Lifestyles FITNESS

NOVEMBER 2026

GROUP FITNESS SCHEDULE

HAPPY. HEALTHY. TOGETHER.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CYCLING Dominick | Community Room 8:00–8:45 am	**LES MILLS BODY PUMP** Emily | AERO 5:30–6:30 am	**METCON RX** Emily | AERO 8:00–8:45 am	**TREAD & SHRED** Dawna | LIFESTYLES 8:00–8:45 am	**AQUA FIT** Heather I Indoor 8:00–9:00 am	**SS YOGA** Chitra | MPR 8:30–9:30 am	**LES MILLS BODY PUMP** Dominick | AERO 7:30–8:15 am
LES MILLS BODY PUMP Larissa | AERO 9:00–10:00 am	**AQUA CARDIO** Heather I Indoor 8:00–9:00 am	**SS CLASSIC** Jen | MPR 8:00–9:00 am	**AQUA CARDIO** Heather I Indoor 8:00–9:00 am	**LES MILLS SHAPES** Emily | AERO 8:30–9:15 am	**SS CLASSIC X-PRESS** Jen I Virtual Only 8:30–9:30 am	**ZUMBA** Multi | MPR 8:30–9:30 am
	SS YOGA Chitra | MPR 8:30–9:15 am	**AQUA FIT** Heather I Indoor 8:00–9:00 am	**SS YOGA** Chitra | MPR 8:15–9:00 am	**AQUA CARDIO** Heather I Indoor 9:00–10:00 am	**LES MILLS BODY PUMP** Emily | AERO 9:30–10:30 am	**YOGA SCULPT** Tiffany | AERO 8:30–9:30 am
	YIN YOGA Laney | AERO 8:30–9:30 am	**AQUA CARDIO** Heather I Indoor 9:00–10:00 am	**YIN YOGA** Laney | AERO 8:30–9:15 am	**CARDIO KICKBOXING** Emily | AERO 9:30–10:15 am	**ZUMBA TONING** Jen | MPR 9:30–10:15 am	**KUKUWA** Daneen | MPR 9:45–10:45 pm
	AQUA FIT Heather I Indoor 9:00–10:00 am	**BARRE ABOVE** Emily | MPR 9:30–10:30 am	**AQUA FIT** Heather I Indoor 9:00–10:00 am	**TAI CHI** Janet | Dance Studio 10:00–11:00 am	**STRETCH & RECOVERY** Jen | MPR 10:15–10:45 am	
	LES MILLS BODY ATTACK Emily | AERO 9:30–10:15 am	**TAI CHI** Janet | AERO 10:00–11:00 am	**SS STRETCH, STRENGTH & STABILITY** Dawna | MPR 9:15–10:15 am	**CARDIO DANCE FIT** Deneen | MPR 11:45 am–12:30 pm	**SS CLASSIC** Jen | MPR 11:00 am–Noon	
	SS CLASSIC Jen | MPR 11:00 am–Noon	**CARDIO DANCE FIT** Deneen | MPR 11:45 am–12:30 pm	**SH1FT M1X** Emily | AERO 9:30–10:30 am	**LES MILLS BODY PUMP** Emily | AERO 4:30–5:30 pm	**SELF DEFENSE*** Huber | AERO 6:30–7:30 pm	
	SS CLASSIC X-PRESS Jen I Virtual Only 12:15–12:45 pm	**LES MILLS BODY PUMP** Dominick | AERO 4:30–5:30 pm	**SS CLASSIC** Janet | MPR 10:45–11:45 am	**GROUP CYCLING** Emily | Community Room 5:45–6:30 pm		
	CARDIO KICKBOXING Emily | AERO 4:30–5:15 pm	**BODY ATTACK XPRESS** Kasin | AERO 5:45–6:15 pm	**LES MILLS BODY ATTACK** Emily | AERO 5:30–6:30 pm	**ZUMBA** Chiquita | MPR 6:30–7:30 pm		
	HIIT CYCLING Emily I Community 5:30–6:00 pm	**ZUMBA** Chiquita | AERO 6:30–7:30 pm	**BUTT & GUT** Huber | Functional Zone 5:30–6:15 pm			
	LES MILLS SHAPES Kasin | AERO 5:30–6:15 pm	**AQUA FIT** Heather I Indoor 7:15–8:15 pm	**KUKUWA** Daneen | MPR 6:00–7:00 pm			
	BGHT Dawna | AERO 6:30–7:15 pm		**RESTORATIVE YOGA*** Laney | AERO 7:00–8:00 pm			
	ZUMBA Thanya | MPR 6:30–7:30 pm		**ZUMBA TONING** Jen | MPR 7:30–8:15 pm			
	PILATES Dawna I AERO 7:30–8:15 am		**AQUA FIT** Heather I Indoor 7:30–8:30 pm			
			STRETCH & RECOVERY Jen | MPR 8:15–8:45 pm			

HOW DO I SIGN UP?

LIFESTYLES MEMBERS: Register using the Lifestyles app.

NON-MEMBERS & DROP-INS: Register at the front desk.

NON-MEMBER FEE: $9 per class

LOCATIONS: In-person or via ZOOM

NEW! *Premium classes are marked with an asterisk (*). Additional registration and class fees apply.*

COLOR KEY

- IN-PERSON
- VIRTUAL
- AQUA

GROUP FITNESS CLASS DESCRIPTIONS

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!

BGHT BGHT stands for Butt, Gut, Hips & Thighs. Designed to shape, sculpt, and strengthen your butt, hips, highs, back and core muscles in a targeted high energy workout.

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

CARDIO DANCE FIT An easy-to-follow, Level 1 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.

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.

REAL WORLD SELF-DEFENSE, CONFIDENCE & FITNESS Build your confidence, awareness, and real-life skills to help you navigate your everyday safety. Includes situational awareness, basic strikes & escapes, verbal defense and scenario-based practice. Restorative YOGA

RESTORATIVE YOGA is a deeply relaxing, passive practice designed to calm the nervous system, reduce stress, and promote physical/mental healing by holding gentle, supported poses for 5–20 minutes. Utilizing props like bolsters, blankets, and blocks, it allows for total surrender. A true BOUTIQUE Experience in a Park District setting.

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.

SUNRISE YOGA Get ready for your day with our gentle YIN style morning Yoga class.

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.

YOGA SCULPT Meet the perfect blend of flow and fitness. Yoga Sculpt classes incorporate weights to build the burn. Whether you're a yogi or a fitness enthusiast, you'll love the strength and cardio elements woven into each class. By combining both yoga and strength-building exercises, you will challenge your muscles and mind while taking your practice to a whole new level. 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!