



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.

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.

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.

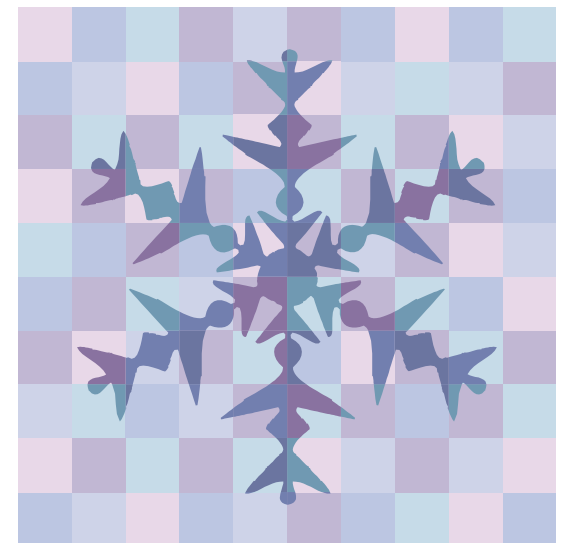
Sportsplex

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Village of Orland Park
Recreation and Parks Department

Sportsplex

JANUARY






Group Exercise

Effective thru January 31, 2015



Revised 1/20/2015

Group Exercise Schedule

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|--|---|--|
| PLEASE NOTE: <i>Exercise Schedule subject to change without notice.</i> | | 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 | Total Fitness 8:30-9:20am Barb | Power Up Cycle/Core 8:00-8:55 am Kelly |
| New Time 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 | *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. | 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 | Morning Aerobics 9:30am—10:25am Madge | | 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 | | *Booty Barre 9:00-9:55 am Johanna | 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 | *Fitness Yoga 10:00—10:50am Mary | |
|  | Buns & Guns 4:30—5:25pm Erika | | | *Fly Yoga 12:00pm—12:50pm Heather | *Fly Yoga 12:00pm—12:50pm Heather |  |
| | 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 | ZUMBA 5:30-6:25pm Melissa | |
| | 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 | | |
| | *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 | 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 | |
| | | | *Fly Yoga 8:00—8:50 pm Heather | | | |