

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|--|---|
| CYCLING Dominic ZONE In-person 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 In-person 5:30–6:30 am | AQUA FUSION Georgina Indoor Lap pool 8:00–8:45 am | SS CLASSIC X-PRESS Jen Virtual Only 8:30–9:00 am | LES MILLS BODY PUMP Becky AERO Hybrid 7:15–8:15 am |
| STAY TUNED Holiday schedule update coming soon! | AQUA CARDIO Heather Indoor Lap Pool 8:00–8:45 am | SS CLASSIC Jen MPR In-person 8:00–9:00 am | AQUA CARDIO SPLASH Georgina Indoor Lap Pool 8:00–8:45 am | PIYO Becky AERO Hybrid 8:15–9:15 am | SS YOGA Chitra ZONE In-person 8:30–9:15 am | YOGA SCULPT AERO In-person 8:30–9:30 am |
| | SS YOGA Chitra ZONE In-person 8:30–9:15 am | AQUA POWER STRETCH Georgina Indoor Lap Pool 8:00–8:45 am | VINYASA YOGA Chitra ZONE In-person 8:30–9:20 am | AQUA FIT, FLEX & JOG Dawna Indoor Lap Pool 9:00–9:45 am | LES MILLS BODY PUMP Emily AERO Hybrid 9:30–10:30 am | ZUMBA Danielle MPR In-person 8:30–9:30 am |
| | AQUA FIT Heather Indoor Lap Pool 9:00–10:00 am | AQUA FIT, FLEX & JOG Heather Indoor Lap Pool 9:00–10:00 am | AQUA FIT Heather Indoor Lap Pool 9:00–10:00 am | CARDIO KICKBOXING Emily AERO In-person 9:30–10:15 am | ZUMBA TONING Jen MPR In-person 9:30–10:15 am | |
| | LES MILLS BODY ATTACK Emily AERO In-person 9:30–10:15 am | BARRE ABOVE Emily MPR In-person 9:30–10:15 am | SH1FT M1X Emily AERO Hybrid 9:30–10:30 am | TAI CHI Janet ZONE In-person 10:00–11:00 am | SS CLASSIC Jen MPR In-person 11:00 am–12:00 pm | |
| | SS CLASSIC Jen MPR In-person 11:00 am–12:00 pm | TAI CHI Janet ZONE In-person 10:00–11:00 am | SS CLASSIC Janet MPR Hybrid 10:45–11:45 am | ZUMBA Danielle MPR In-person 10:30–11:30 am | | |
| SS CLASSIC X-PRESS Jen Virtual Only 12:15–12:45 pm | FLEXFIT Emily MPR In-person 10:30–11:00 am | LES MILLS BODY ATTACK Emily MPR In-person 5:30–6:30 pm | SENIOR DANCE Danielle Gym In-person 11:45 am–12:45 pm | | | |
| CARDIO KICKBOXING Emily MPR In-person 4:30–5:15 pm | SENIOR DANCE Danielle GYM In-person 11:45 am–12:30 pm | AQUA FIT, FLEX & JOG Heather Indoor Lap Pool 7:30–8:30 pm | L1FT Emily AERO In-person 4:30–5:15 pm | | | |
| HIIT CYCLING Emily ZONE In-person 5:30–6:00 pm | LES MILLS BODY PUMP Becky AERO Hybrid 4:30–5:30 pm | ZUMBA TONING Jen MPR In-person 7:30–8:30 pm | CYCLING Emily ZONE In-person 5:30–6:15 pm | | | |
| ZUMBA Danielle MPR In-person 7:45–8:45 pm | ZUMBA Chiquita MPR In-person 6:30–7:30 pm | | | | | |
| | AQUA TABATA/HIIT Heather Indoor Lap Pool 7:30–8:30 pm | | | | | |

FREE
Friends & Family Friday
Dec. 20
Members, invite your friends and family (ages 16+ years) to join you in the Lifestyles Fitness Center and in group fitness classes for **FREE!**

DECEMBER
POP IN
EVENTS

| Day/Time | Event |
|----------------------------|---------------------|
| TH, DEC 19 6:30–7:30 pm | Aqua H2 HO HO HO |
| F, DEC 20 6:00–7:00 pm | Holiday Pump |

COLOR KEY

- IN-PERSON ONLY**
- HYBRID**
In-person & Virtual
- VIRTUAL ONLY**
- AQUA**
In-person

HOW DO I SIGN UP?
REGISTER AT: <https://bit.ly/GroupXPBD>
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. If the class is cancelled, you will be notified via email.
- Please bring your own mat and arrive 15 minutes before your in-person class.
- Please join all zoom classes at least 5 minutes prior to the class 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

QUESTIONS?
Please email: 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.

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.

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.

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 CIRCUIT & 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.

TOTAL BODY BLAST

A total body, cardio and strength training class that uses body weight and dumbbells to build a strong, fit body and confident mind. A results-driven program, it utilizes the latest techniques to target balance, core strength, athletic ability and functional movement in everyday life.

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!