING Emily ZONE 5:45–6:30 pm		
	ZUMBA Thanya MPR 6:30–7:30 pm	AQUA TABATA/HIIT Heather Indoor 7:30–8:30 pm	AQUA FIT, FLEX & JOG Heather Indoor 7:30–8:30 pm	ZUMBA Chiquita MPR 6:30–7:30 pm		
			ZUMBA TONING Jen MPR 7:30–8:15 pm			
		STRETCH & RECOVERY Jen MPR 8:15–8:45 pm				

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 FUN

The class offers 60 minutes of aqua exercises

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.

KUKUWA

A joyful and inclusive fitness experience, Kukuwa African Dance Fitness is a workout that combines traditional African dance movements with fitness routines for a full-body workout.

The routines are designed to "move your boombsey," improve cardiovascular health, tone muscles and enhance flexibility. With its dynamic movements and infectious beats, Kukuwa African Dance Fitness not only helps participants burn calories but connects them to the rich cultural diversity of Africa.

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 BODY PUMP HEAVY

Takes the proven psychology of group training and combines it with slower weightlifting. You focus on the same foundational lifts, but the slower speeds and longer recoveries, which allows for increased focus on technique and the ability to lift heavier.

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.

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

Condensed 30-min 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.

STRETCH & RECOVERY

Breathe, Stretch and Release muscle Tension using mat, foam rollers and proven stretches to help recover from your workout.

STRONG NATION:

STRONG Nation® combines body weight, muscle conditioning, cardio and plyometric training synced to original music specifically designed to match every move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep and maybe even to five more.

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!