

# WINTER/SPRING FITNESS SCHEDULE

## NOW THROUGH JUNE 2

\*No class 1/1, 4/20, 5/26

**Note:** Fitness schedule subject to change, please visit [palatineparks.org](http://palatineparks.org) for the most up to date class schedule.

MONDAY			
Werq	8:15am-9:00am	Lisa	BW
360 Toning	9:15am-10:00am	Janet	BW
Cardio & Strength Conditioning	5:30pm-6:15Pm	Alison	CC
TUESDAY			
360 Toning	8:15am-9:00am	Lisa	BW
Cardio Stretch	9:15am-10:00am	Kathleen	BW
Cardio & Strength Conditioning	5:30pm-6:15Pm	Alison	CC
WEDNESDAY			
Cardio Transform	8:15am-9:00am	Kathleen	BW
Soul Fusion	9:15am-10:00am	Alison	BW
Cardio & Strength Conditioning	5:30pm-6:15pm	Bella	BW
THURSDAY			
Tabata	8:15am-9:00am	Kathleen	BW
Stretch & Strength	9:15am-10:00am	Kathleen	BW
Cardio & Strength Conditioning	5:30pm-6:15Pm	Alison	CC
FRIDAY			
Balance & Strength	8:15am-9:00am	Janet	BW
Cardio Transform	9:15am-10:00am	Kathleen	BW
SATURDAY			
Zumba®	8:30am-9:30am	Lisa	BW
Full Body Burn	9:30am-10:15am	Jordan	CC
SUNDAY			
Zumba® Toning	9:00am-10:00am	Del	BW

### BASIC MEMBERSHIP

**CARDIO AND STRENGTH CONDITIONING** will focus on low weight and high repetition exercises aimed to tone the entire body. Minimal equipment will be used for this class. Bringing a mat is recommended.

**ZUMBA®** takes the *work* out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

**ZUMBA® TONING** is for those who want a dance party, but also want to tone and sculpt muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged.

**FULL BODY BURN** combines cardio, strength training, and core exercises, perfect for all fitness levels. Build muscle, burn calories, and boost your fitness in a supportive energetic environment!

### PREMIUM MEMBERSHIP\*

**WERQ** is a wildly addictive cardio dance workout based on trending pop and hip hop music. The mission is to create a judgement free dance space built on good vibes, a great sweat, and a supportive community. Adaptable to all fitness levels. Come dance with us!

**360 TONING** focuses on strengthening and toning all major muscle groups. Each class varies by using a multitude of equipment and methods.

**CARDIO STRETCH** combines dance, calisthenics and plyometrics, plus stretching for a greater range of movement.

**SOUL FUSION** is a low impact, high intensity, body transforming format using Pilates and Yoga inspired moves to sculpt long, lean muscles, and burn fat.

**TABATA** is a high intensity interval training combines cardio and strength exercises in 4-minute blocks. This is a fast paced, fun, calorie burning workout. Class is adapted to all fitness levels.

**STRENGTH AND STRETCH** will focus on building strength and flexibility with this full body tone and stretch from your head to your toes.

**BALANCE AND STRENGTH** focuses on stability to improve balance, strength, and flexibility while strengthening your core.

**CARDIO TRANSFORM** focuses on total body HIIT training workout. We will use various types of equipment that will challenge you and help you improve your overall fitness.

\*All Premium Members can attend Basic and Premium classes.

### FITNESS SCHEDULE QUESTIONS?

 Alison Shariatzadeh, Recreation and Fitness Program Coordinator

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