

**Boxing Circuit**—Drills and stations for cardio and weights will be incorporated. Hanging bags, slap paddles, body bars and more will be used to teach boxing skills while getting a great workout.

**Buns & Guns**—Tone your arms and butt during this strength training session.

**Cardio Hoop & Strength**—Gain strength & core muscles doing cardio intervals along with hula hoop work. Adding cardio machines, strength training & hula hooping allows for a fun & spontaneous workout.

**Cardio Sculpt & Burn**—Get your heart rate up while burning tons of calories. This combination class of cardio and weights will really get you moving.

**Cross Sample**—Burn maximum calories during our 45 minute sample of Cross Challenge. This workout contains ab strengthening, cardio, functional training and gymnastics training.

**Cycle-n-Abs**—This unique class uses a combination of cycling and ab work to yield a great fitness workout.

**Cycle, Squats and Core**—Get warmed up and spin for some mileage, hop off the bike and work in some squats. Rotating cycle and squats and finish the ride with a core workout.

**Cycling**—Enjoy riding through plains, hills and other areas while on a stationery bike. This class is sure to get your heart pumping.

**Fat Burner Step**—This bench stepping class will have you working in your fat burning heart rate zone.

**Intervelocity Aerobics**—This fat burning workout will work every muscle group in your body while strengthening your heart and lungs.

**Instructor's Choice**—Like to change up your routines? The instructor will guide you through a different workout each week.

**Jelly Bellies**—A class designed to tighten & firm the midsection in only 30 minutes!

**Kickboxing**—Build a strong core as you burn a ton of calories in this intense cardio kickboxing class. You will be punching & kicking your body into shape with easy to follow combinations while making contact with a bag and paddle work. \*Gloves recommended.

**Light & Healthy Moves**—Fitness and fun is combined in this all around conditioning class. Move at your own pace through a mild cardiovascular workout followed by strength and flexibility exercises. This class will get your day started in the right direction.

**Monday Morning Mix**—Mix up your fitness routine with cardio exercise and light weights. This is a great class for all levels of fitness.

**Morning Aerobics**—This all around workout includes low and high impact exercises performed at your own pace. Weight training utilizing free weights and elastic dyna-bands will be included.

**Power Circuit**—Strength and power are emphasized. Circuits with weights, bands and bars will be used.

**Power Up Cycle/Core**—A workout for all levels. Participants will work at their own pace while building strength & endurance ... It's all about the Watt's.

**SpleX45**—Modeled after the revolutionary workout P90X, exercises will be taught that constantly introduces new moves to challenge your muscles and give you extraordinary results.

**Straight Up Strength**—Strength training and toning are the focus of this class. Free weights, body bars, tubes and balls are used to develop every muscle group in the body. Stretching is incorporated into this class.

**Total Fitness**—A cross training class combining cardiovascular conditioning, strength training & flexibility exercises. You will enhance your energy, gain strength, improve flexibility, and burn calories during this "total fitness" workout adaptable for all fitness levels.

**Triplex**—This class has everything-20 minutes of cycle for cardio, 20 minutes of weights for strength and toning, 20 minutes of yoga for strength and flexibility.

**Zumba**—The hottest fitness craze, combining aerobic exercise with Latin dance moves. A fun, high-energy, calorie burning class.

**Zumba Toning**—Dance your way to a toned body with this Latin style class. Light weights will be incorporated throughout the class.

**Zumba Step**—Grab a bench and practice your Zumba moves while incorporating a step. This combo class will be sure to take the calorie burn to the next level.

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# GROUP EXERCISE SCHEDULE

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1.12.18

**Sportsplex**  
VILLAGE OF ORLAND PARK

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11351 West 159th Street,  
Orland Park, IL 60467  
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# GROUP EXERCISE SCHEDULE

## MONDAY

### Straight Up Strength

8:00–8:55am

Kelly

### Intervelocity

9:00–9:55am

Johanna

### Monday Morning Mix

10:30–11:25am

Jeannie

### \*Gentle Yoga

11:30am–12:25pm

Gina

### Buns & Guns

4:30–5:25pm

Erika

### Jelly Bellies

5:30–6:00pm

Erika

### Fat Burner Step

6:00–6:55pm

Jan

## TUESDAY

### Light &

### Healthy Moves

7:45–8:25am

Johanna

### Cardio Hoop

### & Strength

8:00–8:55am

Kelly

### Total Fitness

8:30–9:20am

Johanna

### Morning Aerobics

9:30am–10:25am

Christa

### ZUMBA

5:00–5:55pm

Melissa/Gina

### Power Circuit

6:10–6:55pm

Jan

## WEDNESDAY

### Cardio Sculpt

### & Burn

9:00–10:10am

Johanna

### \*Fitness Yoga

10:30–11:25am

Connie

### SpleX45

5:10–5:55pm

Christa

### Buns & Guns

6:00–6:55pm

Erika

### Cycle-n-Abs

7:00–7:55pm

Erika

### \*Flu Yoga

7:00–7:50pm

Terri

## THURSDAY

### Light &

### Healthy Moves

7:45–8:25am

Gina

### Total Fitness

8:30–9:20am

Kelly

### Cycling

9:00–10:00am

Johanna

### Morning Aerobics

9:30am–10:25am

Jeannie

### Boxing Circuit

5:10–5:55pm

Christa

\*Gloves recommended

### Zumba Toning

6:00–6:55pm

Melissa

### \*Fitness Yoga

7:00–7:55pm

Kathleen

### Restorative Yoga

8:00–8:55pm

Tricia

## FRIDAY

### Cycling

6:00–6:45am

Colleen

### Cycle, Squats & Core

8:00–8:55am

Kelly

### \*Booty Barre

9:00–9:55am

Johanna

### Instructors Choice

9:00–9:55am

Alternating Instructors

### \*Fitness Yoga

10:00–10:55am

Cheryl

### ZUMBA

5:30–6:25pm

Melissa

## SATURDAY

### Buns & Guns

8:00–8:55am

Erika

### ZUMBA

9:00–9:55am

Melissa

### Power Up Cycling

9:00–9:55am

Dee

## SUNDAY

### Cycle

8:20–9:10am

Christa

### \*\*Rotational Class

10:00–10:55am

See weekly posting at Splex

\*Please note: Highlighted classes are an 8-10 week fee based program class (not included with Sportsplex membership). Register for these classes at either the Sportsplex or Recreation Administration Office.  
\*\* Temporary class, ends in April.

Exercise Schedule subject to change without notice.