



SCHAUMBURG PARK DISTRICT STP LAND FITNESS SCHEDULE | WINTER 2018

Free Week Jan. 8-14

Schaumburg Tennis Plus Schedule (all classes in the studio)				
Monday	Tuesday	Wednesday	Thursday	Friday
11:15 a.m.-Noon Core & More • Rachel	11:30 a.m.-12:15 p.m. Cardio Kickbox • Andrea	11:15 a.m.-Noon Boot Camp Blast • Andrea	11:30 a.m.-12:15 p.m. TRX Circuit • Colette	11:15 a.m.-Noon Cycle • Andrea
12:15-1 p.m. TRX Circuit • Rachel	12:30-1:15 p.m. Barbell Blast • Andrea	12:15-1 p.m. Yoga Flow • Andrea	12:15-1 p.m. Cardio Kickbox • Colette	12:15-1 p.m. TRX Strength • Andrea

Class Descriptions

Barbell Blast - Barbell Blast is a full-body work out utilizing barbells, a bench and a mat to improve muscular strength and endurance. This straight-forward and simple format will highlight each major muscle group so you'll feel stronger from head to toe.

Boot Camp Blast - Get and stay in shape with this intense boot-camp style workout! You will be challenged with a variety of agility, strength, plyometric, core and cardio drills to get your body ready for anything. Intermediate to advanced exercise levels recommended.

Core and More - A resistance training class that targets the abdominal, back, gluteal muscles and MORE! You never know what the MORE will be, but it will burn calories and leave you with a fitter frame! All fitness levels welcome.

Tabata Boot Camp - Minutes matter in this uncomplicated, intense format. Timed intervals of power, agility, cardio, strength and isometric exercises are combined to help achieve goals and push you even further.

Yoga Flow - A straightforward yoga class with safe and effective exercises emphasizing lengthening, balance and strength.

Yoga Fusion - This class blends basic yoga technique with a few aspects of traditional core exercises and Pilates movements.

