



FREE CLASSES

Have fun and get fit! Join us for our FREE summer workout series at Fishel Park! Please bring your own mat - mats not needed for dance fitness classes.

Ages 15+ • Fishel Park • 1036 Grove St., Downers Grove

MONDAY			
June 17	Sunset Yoga	7pm	Amanda
June 24	Les Mills Body Combat	6:30pm	Catherine
July 15	Sunset Yoga	7pm	Amanda
July 22	Les Mills Body Combat	6:30pm	Catherine
Aug. 12	Sunset Yoga	7pm	Amanda
Aug. 26	Yoga	9am	Shiree
WEDNESDAY			
Aug. 28	Yoga	9am	Luanne
Aug. 28	Toning in the Park	10:15am	Luanne
THURSDAY			
June 27	Toning in the Park	6pm	Michael
July 25	Toning in the Park	6pm	Michael
Aug. 29	Yoga	9am	Kylie
Aug. 29	Toning in the Park	6pm	Michael
FRIDAY			
Aug. 30	Yoga	9:15am	Shiree
SATURDAY			
June 22	Zumba	10:30am	Nicole
June 29	WERQ	9am	Xenia
July 20	Latin Heat	9am	Guillermo
July 27	Zumba	9am	Taisha
Aug. 3	WERQ	9am	Xenia
Aug. 10	Zumba	10:30am	Nicole
Aug. 24	Latin Heat	9am	Guillermo
Aug. 31	Zumba	9am	Taisha
SUNDAY			
Sept. 1	Toning in the Park	9am	Michael



GROUP FITNESS CLASS NOTIFICATIONS/UPDATES

Receive updates for group fitness classes including class changes and cancellations by scanning the QR code on your phone, then subscribe via email and/or text.



4500 FITNESS
DOWNERS GROVE PARK DISTRICT

FITNESS AT FISHEL
SUMMER 2024

LATIN HEAT: This is a full body cardio class where the fun of exercise is all about the music, and the exciting rhythms of Latin music and Latin moves of salsa, merengue, bachata, chachara, and more.

LESMILLS BODY COMBAT: A total body workout where you'll punch and kick your way to fitness, burning up calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A certified Les Mills (TM) instructor will challenge you to up the intensity and motivate you to make the most out of every round. You'll release stress, have a blast, and feel like a champ!

TONING IN THE PARK: Connect body with nature. Use your bodyweight and bands to strengthen from head to toe. Dress for exercise and weather in a beautiful park setting. Bring water, towel, if desired. Bands provided, please bring your own mat.

WERQ: WERQ is the wildly addictive cardio dance workout based on trending pop and hip hop music. Our mission is to create a judgement-free dance space built on good vibes, a great sweat, and a supportive community.

YOGA: Find the beauty and balance that is Hatha Yoga. Experience the original and timeless mind and body practice. With internal focus come significant improvements in balance, flexibility, strength, and circulation. Calm the mind with breathing and meditation techniques that yoga has to offer.

ZUMBA: Ditch the Workout and Join the Party! Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Super effective? Check. Super fun? Check and check.