

Alive & Kicking—Blends athletic drills with martial arts to create an intense cardio workout. The use of paddles, bags & bands will be incorporated to build endurance. Burn up to 500 calories and achieve a total body workout!

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

Chisel—Designed to help chisel your body, with major emphasis on strength & cardio using secondary items such as dumbbells, benches, bosu & your body weight. This class is adaptable for everyone.

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.

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

PLEASE NOTE: Exercise Schedule subject to change without notice.

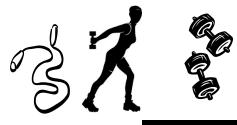
For inquiries on these or other exercise classes, please stop by the Fitness Center Desk.

Sportsplex

11351 West 159th Street, Orland Park, IL 60467 Phone: (708) 645-PLAY | Fax: (708) 364-7234 Village of Orland Park Recreation and Parks Department



Effective thru December 31, 2013



Created 11/26/13

Group Exercise Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PLEASE NOTE: Exercise Schedule		Light & Healthy Moves 7:45-8:25am <i>Barb</i>		Light & Healthy Moves 7:45-8:25am <i>Barb</i>	Cycling 6:00-6:45am <i>Colleen</i>	
subject to change without notice.	Straight Up Strength 8:00-8:55am <i>Kelly</i>	Cardio Hoop & Strength 8:00—8:55am Kelly		Total Fitness 8:30–9:20am <i>Barb</i>	Power Up Cycle/Core 8:00-8:55 am <i>Kelly</i>	Buns & Guns (In Gym) 8:00-8:55am <i>Erika</i>
Cycle 8:10—9:00am <i>Christa</i>	Intervelocity 9:00–9:55am <i>Johanna</i>	Total Fitness 8:30–9:20am <i>Barb</i>	Cardio Sculpt & Burn 9:00–10:10am <i>Johanna</i>	Cycling 9:00–10:00am <i>Johanna</i>	*Instructor's Choice 9:00—9:55am (In Gym) *Karen/Kelly *This is a class where	Power Cycle 9:00–10:00am <i>Karen</i>
		Moming Aerobics 9:30am—10:25am <i>Madge</i>		Morning Aerobics 9:30am–10:25am <i>Madge</i>	different instructors will guide you thru different workouts each week.	ZUMBA 9:00-9:55am <i>Meli</i> ssa
R	Monday Morning Mix 10:30—11:25am <i>Jeannie</i>	*Fly Yoga 10:30—11:20am <i>Heather</i>	*Fitness Yoga 10:30—11:25am <i>Mary</i>		Booty Barre 9:00-9:55 am <i>Johanna</i>	
	*Gentle Yoga 1:00—1:45pm <i>Kelly</i>			Strength & Stretch for Seniors 11:00—11:45am <i>Kelly</i>		
	Buns & Guns 4:30—5:25pm <i>Erika</i>		SpleX45 5:10—5:55pm <i>Christa</i>			
	Jelly Bellies 5:30—6:00pm <i>Erika</i>	ZUMBA 5:10–6:05pm <i>Johanna</i>	Buns & Guns 6:00—6:55pm <i>Erika</i>	Kickboxing 5:10—5:55pm <i>Christa</i>		
	Fat Burner Step 6:00–6:55pm <i>Jan</i>	Alive & Kicking 6:10—7:00pm <i>Karen</i>		Chisel 6:00—6:55pm <i>Karen</i>	Please Note: Blacked an * 8- 10 Week fee b	ased program
			Cycle –n- Abs 7:00–7:55pm <i>Erika</i>		class (not included with S Register for these cl Sportsplex or Recreation	asses at either the
		*Fitness Triple Play 7:00—7:55pm Heather	*Booty Barre 7:00—7:55pm Heather	*Fitness Yoga 7:00—7:55pm <i>Mary</i>		
			*Fly Yoga 8:00—8:50 pm <i>Heather</i>			