



**Buns & Guns**—Tone your arms and butt during this strength training session.

**Cardio Hoop & Strength**—Gain strength & core muscles doing cardio intervals along with hula hoop work. Adding cardio machines, strength training & hula hooping allows for a fun & spontaneous workout.

**Cardio Kickboxing**—Blends athletic drills with martial arts to create an intense cardio workout. The use of paddles, bags & a variety of equipment will be incorporated to build endurance and achieve a total body workout!

**Cardio Sculpt & Burn**—Get your heart rate up while burning tons of calories. This combination class of cardio and weights will really get you moving.

**Cycle-n-Abs**—This unique class uses a combination of cycling and ab work to yield the ultimate in fitness.

**Cycling/Core**—Combination of cycling and core work will help generate an ultimate fitness workout.

**Cycling**—Enjoy riding through plains, hills and other areas while on a stationery bike. This class is sure to get your heart pumping.

**Fat Burner Step**—This bench stepping class will have you working in your fat burning heart rate zone.

**Intervelocity Aerobics**—This fat burning workout will work every muscle group in your body while strengthening your heart and lungs.

**Jelly Bellies**—A class designed to tighten & firm the midsection in only 30 minutes!

**Kickboxing**—Build a strong core as you burn a ton of calories in this intense cardio kickboxing class. You will be punching & kicking your body into shape with easy to follow combinations while making contact with a bag and paddle work. *\*Gloves recommended*

**Light & Healthy Moves**—Fitness and fun is combined in this all around conditioning class. Move at your own pace through a mild cardiovascular workout followed by strength and flexibility exercises. This class will get your day started in the right direction.

**Monday Morning Mix**—Mix up your fitness routine with cardio exercise and light weights. This is a great class for all levels of fitness.

**Morning Aerobics**—This all around workout includes low and high impact exercises performed at your own pace. Weight training utilizing free weights and elastic dyna-bands will be included.

**Power Up Cycle/Core**—A workout for all levels. Participants will work at their own pace while building strength & endurance ... *It's all about the Watt's*

**SpleX45**—Modeled after the revolutionary workout P90X, exercises will be taught that constantly introduces new moves to challenge your muscles and give you extraordinary results.

**Straight Up Strength**—Strength training and toning are the focus of this class. Free weights, body bars, tubes and balls are used to develop every muscle group in the body. Stretching is incorporated into this class.

**Total Fitness**—A cross training class combining cardiovascular conditioning, strength training & flexibility exercises. You will enhance your energy, gain strength, improve flexibility, and burn calories during this "total fitness" workout adaptable for all fitness levels.

**Weights & Cardio Tone Circuit**—Resistance training for every muscle group using dumbbells, body bars, resistance bands & more. Class ends with a core/ab workout.

**ZUMBA**—The hottest fitness craze, combining aerobic exercise with Latin dance moves. A fun, high-energy, calorie burning class.

**For inquiries on these or other exercise classes, please stop by the Fitness Center Desk.**

**PLEASE NOTE: Exercise Schedule subject to change without notice.**

# Sportsplex

11351 West 159th Street, Orland Park, IL 60467  
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Village of Orland Park  
Recreation and Parks Department

# Sportsplex MARCH






## Group Exercise

**Effective thru March 31, 2015**



Created 2/25/2015

# Group Exercise Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PLEASE NOTE:</b> Exercise Schedule subject to change without notice.		Light & Healthy Moves 7:45-8:25am Barb		Light & Healthy Moves 7:45-8:25am Barb	Cycling 6:00-6:45am Colleen	*Fly Yoga 7:00am—7:50am Heather
	Straight Up Strength 8:00-8:55am Kelly	Cardio Hoop & Strength 8:00—8:55am Kelly		Total Fitness 8:30-9:20am Barb	<b>New</b> Express Cycle 7:15—7:55 am Kelly	Buns & Guns (In Gym) 8:00-8:55am Erika
Cycle 8:20—9:10am Christa	Intervelocity 9:00-9:55am Johanna	Total Fitness 8:30-9:20am Barb	Cardio Sculpt & Burn 9:00-10:10am Johanna	Cycling 9:00-10:00am Johanna	Power Up Cycle/Core 8:00-8:55 am Kelly	ZUMBA 9:00-9:55am Melissa
	*Booty Barre 10:00—10:55am Johanna/Heather	Morning Aerobics 9:30am—10:25am Madge		Morning Aerobics 9:30am- 10:25am Madge	*Instructor's Choice 9:00—9:45am (In Gym) *Christa/Kelly *This is a class where different instructors will guide you thru different workouts each week.	Power Up Cycling 9:00-10:00am Kelly
*Fly Yoga 10:00—10:50am Heather	Monday Morning Mix 10:30—11:25am Jeannie	*Fly Yoga 10:30—11:20am Heather	*Fitness Yoga 10:30—11:25am Mary			Cycling 10:00—10:55am Johanna/Kelly (Special 8 week class)
	*Gentle Yoga 1:15pm—2:00pm Kelly			*Strength & Stretch for Seniors 11:00—11:45am Kelly	*Booty Barre 9:00-9:55 am Johanna	
	Buns & Guns 4:30—5:25pm Erika			*Fly Yoga 12:00pm—12:50pm Heather	*Fitness Yoga 10:00—10:50am Mary	
	Jelly Bellies 5:30—6:00pm Erika	ZUMBA 5:10—6:05pm Johanna	SpleX45 5:10—5:55pm Christa	Kickboxing 5:10—5:55pm Christa	*Fly Yoga 12:00pm—12:50pm Heather	
	Fat Burner Step 6:00-6:55pm Jan	Cardio Kickboxing 6:10—7:00pm Craig	Buns & Guns 6:00—6:55pm Erika	Weights & Cardio Tone Circuit 6:10—6:55pm Jessica	ZUMBA 5:30-6:25pm Melissa	
	*Fly Yoga 7:00pm—7:50pm Heather		Cycle -n- Abs 7:00-7:55pm Erika			
	*Stretch from Head to Toe Yoga 8:00pm—8:55pm		*Booty Barre 7:00—7:55pm Heather	*Fitness Yoga 7:00—7:55pm Mary		
			*Fly Yoga 8:00—8:50 pm Heather			

**Please Note: Blacked out \*classes are an 8- 10 Week fee based program class (not included with Sportsplex membership).**

**Register for these classes at either the Sportsplex or Recreation Administration Office**  
**Exercise Schedule subject to change without notice.**