



# Group Fitness Schedule



| Mon   | Tue   | Wed   | Thu  | Fri  | Sat   |
|---|---|---|--|--|---|
| 5:30-6:15am<br><b>GROUP CYCLING</b><br><i>Jane</i>          | 5:45-6:30am<br><b>CORE &amp; MORE</b><br><i>Jane</i>          | 5:30-6:30am<br><b>TOTAL BODY SCULPTING</b><br><i>Kristin</i>  | 5:30-6:15am<br><b>GROUP CYCLING</b><br><i>Jane</i>     | 5:45-6:40am<br><b>BOOTCAMP INTERVAL TRAINING</b><br><i>Kristin</i>                                     | 7-7:55am<br><b>HATHA YOGA</b><br><i>Jenny</i>   |
| 5:45-6:40am<br><b>CARDIO CONDITIONING</b><br><i>Kristin</i> | 8:30-9:25am<br><b>KICKBOX FUSION</b><br><i>Andrea</i>         | 8:30-9:25am<br><b>F.I.R.E. CARDIO FUSION</b><br><i>Andrea</i> | 8:30-9:25am<br><b>AEROSTEP</b><br><i>Jodi</i>          | 6:30-7:15am<br><b>GROUP CYCLING</b><br><i>Andrea</i>   | 7:45-8:30am<br><b>GROUP CYCLING</b><br><i>Jane</i>  |
| 8:30-9:25am<br><b>L.I.F.T.</b><br><i>Tracie</i>             | 9:30-10:30am<br><b>VINYASA FLOW YOGA</b><br><i>Markelle</i>   | 9:30-10:25am<br><b>R.E.P.S.</b><br><i>Andrea</i>              | 9:30-10:30am<br><b>BODY S.H.R.E.D.</b><br><i>Cindy</i> | 8:30-9:25am<br><b>STEP CHALLENGE</b><br><i>Jodi</i>  | 8-8:55 am<br><b>CARDIO FIT FUSION</b><br><i>M.J.</i>  |
| 9:30-10:25am<br><b>PIYO</b><br><i>Cindy</i>                 |   | 9:35-10:25am<br><b>GROUP CYCLING</b><br><i>Katie</i>          |  | 9:30-10:25am<br><b>YIN YOGA</b><br><i>Jenny</i>  | 9-9:45 am<br><b>CORE &amp; MORE</b><br><i>Jane</i>  |
| 10:30-11:30am<br><b>LIGHT CARDIO</b><br><i>M.J.</i>         |   | 10:30-11:30am<br><b>LIGHT CARDIO</b><br><i>M. J.</i>          |  | 9:40-10:25am<br><b>GROUP CYCLING</b><br><i>Jodi</i>  |   |
| 5:30-6:15pm<br><b>CARDIO COMBO</b><br><i>Patti</i>          | 5:30-6:25pm<br><b>FUNKY FIT CARDIO DANCE</b><br><i>Andrea</i> | 5:30-6:15pm<br><b>CORE &amp; MORE</b><br><i>Patti</i>         | 5:30-6:25pm<br><b>MIXXEDFIT</b><br><i>Michele</i>      | 10:30-11:30am<br><b>LIGHT CARDIO</b><br><i>M. J.</i>   |   |
| 6:15-7:00pm<br><b>POWER PUMP</b><br><i>Patti</i>            | 6:30-7:15pm<br><b>GROUP CYCLING</b><br><i>Andrea</i>          | 6:30-7:15pm<br><b>GROUP CYCLING</b><br><i>Patti</i>           | 6:30-7:25pm<br><b>PILATES</b><br><i>Lisa</i>           | ~~~~~<br>9-9:55am<br><b>AQUAFIT</b><br><i>Andrea</i><br><i>Mem \$7</i><br><i>NM daily fee</i><br>~~~~~ |   |
|   | 6:30-7:25pm<br><b>PILATES</b><br><i>Lisa</i>                  | 6:30-7:30pm<br><b>PIYO</b><br><i>Cindy</i>                    | 7:30-8:30pm<br><b>HATHA YOGA</b><br><i>Sheila</i>      |  |   |
|   | 7:30-8:25pm<br><b>YIN YOGA</b><br><i>Jenny</i>                |   |  |  |   |
|   |   |   |  |  | <div style="background-color: #4a7ebb; color: white; text-align: center; padding: 2px;"><b>Sun</b></div> 8:05-8:50am<br><b>GROUP CYCLING</b><br><i>Andrea</i> |



**JOHN B. NORRIS**  
RECREATION CENTER

Managed by the St. Charles Park District

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# Class Descriptions



**AeroStep:** A combination of low- and high-intensity aerobic intervals performed using the step box and the floor for optimal calorie burn. Tone and strengthen your lower body/abdominal muscles while improving your cardiovascular health.

**Aquafit:** A low-impact workout! Using the restorative qualities of water, enhance your joint mobility, muscular extension and flexibility. Interval training helps keep your heart rate elevated.

**Body S.H.R.E.D.:** A high intensity and endurance based workout using an interval approach combining strength, high-intensity cardio and targeted core work for the ultimate total-body format.

**Bootcamp Interval Training:** Fast-paced challenging workout with bursts of high-intensity cardio drills combined with resistance training and core work while using a variety of equipment.

**Cardio Combo:** Strengthen your cardiovascular health and tone your body by combining simple low-and high-intensity workouts at varied interval levels.

**Cardio Conditioning:** Longer segments of cardio exercise interspersed with several segments of sculpting and core work.

**Cardio Fit Fusion:** Increase your overall fitness endurance and challenge your entire body using a variety of cardio and resistance techniques. Cool down with a complete body stretch.

**Core & More:** A combination of low- and high-intensity exercises that focus on elongating, strengthening and toning your mid-section while also hitting that burn throughout your hips and thighs.

**F.I.R.E. Cardio Fusion:** Fierce Interval Resistance Training is a cardio-based interval format designed to efficiently burn calories while training muscular endurance. Take your strength training to an entirely new level using challenging cardio intervals mixed with weight bearing resistance training.

**Funky Fit Cardio Dance:** An easy-to-follow routine that blends dance, speed, agility and functional flexibility into an exhilarating workout. Fusing Zumba, hip-hop, turbokick and more, you'll burn calories in this total-body toning workout.

**Group Cycling:** Using adjustable, stationary bikes, burn calories, boost cardio endurance and improve muscular strength while getting your sweat on and listening to some super-motivating tunes with this low impact/high intensity workout. Get your bike card PRIOR to class at the Membership Services desk.

**Hatha Yoga:** Designed to align and calm your body, mind and spirit in preparation for meditation. Focus on body postures and breathing techniques. Renew, invigorate and heal your body by stretching and toning muscles, joints, and your spine to direct oxygen and better blood flow throughout your body.

**Kickbox Fusion:** Get the toned body of a boxer! Combine traditional boxing elements with strength and core exercises using weights, bands and your own body weight in this high-intensity class.

**Light Cardio:** Perfect for all levels striving to stay healthy, maintain good health and want to target your entire body with a combination of low-impact cardio and strength exercises plus flexibility and stretching exercises.

**L.I.F.T.:** Lo-Impact Fitness Training increases endurance, strength and muscle tone through weight lifting. For a total-body conditioning experience, use upper and lower body combinations along with functional fitness exercises.

**MixedFit©:** It's the hottest new dance craze sweeping the nation! Work out to your favorite radio songs then spice it up by adding boot-camp inspired exercises. Simple and easy-to-follow choreography allows you to naturally increase your intensity levels.

**Pilates:** Using a combination of non-impact exercises to balance your body and mind, each exercise emphasizes breath, core conditioning and body awareness. Learn alignment and form techniques to help elongate your muscles, improve flexibility and strengthen your core.

**PIYo:** Combines the muscle-sculpting, core-firming benefits of pilates with the strength and flexibility advantages of yoga. Crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean and incredibly defined!

**Power Pump:** Modified for all fitness levels. Incorporates hand weights with resistance training to help you build strength, increase lean muscle and decrease body fat.

**R.E.P.S.:** Using a simple, yet progressively intensive exercise to elevate your heart rate and build your cardiovascular endurance, challenge your strength and stamina while sculpting a tone core and lean physique. Incorporate weights, bands and plyometric movements with longer work/rest intervals to produce an efficient full-body workout.

**Step Challenge:** Step up your routine with this fast-paced, high-intensity workout for advanced fitness levels. Fun, energetic moves will get your heart rate up, while the abdominal workout will strengthen your core.

**Total Body Sculpting:** Nonstop resistance training working all muscle groups, using a variety of equipment - weights, kettlebells and power pump bar.

**Vinyasa Flow Yoga:** Smoothly connecting all yoga movements using regulating breathing techniques and deliberate, fast-paced poses. Physically, you'll sweat toxins and re-energize your body. Mentally, you'll relax, reducing stress and releasing blockages of energy flow throughout your body.

**Yin Yoga:** A natural-range-of-motion practice that focuses on slow stretches, specifically opening tight muscles to restore and rejuvenate your body. These poses, performed primarily seated or lying down, will apply moderate stress to connective tissues for 3-5 minutes to increase circulation in the joints and improve flexibility.