



September, October, November & December Group Exercise Drop-In Schedule

920 N. Hunt Club Rd. Gurnee, IL · GurneeParkDistrict.com · 847-623-7788

Day	Time	Duration (min.)	Class	Instructor	Location	Class Date Changes:
Monday						
	5:30 AM	60	Bodypump™	Dave	Multipurpose	
	9:15 AM	45	Tabata/Core	Megan M.	Multipurpose	
	10:15 AM	60	Yoga Basics	Megan M.	Multipurpose	
	6:30 PM	50	Zumba®	Chompoo	Multipurpose	
	7:30 PM	60	Bodypump™	Jacki	Multipurpose	
Tuesday						
	9:00 AM	60	Bodypump™	Lynn	Multipurpose	
	10:15 AM	50	Functional Fitness	Petra	Multipurpose	
	5:15 PM	50	F.I.T.	Jacki	Multipurpose	no class 12/24, 12/31
	6:30 PM	60	Zumba®	Angela W.	Multipurpose	no class 12/24, 12/31
Wednesday						
	9:15 AM	55	willPower& grace®	Lindsey	Multipurpose	no class 12/25
	10:15 AM	60	Yoga	Megan M.	Multipurpose	no class 12/25
	6:15 PM	50	Yoga	Ilona	Multipurpose	no class 12/25
	7:30 PM	60	Bodypump™	Angela	Multipurpose	no class 12/25
Thursday						
	5:30 AM	60	Bodypump™	Dave	Multipurpose	no class 11/28, 12/26
	9:00 AM	60	Bodypump™	Jacki	Multipurpose	no class 11/28
	10:15 AM	50	Functional Fitness	Petra	Multipurpose	no class 11/28
	6:35 PM	45	Piloxing®	Erica	Multipurpose	last class 9/26
	7:30 PM	50	Strong by Zumba®	Angela W.	Multipurpose	no class 11/28
Friday						
	5:45 AM	60	Boot Camp	Jacki	Gym	no class 11/29
	9:15 AM	60	Boxing/Bodypump™ Combo	Seika	Multipurpose	
Saturday						
	7:15 AM	60	Bodypump®	Lois	Multipurpose	
	9:15 AM	50	Sweat & Sculpt	Ilona	Multipurpose	
	10:15 AM	60	Zumba®	Erica	Multipurpose	
Sunday						
	8:30 AM	55	Targeted Strength Training	Ilona	Multipurpose	

Key	
	New class or time change.

**Hunt Club Park
Community Center Hours:**
Monday-Friday: 5:30a-9:00p
Saturday & Sunday: 7:00a-5:00p

**Visit GurneeParkDistrict.com
for facility holiday hours.**

*Classes that do not meet the minimum attendance requirement can be removed from the schedule at anytime.

Please Note:
Drop-in schedule and instructors are subject to change without notice. All group exercise classes require a wristband upon entering the class. Please hand wristband to the instructor at the beginning of class.

Group Exercise Descriptions

CARDIO/STRENGTH

- Sweat & Sculpt: Burn fat and tone your body with this non-stop cardio, step and strength-training class.
- Boot Camp: This class is a heart pumping, muscle flexing, challenging workout. Simple cardio combinations will be taught with intervals of strength training (weights, tubes, pump bars, etc.) in between.
- Tabata/Core: Tabata Training strengthens and tones your abs, back and glutes.
- Boxing/Bodypump™ Combo: This class will consist of easy to follow shadow boxing routines intermixed with intervals of Bodypump™ tracks for an energetic, interval style, cardio/strength combination to condition and tone the whole body.
- Cardio/Core Fusion: A mix of cardio plus core conditioning. This class is a great way to burn fat and create a stronger, leaner powerhouse!

STRENGTH

- Targeted Strength Training: This class will concentrate on burning out specific body areas to give you a concentrated and specific workout. Be prepared to fatigue your muscles!
- Bodypump™: A choreographed strength and conditioning classes that uses high repetition with weighted barbells and inspiring music to motivate participants through 10 music tracks. (Please note, express classes will complete less than 10 tracks.)
- Functional Fitness: This strength training, balance, coordination and plyometric class is designed to work your body in different planes of motion and teach you to use your body more effectively and

YOGA / PILATES

- Piloxing®: This class mixes Pilates, Boxing and fun dance moves into a fat burning, muscles sculpting, core-centric interval workout.
- Yoga /Yoga Basics: Work all major and minor muscle groups by repeating a series of basic yoga poses and flowing them together to develop strength, flexibility, endurance and mindfulness. Consistent attendance will provide the most benefits!
- willPower & grace®: This class incorporates yoga, dance, pilates and calisthenics. The barefoot training method is designed to strengthen the feet and correct balance and alignment issues. The workout is equipment free so that the participants can focus on themselves: precision, performance and physical intensity. Designed for all fitness levels.

CARDIO

- Zumba®: A fun, Latin, cardio dance class that combines all styles of Latin dance/music.
- Strong by Zumba®: STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.
- F.I.T. (Fast Intense Training): Athletic drills and kickboxing moves will tone and tighten that area below the belt with some gut-busting, butt-tightening moves.