



GOLD CLASSES

MONDAY			
6:00a - 7:00a	Cycle	L21	Alissa
7:45a - 8:45a	Step & Tone	L14	Carmelo
9:00a - 10:00a	LesMills BodyPump	L14	Carmelo
9:00a - 10:00a	Yoga	MPR	Kylie
5:00-5:50p	LesMills BodyCombat	L14	Allison
5:30p - 6:30p	Cycle	L21	Amanda
6:00p - 7:00p	LesMills BodyPump	L14	Jenn
TUESDAY			
6:00a - 7:00a	Buns, Guns, Guts	L12	Alissa
8:00a - 8:45a	Pilates	L12	Martine
9:00a - 9:50a	Zumba	L12	Nicole
9:00a - 10:00a	Sculpt	L14	Martine
11:30a - 12:25p	Zumba - Gold	L12	Taisha
5:00p - 6:00p	Step/Sculpt	L14	Victoria
7:15p - 8:15p	Yoga	L12	Carrie
WEDNESDAY			
7:45a - 8:45a	Step & Tone	L14	Carmelo
9:00a - 10:00a	Yoga	MPR	Luanne
9:00a - 10:00a	LesMills BodyPump	L14	Linda
10:00a - 11:00a	Re-Cycle/ Senior Spin	L21	Chick
5:00p - 5:50p	LesMills Combat	L14	Allison
6:00p - 7:00p	LesMills BodyPump	L14	Lynn
THURSDAY			
5:45a - 6:45a	Cycle	L21	Amanda
8:00a - 9:00a	Cycle	L21	Jessica
8:00a - 8:45a	Pilates	L12	Martine
9:00a - 9:45a	Barre	L12	Nicole
9:45a - 10:15a	30-minute Core	L12	Nicole
10:00a - 10:45a	Zumba Gold	L14	Taisha
5:00p - 5:45p	Meditation Singing Bowls	103	Katie
6:00p - 7:00p	LesMills BodyPump	L14	Allison
FRIDAY			
5:45a - 6:45a	Cycle/Yoga Combo	L21	Amanda
7:45a - 8:45a	Sculpt	L12	Nicole
9:00a - 10:00a	WERQ	L14	Xenia
SATURDAY			
7:15a - 8:15a	LesMills BodyPump	L14	Lynn
8:15a - 9:15a	LesMills BodyJam/Zumba	L12	Rotating Instructors
8:30a - 9:30a	Cycle	L21	Amanda
10:00a-10:45a	Meditation Singing Bowls	L14	Karen
11:00a-11:30a	Cycle	L21	Karen
11:30a-12:00p	LesMills BodyPump Express	L14	Karen

PREMIER CLASSES

MONDAY			
11:15a - 12:00p	Balance & Strength	L12	Taisha
6:00p - 6:50p	Hit2Fit	L12	Anthony
7:10p - 8:00p	Weight Training for Women	L12	Vicki K.
TUESDAY			
9:00a - 9:55a	Chair Yoga	MPR	Eileen
10:00a - 10:55a	Chair Yoga	MPR	Eileen
WEDNESDAY			
6:00p - 6:55p	TRX	L21	Linda
5:50p-6:50p	Hit2Fit	L12	Anthony
6:00p - 7:00p	Yoga for Stress Relief	MPR	Kylie
7:10p - 8:00p	Weight Training for Women	L12	Vicki
THURSDAY			
11:15a - 12:00p	Balance & Strength	L12	Taisha
4:00p-4:45p	Yoga for Little Kids	L12	Kelly
5:00p-5:45p	Yoga for Kids	L12	Kelly
6:00p - 6:55p	TRX	L21	Linda
7:00p - 7:55p	TRX	L21	Linda

Starting 1/31/2023 at Lincoln Center Silver Sneaker Circuit
Tuesdays and Thursdays 10am. Silver Sneaker Members
Free - punch pass required for non-silver sneaker members.
Punch passes must be purchased at 4500 Fitness.

GROUP EXERCISE OPTIONS

GOLD - UNLIMITED PASS: \$20/month or \$240/yr

- Ask us about daily fees and punch passes.
 - Group exercise classes are for individuals 15 years of age or older
- Ask us about daily fees and punch passes*

PREMIER CLASSES

Premier classes are not part of the Gold - Unlimited pass. These classes are an additional fee. These classes typically run in 6-8 week sessions. To register please visit dgparks.org.



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.

STARTS 3/13/23



4500 FITNESS
DOWNERS GROVE PARK DISTRICT

CLASS DESCRIPTIONS
SPRING 2023 STARTS 3/13/23

BARRE: Low impact moves with light weights, this variable intensity workout blends strength, balance, and cardio. Mindful movement exercises lengthen your muscles, strengthen your core, and safely reshape your entire body. Non-skid socks, bare feet or gym shoes can be worn.

30-MINUTE CORE: Attack your core from every angle along with upright movements and floor work. This combination of exercises requires your core muscles to work in all three planes of motion. Improve core strength to help your body move better!

CYCLE: A cardio endurance workout for both the novice bike riders and the hard-core bike riders! Simulate pedaling over flats, hills and jumps that build leg and abdominal strength. You will sweat in this class and a water bottle should be on hand to keep you hydrated.

PILATES: Stand taller; learn the fundamentals of pilates mat work. Based on the method of Joseph Pilates, this class works your powerhouse (your core) and makes gains in balance, strength and flexibility for the entire body. Props may be included to assist in movements.

SCULPT: Reshape your body and strengthen the musculoskeletal system. Calories will be burned hours after this class as the body goes through its process of rebuilding the muscle fibers! Learn proper form and execution and strengthen your body using body bars, dumbbells, flex-bands, and more!

STEP & TONE: Step up and burn those calories in this cardiovascular workout that will keep you moving and motivated. Do not be intimidated, the instructor will give the repetitions needed to practice before moving on. Wrap up this class with some toning exercises to create muscular definition in an atmosphere that is positively fun!

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.

LESMILLS BODYPUMP: A total body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health. World leading Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!

LESMILLS BODYCOMBAT: A workout and 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 LES MILLSTM instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

BUNS, GUNS, AND GUTS: A low impact strength workout that focuses on strengthening and building muscle. Exercises will focus on the glutes, arms, and abs.

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.

STEP AND SCULPT: Step and burn calories with fun exciting moves on the step, over the step, or on the floor (no step needed) choreographed to motivating music and get your Cardio on! Complete the workout with weights, bands, and bodybars used to shape and sculpt every beautiful part of you. Come for the first half and step, come for the second half and sculpt or come for the whole class to reap the benefits of Cardio and Sculpting in one class!

RE-CYCLE/SENIOR CYCLE: A spin class designed for active adults, seniors, or an athlete looking for a recovery ride. With aging comes changes, instead of fighting mother nature adjust to her and enjoy a spin class geared toward accommodating these changes but challenging you at the same time. It's time to Ride!

MEDITATION SINGING BOWLS: Find a comfortable seat or lie down, close your eyes, and allow the guided meditation and the frequencies of the singing bowls to support you in finding relaxation, rejuvenation, and release. No special skills, abilities, or beliefs are required. Bring a blanket or pillow if you want.

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.