

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CYCLING</b> Dominic   ZONE   In-person 8:00–8:45 am	<b>LES MILLS BODY PUMP</b> Emily   AERO   Hybrid 5:30–6:30 am	<b>TOTAL BODY BLAST</b> Emily   AERO   Hybrid 8:00-8:45 am	<b>LES MILLS BODY PUMP</b> Missy   AERO   In-person 5:30–6:30 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>LES MILLS BODY PUMP</b> Becky   AERO   Hybrid 7:15–8:15 am
<b>AQUATICS: POOL CLOSURES</b>  Indoor Pools closed for maintenance, August 4–18  Outdoor Pools closed for the season starting August 18	<b>SUNRISE FLEX AND FLOW</b> Georgina   Catch pool 7:30 – 8:15 am	<b>SS CLASSIC</b> Jen   MPR   In-person 8:00-9:00 am	<b>NOODLING AROUND</b> Georgina   Catch pool 7:30–8:15 am	<b>AQUA DANCE FUSION</b> Georgiana   Catch Pool 7:30–8:15 am	<b>SS YOGA</b> Chitra   MPR   In-person 8:30–9:15 am	<b>WEIGHTLESS AQUA</b> Ginger   Diving Well 7:45–8:45 am
	<b>WEIGHTLESS AQUA</b> Ginger   Diving Well 8:00–9:00 am	<b>AQUA POWER STRETCH</b> Georgina   Catch Pool 7:30–8:15 am	<b>WEIGHTLESS AQUA</b> Ginger   Diving Well 8:00–9:00 am	<b>AQUA FUN</b> Georgina   Catch pool 8:30–9:15 am	<b>LES MILLS BODY PUMP</b> Emily   AERO   Hybrid 9:30–10:30 am	<b>YOGA</b> AERO   In-person 8:30–9:30 am
	<b>SS YOGA</b> Chitra   MPR   In-person 8:30–9:15 am	<b>ZUMWATA</b> Georgina   Catch Pool 8:30–9:15 am	<b>VINYASA YOGA</b> Chitra   ZONE   In-person 8:30–9:20 am	<b>50/50</b> Ginger   Diving well 8:30–9:30 am	<b>ZUMBA TONING</b> Jen   MPR   In-person 9:30–10:15 am	<b>ZUMBA</b> Danielle   MPR   In-person 8:30–9:30 am
	<b>LES MILLS BODY ATTACK</b> Emily   AERO   In-person 9:30–10:15 am	<b>RIVER RUNNER</b> Ginger   Lazy River 8:30–9:30 am	<b>SH1FT M1X</b> Emily   AERO   Hybrid 9:30–10:30 am	<b>CARDIO KICKBOXING</b> Emily   AERO   In-person 9:30–10:15 am	<b>SS CLASSIC</b> Jen   MPR   In-person 11:00 am–12:00 pm	<b>RIVER RUNNER</b> Ginger   Lazy River 9:00–10:00 am
	<b>RIVER CIRCUIT</b> Ginger   Lazy River 9:30–10:30 am	<b>BARRE ABOVE</b> Emily   MPR   In-person 9:30–10:15 am	<b>WALK STRETCH &amp; TONE</b> Ginger   Lazy River 9:30–10:30 am	<b>SENIOR DANCE</b> Danielle   MPR   In-person 9:30–10:15 am		<b>WALK STRETCH &amp; TONE</b> Ginger   Lazy River 10:15–11:00 am
	<b>SS CLASSIC</b> Jen   MPR   In-person 11:00 am–12:00 pm	<b>TAI CHI</b> Janet   ZONE   In-person 10:00–11:00 am	<b>SS CLASSIC</b> Janet   MPR   Hybrid 10:45–11:45 am	<b>RIVER CIRCUIT</b> Ginger   Lazy River 10:00–11:00 am		
	<b>SS CLASSIC X-PRESS</b> Jen   Virtual Only 12:15–12:45 pm	<b>WALK THE RIVER</b> Ginger   Lazy River 10:00–11:00 am	<b>LES MILLS BODY ATTACK</b> Emily   MPR   In-person 5:30–6:30 pm	<b>TAI CHI</b> Janet   ZONE   In-person 10:00–11:00 am		
	<b>CARDIO KICKBOXING</b> Emily   MPR   In-person 4:30–5:15 pm	<b>FLEXFIT</b> Emily   MPR   In-person 10:30–11:00 am	<b>AQUA POWER HOUR</b> Georgina   Outdoor Lap Lane 7:00–8:00 pm	<b>ZUMBA</b> Danielle   MPR   In-person 10:30–11:30 am		
	<b>HIIT CYCLING</b> Emily   ZONE   In-person 5:30–6:00 pm	<b>SENIOR DANCE</b> Danielle   GYM   In-person 11:45 am–12:30 pm	<b>ZUMBA TONING</b> Jen   MPR   In-person 7:30–8:15 pm	<b>L1FT</b> Emily   AERO   In-person 4:30–5:15 pm		
	<b>ZUMBA</b> Danielle   MPR   In-person 7:45-8:45 pm	<b>LES MILLS BODY PUMP</b> Becky   AERO   Hybrid 4:30–5:30 pm		<b>CYCLING</b> Emily   ZONE   In-person 5:30–6:15 pm		
	<b>ZUMBA</b> Chiquita   MPR   In-person 6:30–7:30 pm		<b>VINYASA YOGA</b> Tiffany   AERO   In-person 5:30–6:30 pm			
	<b>50/50</b> Ginger   Diving well 7:00–8:00 pm		<b>ZUMBA</b> Chiquita   MPR   In-person 6:30–7:30 pm			
			<b>50/50</b> Ginger   Diving Well 7:00–8:00 pm			

### August



Date	Event	Time
5	Glow Night	7:30–8:30 pm
10	Lazy River 5K	8:30–11:00 am
18	River Barre	9:00–10:00 am
29	Back 2 School H2O	7:00–8:00 pm



August 10<sup>th</sup>  
8:30–11:00 am  
\$40

#### COLOR KEY

**IN-PERSON ONLY**

**HYBRID**  
In-person & Virtual

**VIRTUAL ONLY**

**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. 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](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 DANCE 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 FIT

Tabata themed interval workout of 30 seconds high intensity followed by 10 seconds rest.

### AQUA FLEX AND JOG

Arm sculpting with weights with a combination of jogging and walking.

### AQUA STRETCH & STRENGTH

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

### AQUA TECH CARDIO

45 minutes of cardio with arm sculpting done to techno/house electronic music.

### 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!

### 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 exercise like squats, presses, lifts and curls.

### 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

### 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 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.

### PIYO

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

### RIVER CIRCUIT

This class is a combination of River Runner and moving into the slide catch pool where you will rotate through four high intensity circuits or exercise moves. This class will keep you moving and give you a total body workout. This class is for experienced aqua fitness participants.

### RIVER RUNNER

A cool way to beat the heat! This low-impact, high intensity, running class takes place in the Lazy River. It focuses on cardio and strength training, both with and against the current. Resistance equipment will be used and this class is for experienced aqua exercise participants.

### 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.

### SHIFT MIX

Smart high intensity functional training for all fitness levels. This class will change each week using a mix of bodyweight, dumbbells, barbell and aerobic step; flexibility and mobility training. These tools will help develop speed, strength, agility and balance. You'll use simple progressions that are smart, safe and progressive to ensure that no fitness level is left behind.

### 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 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.

### SS X-PRESS

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

### 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.

### VINYASA YOGA

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

### WALK, STRETCH, AND TONE

In this combination workout, you will increase your energy, improve your range of motion, flexibility and balance. Barbells, resistant bands and the natural resistance of walking in the water will help you to tone and de-stress your body.

### WALK THE RIVER

In this combination workout, you will increase your energy, improve your range of motion, flexibility and balance. Barbells, resistant bands and the natural resistance of walking in the water will help you to tone and de-stress your body. This class is for beginners.

### WEIGHTLESS AQUA

This class will take place in the diving well with flotation belts to allow a great full body workout without any impact on the knees, hips or ankles. Barbells and noodles will also be used to strengthen and tone arms, legs, your core and much more. This is an advanced class. Participant must be comfortable on deep water/ deep well!

### 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!

### ZUMWATA

A fluid mixture of dance and aerobics moving to Rhythmic beats of Reggaeton/Caribbean Latin infused music.