

# JUMPSTART YOUR 2019



## FITNESS CLASSES

We are excited to offer FREE fitness classes for you to start the year off right!

January 3<sup>rd</sup> - January 5<sup>th</sup>

Thursday, 1/3	Friday, 1/4	Saturday, 1/5
Gentle Yoga 8:00am - 9:00am	Hatha-Vinyasa Flow 10:00am - 11:00am	Boot Camp 8:30am - 9:30am
Pilates 9:00am - 10:00am	Zumba Gold 5:00pm - 5:50pm	Glowga 10:15am - 11:00am
Cardio Central 6:00pm - 6:45pm	Zumba 6:00pm - 7:00pm	

\*WAIVER MUST BE SIGNED BEFORE CLASS IN ORDER TO PARTICIPATE

### Pilates

Instructor: Jill Kuehn

Pilates class flows through a series of basic to more advanced exercises emphasizing proper postural alignment, core strength and muscle balance. All levels welcome. Bring a mat to class.

Ages: 16 and up. Community Center. \*No class 3/28

Code #	Day	Date	Time	R/NR Fee
219817-A	Th	Jan. 10-Feb. 21	9:00-10:00am	\$49/\$56
219817-B	Th	Feb. 28-Apr. 18*	9:00-10:00am	\$49/\$56



### Core Strength and Stability

Instructor: Jill Kuehn

This floor based class will use a variety of exercises and equipment to increase strength, stability, and balance by focusing on abs, back and glutes.

Ages: 16 and up. Community Center

\*No class 3/26

Code #	Day	Date	Time	R/NR Fee
219828-A	Tu	Jan. 8-Feb. 26	9:00-10:00am	\$56/\$64
219828-B	Tu	Mar. 5-Apr. 30*	9:00-10:00am	\$56/\$64



## Personal Training

Our personal trainer will gear your workout according to your fitness level. If you need motivation and fitness education, we are here for you. Stay on track with your exercise program and let our nationally certified trainer bring your fitness to the next level. To schedule your personal training session, call 630-968-6400 x127.

- **A fitness assessment is included for anyone purchasing a 5 or 10 session package.**
- For those clients who require a doctor's note, please obtain that prior to your first session.
- All personal training sessions are 1 hour.
- If you are late to a session, the session will only run through the end of the regular hour. This ensures other clients are not delayed.
- Payment is due prior to your first session. If you need to cancel a session, please call 630-968-6400 x127 a minimum of 24 hours prior to your session. Any session cancelled with less than 24 hours notice will unfortunately be lost.
- All multiple session packages must be fulfilled within six months unless there is a medical condition cleared through the Fitness Supervisor.

Who: Adults age 18 & older

### Personal Training

One session	\$42(R)	\$60(NR)
Five sessions	\$190(R)	\$290(NR)
Ten sessions	\$350(R)	\$450(NR)

### Partner Personal Training

One session	\$63(R)	\$90(NR)
Five sessions	\$285(R)	\$435(NR)
Ten sessions	\$525(R)	\$675(NR)

\* Personal training sessions must be used within 6 months of purchase

## Cardio Central

Instructor: Laura Tanouye

ACE Certified Personal Trainer

Cardio will be the focus of this exciting class. In this fast paced class we will do many different exercises that will keep you moving and your heart pumping. We will also implement some core work into the class to ensure a total body workout. Please bring a mat.

**Ages: 16 & up. Community Center. \*No class 3/27**

Code #	Day	Date	Time	R/NR Fee
219824-A	W	Jan. 16-Feb. 27	6:30-7:15pm	\$49/\$56
219824-B	W	Mar. 13-Apr. 24*	6:30-7:15pm	\$42/\$48



## Boot Camp

Instructor: Laura Tanouye

ACE Certified Personal Trainer

Get a full and comprehensive workout in one short hour. Elements of this class include cardio, strength training core and flexibility. This multilevel fun class will keep you moving and leave you energized. Please bring a mat.

**Ages: 16 & up. Community Center. \*No class 4/13**

Code #	Day	Date	Time	R/NR Fee
219801-A	Sa	Jan. 12-Mar. 2	8:30-9:30am	\$56/\$64
219801-B	Sa	Mar. 16-Apr. 20*	8:30-9:30am	\$35/\$40



## Strength & Flexibility

Instructor: Laura Tanouye

ACE Certified Personal Trainer

In this class we will focus on building strength while also increasing your flexibility. Free weights, stability balls, exercise bands, and more will be used to enhance the workout. Please bring a mat.

**Ages: 16 & up. Community Center. \*No class 3/28**

Code #	Day	Date	Time	R/NR Fee
219802-A	Th	Jan. 10-Feb. 28	6:00-6:45pm	\$56/\$64
219802-B	Th	Mar. 14-Apr. 25*	6:00-6:45pm	\$42/\$48



## Zumba

Instructor: Maria Ruby, Certified Zumba Instructor

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 Dance Party!

**Ages: 16 and up. Community Center**

Code #	Day	Date	Time	R/NR Fee
219807-A	M	Jan. 7-Feb. 11	6:30-7:30pm	\$65/\$72
219807-B	M	Feb. 18-Mar. 25	6:30-7:30pm	\$65/\$72
219807-C	M	Apr. 1-29	6:30-7:30pm	\$54/\$60



## Zumba Gold

Instructor: Maria Ruby, Certified Zumba Instructor

This class is for individuals who are new to Zumba Fitness, or those who are looking for a low impact cardio workout. No dance experience needed. Dance to the Latin rhythms of Salsa, Cumbia, Merengue, Disco, Tango and many more. This fitness dance class will get your feet moving, and your heart pumping to strengthen your balance and overall wellness. **Ages: 45 and up.**

**Community Center**

Code #	Day	Date	Time	R/NR Fee
219808-A	M	Jan. 7-Feb. 11	5:30-6:20pm	\$65/\$72
219808-B	M	Feb. 18-Mar. 25	5:30-6:20pm	\$65/\$72
219808-C	M	Apr. 1-29	5:30-6:20pm	\$54/\$60





## Zumba with Tony

Instructor: Tony Placido

Ditch the workout and join the party! This fun and easy to follow cardio dance class combines high-energy and motivating Latin music with unique moves and combinations that make you feel like you are partying on the dance floor. Easy to follow, and something everyone can do - Zumba is exercise in disguise.

**Ages: 16 and up. Community Center. \*No class 3/9**



Code #	Day	Date	Time	R/NR Fee
219806-A	Sa	Jan. 12-Feb. 16	9:00-10:00am	\$42/\$48
219806-B	Sa	Mar. 2-Apr. 13*	9:00-10:00am	\$42/\$48

## Core, Restore & More

Instructor: Lorrie Cynowa, Certified Yoga Instructor  
RYT-Yoga Alliance

This class will focus on three main segments: 1. Pilates core exercises; 2. Muscle conditioning incorporating light weights; and 3. Gentle standing and floor stretches. This is the class you have been waiting for! This class will give you a bit of everything all in one class. This is a great way to tone and lengthen muscles through Pilates principles that emphasize core strength; increase strength and stamina with exercises using light weights; as well as restore the body with yoga inspired floor and standing stretches that improve overall joint flexibility, alleviate anxiety and promote calm and relaxation. This class is suitable for all fitness levels. Please bring a mat and water. **Ages: 16 & up.**

**Community Center**



Code #	Day	Date	Time	R/NR Fee
219823-A	Tu	Jan. 8-Feb. 19	10:15-11:15am	\$49/\$56
219823-B	Tu	Mar. 5-Apr. 16	10:15-11:15am	\$49/\$56

## Pilates and H.I.I.T

Instructor: Lorrie Cynowa, Certified Yoga Instructor  
RYT-Yoga Alliance

This class is High Intensity Interval Training, with emphasis on pilates principles, including concentration, breathing and form. The goal is quality movements over quantity. The class will use interval training throughout which alternates bursts of intense activity with intervals of lighter activity (or pure rest), which burns more calories and improves aerobic capacity. This is a challenging full-body workout. Interval sections will include pilates and core intervals, as well as cardio and muscle conditioning (exercises with light to medium weights) and together will tone muscles, increase strength and stamina and help your body be more efficient. Great music and great fun! Please bring a mat and water. **Ages: 16 & up. Community Center**



Code #	Day	Date	Time	R/NR Fee
219822-A	M	Jan. 7-Feb. 18	5:30-6:30pm	\$49/\$56
219822-B	M	Mar. 4-Apr. 15	5:30-6:30pm	\$49/\$56

## Sit & Be Fit!

Instructor: Millie Wostratzky  
BS in PE, ISSA CFT-SFOA, MPH

This class is geared to older adults who would like a less strenuous exercise class that still works on basic fitness. The majority of the class will be done while seated, but standing is always an option. This is a head-to-toe workout, suitable and adaptable for any fitness level. Aerobic work will be done while seated/standing, to a range of musical themes from the big bands, to oldies, to the classics. Light dumbbells and resistance bands will be used for strength training. Stretching will complete each workout session. Come join us with a fitting start to your summer mornings. Please bring a water bottle, and wear gym shoes and comfortable clothes. **Age: Adults. Community Center. \*No class 3/25, 3/27, 3/28**



Code #	Day	Date	Time	R/NR Fee
219805-A	M	Jan. 7-Feb. 11	10:15-11:15am	\$42/\$48
219805-B	W	Jan. 9-Feb. 13	10:15-11:15am	\$42/\$48
219805-C	Th	Jan. 10-Feb. 14	10:15-11:15am	\$42/\$48
219805-D	M	Feb. 18-Apr. 1*	10:15-11:15am	\$42/\$48
219805-E	W	Feb. 20-Apr. 3*	10:15-11:15am	\$42/\$48
219805-F	Th	Feb. 21-Apr. 4*	10:15-11:15am	\$42/\$48
219805-G	M	Apr. 8-May 20	10:15-11:15am	\$49/\$56
219805-H	W	Apr. 10-May 22	10:15-11:15am	\$49/\$56
219805-I	Th	Apr. 11-May 23	10:15-11:15am	\$49/\$56

## Feelin' Fit, Feelin' Fine

Instructor: Millie Wostratzky  
BS in PE, ISSA CFT-SFOA, MPH

This class is geared towards older adults, or those who would like a low impact exercise class. This is a head-to-toe workout, suitable and adaptable for any fitness level. There is no running, mat work or strenuous weight lifting. Cardiovascular endurance focuses on aerobic work done to a range or musical themes from the big bands, to the classics to modern pop. Body weight and light dumbbells are used for strength training. Flexibility, balance, and posture are also stressed. This class will leave you feeling fit, and feeling fine. It's a great way to start your morning. Please bring a water bottle, and wear gym shoes and comfortable clothing. **Age: Adults. Community Center**

**\*No class 3/25, 3/27, 3/28**



Code #	Day	Date	Time	R/NR Fee
219804-A	M	Jan. 7-Feb. 11	9:00-10:00am	\$42/\$48
219804-B	W	Jan. 9-Feb. 13	9:00-10:00am	\$42/\$48
219804-C	Th	Jan. 10-Feb. 14	9:00-10:00am	\$42/\$48
219804-D	M	Feb. 18-Apr. 1*	9:00-10:00am	\$42/\$48
219804-E	W	Feb. 20-Apr. 3*	9:00-10:00am	\$42/\$48
219804-F	Th	Feb. 21-Apr. 4*	9:00-10:00am	\$42/\$48
219804-G	M	Apr. 8-May 13	9:00-10:00am	\$42/\$48
219804-H	W	Apr. 10-May 22	9:00-10:00am	\$49/\$56
219804-I	Th	Apr. 11-May 23	9:00-10:00am	\$49/\$56



Fun & Fitness

# ADULT FITNESS

## Hatha-Vinyasa Flow

Instructor: Katie Koblica, Certified Yoga Instructor

An alignment based flow class, offering an energetic and light-hearted practice to develop energy, strength, and flexibility while steadying the mind. Advanced and beginning modifications will be given to accommodate all fitness levels. Please bring a mat.

**Ages: 16 and up. Community Center. \*No class 1/21, 3/25**



Code #	Day	Date	Time	R/NR Fee
219826-A	M	Jan. 7-Feb. 11*	10:00-11:00am	\$35/\$40
219826-B	M	Feb. 25-Apr. 8*	10:00-11:00am	\$42/\$48
219826-C	M	Apr. 15-May 20	10:00-11:00am	\$42/\$48

## Hatha Yoga with Jill

Instructor: Jill Kuehn

Focusing on breath and alignment, this class will build strength, flexibility and range of motion as you gracefully transition from pose to pose linking movement with breath. All levels welcome. Please bring a mat to class.

**Ages: 16 and up. Community Center. \*No class 2/20, 3/27**



Code #	Day	Date	Time	R/NR Fee
219814-A	W	Jan. 2-Feb. 27*	6:00-7:00pm	\$56/\$64
219814-B	W	Mar. 6-Apr. 24*	6:00-7:00pm	\$49/\$56

## Yoga and Weights

Instructor: Jill Kuehn

This class is a great combination of movements that will improve flexibility and light weight exercises that will improve strength. This total body workout will help tone and sculpt muscle groups while also incorporating flow yoga. This new class is suitable for all levels.

Please bring a mat to class. **Ages: 16 and up. Community Center**

**\*No class 3/25**



Code #	Day	Date	Time	R/NR Fee
219815-A	M	Jan. 7-Feb. 25	6:30-7:30pm	\$56/\$64
219815-B	M	Mar. 4-Apr. 29*	6:30-7:30pm	\$56/\$64

## Gentle Yoga

Instructor: Jill Kuehn

This class focuses on stretching, breathing, relaxation and simple movements to strengthen the muscles and increase the range of motion of the major joints. Emphasizing proper alignment while introducing fundamental poses will make yoga accessible for everyone.

Please bring a mat. **Ages: 16 and up. Community Center**

**\*No class 3/26, 3/28**



Code #	Day	Date	Time	R/NR Fee
219813-A	Tu	Jan. 8-Feb. 26	8:00-9:00am	\$56/\$64
219813-B	Th	Jan. 10-Feb. 21	8:00-9:00am	\$49/\$56
219813-C	Tu	Mar. 5-Apr. 30*	8:00-9:00am	\$56/\$64
219813-D	Th	Feb. 28-Apr. 18*	8:00-9:00am	\$49/\$56

## Beginner Yoga

Instructor: Lorrie Cynowa, Certified Yoga Instructor  
RYT-Yoga Alliance

This is a gentle mat yoga class, great for beginners. This practice will incorporate gentle standing postures/stretching as well as reclining and seated poses. Here is your chance for a smooth transition into the world of yoga in a friendly and fun environment. This class will break down the traditional poses that are typically seen in a hatha or vinyasa (flow) yoga class, review breathing techniques, emphasize alignment and answer any questions. Improve your flexibility, strength, balance and quiet your mind. This will be a safe environment where the instructor will be available to help modify the pose for you and offer props, such as a chair, blocks or straps to get the most benefit in the posture. Please bring a mat and water. **Ages: 16 and up. Community Center**



Code #	Day	Date	Time	R/NR Fee
219827A	F	Jan. 11-Feb. 22	9:00-9:50am	\$49/\$56
219827-B	F	Mar. 8-Apr. 12	9:00-9:50am	\$42/\$48

## Flow Yoga with Lorrie

Instructor: Lorrie Cynowa, Certified Yoga Instructor  
RYT-Yoga Alliance

A yoga class that synchronizes poses together in a flowing sequence to create a moving meditation, by connecting movement with the breath. A dynamic class that provides calmness of the mind through focus, yet is invigorating physically. This class will build strength, increase flexibility, aid in balance and create mental awareness. Modifications and variations are offered, so all levels are welcome. Please bring a mat and water. **Ages: 16 and up. Community Center**



Code #	Day	Date	Time	R/NR Fee
219829-A	Tu	Jan. 8-Feb. 19	6:00-6:50pm	\$49/\$56
219829-B	W	Jan. 9-Feb. 20	10:00-11:00am	\$49/\$56
219829-C	F	Jan. 11-Feb. 22	10:00-11:00am	\$49/\$56
219829-D	Tu	Mar. 5-Apr. 16	6:00-6:50pm	\$49/\$56
219829-E	W	Mar. 6-Apr. 17	10:00-11:00am	\$49/\$56
219829-F	F	Mar. 8-Apr. 12	10:00-11:00am	\$42/\$48

## Chair Yoga

Instructor: Lorrie Cynowa, Certified Yoga Instructor  
RYT-Yoga Alliance

A yoga class that is accessible to everyone! It is well-known that the benefits of yoga are so beneficial to one's well-being and health that everyone should be practicing it in some form! Stay active and come join me for a fun chair yoga practice, which will increase energy and awareness and bring inner calm and peace. This class will adapt traditional yoga poses to a chair making it a great head-to-toe workout, working every part of the body. This is the perfect class for seniors, people with limited range of motion, new students, or returning students to an exercise program after time off. It is a great way to continue to build strength, flexibility and balance after rehab or injury. Please bring a mat and water. **Ages: 16 and up. Community Center**



Code #	Day	Date	Time	R/NR Fee
219811-A	M	Jan. 7-Feb. 18	10:15-11:05am	\$49/\$56
219811-B	M	Mar. 4-Apr. 15	10:15-11:05am	\$49/\$56