

Pilates with Soraya

Practiced faithfully, Pilates yields numerous benefits. Increased lung capacity and circulation through deep, healthy breathing is a primary focus. Strength and flexibility, particularly of the abdomen and back muscles, coordination—both muscular and mental, are key components in an effective Pilates program. Posture, balance, and core strength are all heartily increased.

Bone density and joint health improve, and many experience positive body awareness for the first time. Pilates teaches balance and control of the body, and that capacity spills over into other areas of one's life. Please bring a mat or towel to lie on.

Age: 16 or older
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Soraya Pourtabib, Yoga Alliance

Code #	Day	Date	Time	R/NR Fee
220615-A	Th	May 13-June 17	5:30-6:25pm	\$31/\$36
220615-B	Th	June 24-July 29	5:30-6:25pm	\$31/\$36
220615-C	Th	Aug. 5-Sept. 9	5:30-6:25pm	\$31/\$36

Zumba

Ditch the workout and join the Zumba Party... Get a great cardio workout while performing Latin dance moves such as Salsa, Merengue, Hip Hop, Tango and many more. The routines feature aerobic/fitness intervals with a combination of fast and slow rhythms to tone and sculpt your entire body. The music will get your heart rate pumping and feet moving to burn calories and strengthen your cardio endurance. Bring a friend, lots of water and come join the fun.

Age: 16 or older
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Josephine Grob
 Certified Zumba instructor
 Note: *No class 5/31, 7/5, 9/6

Code #	Day	Date	Time	R/NR Fee
220610-A	M	May 10-June 21*	6:30-7:30pm	\$52/\$57
220610-B	M	June 28-Aug. 9*	6:30-7:30pm	\$52/\$57
220610-C	M	Aug. 16-Sept. 13*	6:30-7:30pm	\$44/\$50

Pilates with Rebecca

Pilates focuses on core strength, flexibility, muscular balance, and structural harmony. The Mat repertory includes classic Pilates mat and apparatus exercises, infused with unique Rebecca King variations. Rebecca King's flowing style combines athleticism with balletic grace. Please bring a mat and water bottle.

Age: 16 or older
 Location: Darien Park District Community Center
 Instructor: Rebecca King, LindaFit Pilates Certification
 Note: *No class 5/31, 9/6

Code #	Day	Date	Time	R/NR Fee
210645-E	M	Apr. 12-May 17	6:30-7:30pm	\$30/\$35
210645-F	W	Apr. 14-May 19	10:00-11:00am	\$30/\$35
220645-A	M	May 24-July 19*	6:30-7:30pm	\$41/\$46
220645-B	W	May 26-July 14	10:00-11:00am	\$41/\$46
220645-C	M	July 26-Sept. 20*	6:30-7:30pm	\$41/\$46
220645-D	W	July 21-Sept. 8	10:00-11:00am	\$41/\$46

Total Body Workout

Come join us for this 50-minute strength class focusing on the upper and lower body. Walk away learning safe and effective exercises for the areas YOU would like to focus on. Quick and effective exercise routines will be taught that can be duplicated confidently at home so you can make the most of this great class. Please bring a mat and water bottle.

Age: 16 or older
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Tammy Hemmingway
 B.S. Exercise Physiology,
 ACE certified personal trainer, NASM

Code #	Day	Date	Time	R/NR Fee
210602-E	Tu	Apr. 6-May 18	6:30-7:25pm	\$35/\$40
210602-F	Th	Apr. 8-May 20	5:30-6:25pm	\$35/\$40
220602-A	Tu	June 8-July 13	6:30-7:25pm	\$31/\$36
220602-B	Th	June 10-July 15	6:30-7:25pm	\$31/\$36
220602-C	Sa	June 12-July 17	9:25-10:20am	\$31/\$36
220602-D	Tu	July 27-Aug. 31	6:30-7:25pm	\$31/\$36
220602-E	Th	July 29-Sept 2	6:30-7:25pm	\$31/\$36
220602-F	Sa	July 31-Sept. 4	9:25-10:20am	\$31/\$36

Cardio Boxing

This high-energy class will shake up your metabolism and leave you wanting more. The class will focus on combinations of punches, blocks and kicks. The first class will focus on form and technique and we'll progress weekly. Please bring a towel and water bottle.

Age: 16 or older
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Tammy Hemmingway
 B.S. Exercise Physiology,
 ACE certified personal trainer, NASM
 Note: *No class 7/5

Code #	Day	Date	Time	R/NR Fee
220606-A	M	June 7-July 12*	6:30-7:25pm	\$26/\$31
220606-B	M	July 26-Aug. 30	6:30-7:25pm	\$31/\$36

Pilates with Tammy

Come and join us for this 50-minute workout that will help you create long, lean, and beautiful muscles. Pilates is a series of exercises that utilize the core muscles in order to build strength and flexibility in the body.

NOTE: Please bring a mat to class.

Age: 16 or older
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Tammy Hemmingway
 B.S. Exercise Physiology, NASM
 ACE certified personal trainer

Code #	Day	Date	Time	R/NR Fee
220601-A	Sa	June 12-July 17	8:30-9:20am	\$31/\$36
220601-B	Sa	July 31-Sept. 4	8:30-9:20am	\$31/\$36

Vinyasa Flow

A moving meditation of flow yoga sequences that are fluid, challenging space, and rejuvenating all while riding the wave of the breath. Vinyasa yoga connects movement and breath. The word Vinyasa means “breath-synchronized movement.” The participant will move from one pose to the next on an inhale or an exhale. The poses run smoothly together and become like a dance. Please bring a mat or towel to lay on.

Age: 16 or older
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Soraya Pourtabib, Yoga Alliance

Code #	Day	Date	Time	R/NR Fee
220621-A	Th	May 13-June 17	6:30-7:25pm	\$31/\$36
220621-B	Th	June 24-July 29	6:30-7:25pm	\$31/\$36
220621-C	Th	Aug. 5-Sept 9	6:30-7:25pm	\$31/\$36

Yin Yoga

Yin Yoga targets the connective tissues, such as the ligaments, joints, and even the bones of the body that normally are not exercised very much in a more active style of asana practice. Suitable for almost all levels of students, Yin Yoga is challenging due to the long duration of the postures, and is a perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat, and the lengthening and contracting of our muscles. Yin Yoga generally targets the connective tissues of the hips, pelvis, and spine. Please bring a mat or towel to lay on.

Age: 16 or older
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Sarah Will
 Moksha Yoga & Astanga Yoga Research Institute Certified

Code #	Day	Date	Time	R/NR Fee
210650-C	Th	Apr. 8-May 13	7:30-8:45pm	\$35/\$40
220650-A	W	June 16-July 21	7:30-8:45pm	\$31/\$36
220650-B	W	July 28-Sept.1	7:30-8:45pm	\$31/\$36

Hatha Vinyasa 1-2

This class features “flow and hold” fusion of Hatha and Vinyasa styles of yoga to improve concentration, inner strength, and endurance. Please bring a mat or towel to lie on.

Age: 16 or older
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Soraya Pourtabib, Yoga Alliance
 Note: *No class 5/31, 9/6

Code #	Day	Date	Time	R/NR Fee
220619-A	M	May 3-June 14*	7:30-8:25pm	\$31/\$36
220619-B	M	June 21-July 26	7:30-8:25pm	\$31/\$36
220619-C	M	Aug. 2-Sept. 13*	7:30-8:25pm	\$31/\$36

Total Body Sculpting

This is a strength training based class. It balances muscle groups using variety of equipment such as, resistance balls, tubes, dumbbells and more. This class provides warm up and cool down with stretching. This is a multi-level class. Please bring a mat and water bottle.

Age: 16 or older
 Location: Darien Park District Community Center
 Instructor: Magda Krynski, NETA

Code #	Day	Date	Time	R/NR Fee
220647-A	W	June 2-July 7	10:00-11:00am	\$31/\$36

Hatha Yoga with Soraya

Yogic practices, both physical and mental, performed for the purpose of purifying and strengthening the physical and subtle bodies. Please bring a mat or towel to lay on.

Age: 16 or older
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Soraya Pourtabib, Yoga Alliance

Code #	Day	Date	Time	R/NR Fee
220614-A	Tu	May 4-June 8	6:00-6:55pm	\$31/\$36
220614-B	Tu	June 15-July 20	6:00-6:55pm	\$31/\$36
220614-C	Tu	July 27-Aug. 31	6:00-6:55pm	\$31/\$36

Power Vinyasa

Power Vinyasa is a challenging, flowing yoga practice. In this breath synchronized movement practice, you will sweat, twist, lunge, and balance. This class offers a complete workout; building a strong, flexible body and a quiet, peaceful mind. Please bring a mat or towel to lay on.

Age: 16 or older
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Sarah Will
 Moksha Yoga & Astanga Yoga Research Institute Certified

Code #	Day	Date	Time	R/NR Fee
210625-C	W	Apr. 7-May 12	6:30-7:45pm	\$35/\$40
220625-A	W	June 16-July 21	6:00-7:15pm	\$31/\$36
220625-B	W	July 28-Sept.1	6:00-7:15pm	\$31/\$36

Hatha Yoga with Bonita

Yogic practices performed for purifying and strengthening the physical and energy bodies. The Amrit method, a meditative style designed to integrate body, mind, spirit, is perfect for practitioners of all levels, ages, and body types. Please bring a mat or towel to lay on.

Age: 16 or older
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Bonita Palma - Yogi Amrit Desai Certified

Code #	Day	Date	Time	R/NR Fee
210622-C	Sa	Apr. 10-May 15	10:00-11:00am	\$30/\$35
220622-A	Sa	May 22-June 26	10:00-11:00am	\$31/\$36
220622-B	Sa	July 10-Aug. 14	10:00-11:00am	\$31/\$36
220622-C	Sa	Aug. 21-Sept. 25	10:00-11:00am	\$31/\$36

Tai Chi Chuan

As an internal martial art, Tai Chi emphasizes relaxation, softness, and inner quiet. Unlike other martial arts, no external strength is used. You combine slow, deep abdominal breathing with gentle, smooth body movements in a natural way. People find that Tai Chi practice creates an overall sense of well-being, and you will be able to improve circulation, respiratory efficiency, flexibility and balance as well as reduce stress.

Age: 16 or older
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Mary Ann Dziekan

Code #	Day	Date	Time	R/NR Fee
210701-C	Th	Apr. 8-May 13	7:00-8:00pm	\$36/\$41



Prenatal Yoga

This gentle class is designed to support the changes to your body through all stages of pregnancy. Improve your posture, relax, and reduce the aches and pains in a nurturing and supportive environment. Poses and breathing in preparation for labor and birth are practiced. Please bring a mat or towel to lie on.

Age: 16 or older
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Soraya Pourtabib, Yoga Alliance

Code #	Day	Date	Time	R/NR Fee
220617-A	Th	May 13-June 3	4:30-5:25pm	\$21/\$26



Hip Opener Yoga Workshop

Most of us are sitting or standing for the greater part of the day and our hips bear the result: tense and tight. Shortened hip flexors, limit our ability to extend and affect the pelvic position and lower back. Open hips let you enjoy a new sense of space in your pelvis - and help protect you from compression and pain in your lower back! First, we'll move into a flow practice to heat the muscles and joints. Then we will go slowly, gradually and deeply into the hips and adjoining muscles and finish with a relaxing posture intended to rejuvenate one's body, mind and spirit. Experience more space, freedom and happiness in your body, and mind!

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 Instructor: Soraya Pourtabib, Yoga Alliance

Code #	Day	Date	Time	R/NR Fee
220633-A	Sa	May 1	11:00-12:00pm	\$10/\$15

Partner Yoga Workshop

Join us for a lovely evening of fun and play as we expand our hearts together in an invigorating and relaxing practice of partner yoga poses. Partners rely on each other's support to keep correct body alignment, balance, and concentration. Each exercise and breathing technique uses the power of the partner dynamic to achieve more than one person could alone. Partner yoga is for anyone!

Age: 16 or older
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Soraya Pourtabib, Yoga Alliance

Code #	Day	Date	Time	R/NR Fee
220634-A	F	May 7	6:30-7:30pm	\$10/\$15

Office Yoga Workshop

Join us at this one-time workshop and learn how to relieve stress at the workplace. We discuss how to prevent hand-arm injuries and eyestrain, and what to do about backaches and fatigue. We will go over techniques and exercises that most people can do during the workday.

Age: 16 or older
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Soraya Pourtabib, Yoga Alliance

Code #	Day	Date	Time	R/NR Fee
220638-A	F	May 21	6:30-7:30pm	\$10/\$15

