



Group Fitness
SCHAUMBURG PARK DISTRICT

Fitness Unlimited & Fitness Unlimited PLUS

2019 Summer Schedule

Effective June 3. Free week: June 3-9

LAND FITNESS CLASSES

Fitness Unlimited | Fitness Unlimited PLUS (includes all classes)
*Active Older Adults

Community Recreation Center | 847-490-2505

Rooms: FS-Fitness Studio | WS-Wellness Studio | D3-Dance Room 3
Gym | TRX- TRX Studio | CS-Cycle Studio

Monday	9-10 a.m. 9-10 a.m. 10:15-11:15 a.m. 10:15-11:15 a.m. 5:30-6:30 p.m. 6-7 p.m. 6:15-7:15 p.m.	Strong by Zumba Strong Heart & Body* Yoga Fusion Gentle Yoga* Yoga Cycle Pure Strength	WS Gym WS Gym FS CS WS
Tuesday	8:45-9:45 a.m. 9-10 a.m. 9:50-10:50 a.m. 10-11 a.m. 10-11 a.m. 5:30-6:15 p.m. 6:15-7:15 p.m. 7:20-8:20 p.m.	Total Body Conditioning Tai Chi* Yoga Fusion Tai Chi (Beg/Int)* Cardio Conditioning* TRX Strength Total Body Strength Yoga Fusion	WS D3 FS D3 Gym TRX WS WS
Wednesday	6-7 a.m. 9-10 a.m. 9-10 a.m. 10:15-11:15 a.m. 5:30-6:30 p.m. 6-7 p.m. 6:30-7 p.m. 7:15-8 p.m.	Cycle Barbell Blast Cardio Conditioning* Gentle Yoga* Cardio Sculpt Cycle Core & More TRX	CS WS Gym FS FS CS WS TRX
Thursday	9-9:50 a.m. 9-9:50 a.m. 9-10 a.m. 9:50-10:40 a.m. 10-11 a.m. 10-11 a.m. 6-7 p.m. 6:15-7 p.m. 6:15-7:15 p.m.	Cycle Interval Training Tai Chi* Yoga Fusion Strong Heart & Body* Tai Chi (Beg/Int)* Cycle Pound Total Body Strength	CS WS D3 WS Gym D3 CS D2 WS
Friday	9-10 a.m. 9-10 a.m. 10:05-10:45 a.m. 10:15-11:15 a.m. 10:15-11:15 a.m.	Interval Intrigue Cardio Conditioning* Core & More Gentle Yoga* Zumba Gold	WS Gym WS FS D3
Saturday	8-9 a.m. 9:15-10 a.m. 9:15-10 a.m. 10:15-11 a.m.	Cycle RIP & More TRX Strength Boot Camp Blast	CS WS TRX WS

Wellbeats virtual fitness coming soon to the CRC.

Schaumburg Tennis Plus | 847-884-0678

Monday	11:30 a.m.-12:15 p.m. 12:30-1:15 p.m.	Core & More TRX Circuit
Tuesday	11:30 a.m.-12:15 p.m. 12:30-1:15 p.m.	Yoga Fusion Barbell Blast
Wednesday	11:30 a.m.-12:15 p.m. 12:30-1:15 p.m.	Boot Camp Blast Yoga Flow
Thursday	11:30 a.m.-12:15 p.m. 12:30-1:15 p.m.	TRX Circuit Kettlebell Interval
Friday	11:30 a.m.-12:15 p.m. 12:30-1:15 p.m.	Cycle TRX Strength

Meineke Recreation Center | 847-985-2143

Monday	5:35-6:20 a.m. 8:40-9:40 a.m. 9:45-11 a.m. 6-7:15 p.m. 7:30-8:30 p.m.	Monday Morning Mix Cardio Combo Strength & Stretch PiYo Zumba
Tuesday	5:35-6:20 a.m. 8:40-9:30 a.m. 9:35-10:05 a.m. 6:15-7:15 p.m. 7:30-8:30 p.m.	Tabata or HIIT Cardio Sculpt Total Body Stretch BANG Core & More
Wednesday	5:45-6:30 a.m. 8:40-9:40 a.m. 9:45-11 a.m. 6:15-7:15 p.m. 7:30-8:30 p.m.	Core & More Step Circuit Strength & Stretch RIP Zumba
Thursday	5:35-6:20 a.m. 8:40-9:30 a.m. 9:40-10:40 a.m. 6:20-7:10 p.m.	Core & More Cardio Sculpt Yoga Fusion Total Body Strength
Friday	5:35-6:20 a.m. 8:40-9:30 a.m. 9:45-11 a.m.	Total Body Strength Core & More PiYo

See reverse side for Aqua Fitness Classes and class descriptions.



For information, call 847-490-7020 or visit parkfun.com.

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2019 Summer Schedule

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AQUA FITNESS CLASSES

All aqua fitness classes are included in Fitness Unlimited and Fitness Unlimited PLUS memberships.

Shallow Water (Lap Pool) | Deep Water (Diving Well)

The Water Works | 847-490-2505

No classes 8/5-8/18 due to maintenance (modified schedule will be available)

Monday	6:10-7:10 a.m. 7:15-8:15 a.m. 6-7 p.m.	Aqua Step Aqua Motion Deep Dynamics
Tuesday	6:10-7:10 a.m. 7:15-8:15 a.m.	Deep Dynamics Power Splash
Wednesday	6:10-7:10 a.m. 7:30-8:20 a.m.	Power Splash Aqua Motion
Thursday	11-11:50 a.m. 6:10-7:10 a.m. 7:15-8:15 a.m.	Aqua Motion Deep Dynamics Deep Dynamics
Friday	6:10-7:10 a.m. 7:15-8:15 a.m.	Deep Dynamics Power Splash
Saturday	7:30-8:20 a.m. 8:30-9:30 a.m.	Power Splash Deep Dynamics
Sunday	8-9:30 a.m.	Power Splash

Bock Neighborhood Center Pool | 847-985-2141

Monday	8-9 a.m.	Deep Dynamics
Tuesday	8-9 a.m.	Power Splash
Wednesday	8-9 a.m.	Deep Dynamics
Thursday	8-9 a.m.	Power Splash
Friday	8-9 a.m.	Deep Dynamics

Schaumburg Tennis Plus | 847-884-0678

No classes 7/9-7/15 due to maintenance

Monday	9-10 a.m. 11 a.m.-Noon 5:30-6:30 p.m.	Power Splash Aqua Motion Aqua Motion
Tuesday	4-5 p.m.	Power Splash
Wednesday	9-10 a.m. 11 a.m.-Noon 5:30-6:30 p.m.	Power Splash Aqua Motion Aqua Motion
Thursday	11:30 a.m.-12:30 p.m. 6-7 p.m.	Aqua Motion Power Splash
Friday	9-10 a.m.	Aqua Interval

LAND FITNESS CLASS DESCRIPTIONS

BANG-BANG is a mixed fitness class that includes kickboxing, body weight training, aerobics and dance.

Barbell Blast-Barbell Blast is a full-body workout utilizing the barbell to improve muscular strength and endurance.

Boot Camp Blast-You will be challenged with a variety of agility, strength, plyometric, core and cardio drills.

Cardio Combo-A mix of heart-rate boosting cardiovascular exercises ending with stretching and core strength.

Cardio Conditioning-Burn calories and increase energy with low-impact cardio exercises.

Cardio Kickboxing-A traditional cardio Kickboxing class with high-energy combinations of kicks and punches.

Cardio Sculpt-Straightforward cardiovascular and strength conditioning.

Core & More-A resistance training class that targets the abdominal, back, gluteal muscles and MORE!

Cycle-This class has you riding to the rhythm of powerful music, while losing inches and toning muscles.

Gentle Yoga-Gentle stretching and yoga positions to increase flexibility.

HIIT-This interval-based class combines total body strength training with high-intensity cardio bursts.

Interval Intrigue-High-energy class combining full-body strength and cardio bursts through interval training, circuit training and TRX.

Interval Training-Rigorous interval training sequences with high-intensity exercises improve total agility, strength and cardio.

PiYo-PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.

Pure Strength-Utilizes barbells, hand weights, and other fun tools to work every major muscle group, with an emphasis on balance and core work to keep our bodies strong.

RIP-A barbell workout that incorporates functional orthopedic strength training.

Step Circuit-A combination of step, strength, core and more!

Strength and Stretch-A total body strength workout with an extra stretch. Spend the first 45 minutes strengthening all the major muscle groups before cooling down with an extended 30-minute total body stretch.

Strong Heart and Body-This class will strengthen the entire body, including the heart, using bands, balls, cardio moves, stretching and strengthening.

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.

Tai Chi-This class requires you to move your body slowly, gently and with awareness, while breathing deeply. Improve posture and balance and gain more control over your body.

Total Body Conditioning-Full-body class that focuses on toning, strength, cardio endurance and core stability.

Total Body Strength-This powerful class uses strength training, plyometrics and core exercises to define muscles and increase calorie burning capacity.

Total Body Stretch-Provides the ultimate deep stretch and recovery for tired muscles.

TRX-Leverage gravity and body weight to perform exercises that build power and increase strength, flexibility, balance and mobility.

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

Yoga Fusion-A mix of traditional yoga poses incorporated with other forms of fitness, such as Pilates or resistance training.

Zumba-This exhilarating, easy to follow, Latin-inspired, calorie-burning dance fitness-party™ will move YOU!

AQUA FITNESS CLASS DESCRIPTIONS

Aqua shoes are recommended. Program participants are encouraged to bring their own towel.

Aqua Interval-A cardio workout combined with higher intensity intervals to boost heart rate and burn muscles.

Aqua Motion-Easy to follow, low-impact water aerobics combined with a range of motion movements for a fun water workout.

Aqua Step-A low-impact cardio workout in the shallow pool utilizing an aqua step which is used to increase intensity. Class includes strength training with tubes and buoyant dumbbells.

Deep Dynamics-This non-impact workout will take you to the depths of your fitness training! Held in deep water with aid of buoyancy equipment, this workout uses maximum water resistance.

Power Splash-A high-energy and low-impact class performed in shallow water that includes cardio, strength training and stretching.