

Barbell Strength—Weight training class designed to help burn calories, tone and strengthen your body. Barbells, body bars, hand weights and more will be incorporated.

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

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.

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.

Cycle/Strength 30/30—Participants will cycle through hills and straight aways for the first 30 minutes. Afterwards, weights and body weight exercises will be completed for that full workout!

Cycling—Enjoy riding through plains, hills and other areas while on a stationary 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.

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!

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.

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.

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.

Tabata—This workout is a form of high intensity interval training designed to get your heart rate up in that very hard anaerobic zone for short periods of time.

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.

Warrior Sculpt—Yoga poses and weight training combined to develop a stronger more peaceful you. This tough workout will take you through a series of poses, some will incorporate weight training too.

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.

GROUP EXERCISE SCHEDULE

2.21.19

Sportsplex

VILLAGE OF ORLAND PARK

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MAZDA
OF ORLAND PARK

GROUP EXERCISE SCHEDULE

MONDAY

Straight Up Strength

8:00–8:55am

Kelly

NEW CLASS

Tabata

9:00–9:55am

Johanna

Cardio Combo

10:30–11:25am

Jeannie

***Gentle Yoga**

11:30am–12:25pm

Gina

NEW CLASS

Barbell Strength

4:30–5:25pm

Erika

Jelly Bellies

5:30–6:00pm

Erika

Fat Burner Step

6:00–6:55pm

Jan

TUESDAY

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

Christa

WEDNESDAY

Cardio Sculpt

& Burn

9:00–10:10am

Johanna

***Fitness Yoga**

10:30–11:25am

Connie

NEW CLASS

Warrior Sculpt

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

Tabata

8:30–9:20am

Kelly

Cycling

9:00–10:00am

Johanna

Cardio Combo

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

FRIDAY

Cycling

6:00–6:45am

Colleen

Cycle/ **NEW CLASS**

Strength-30/30

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

***Please note:** Highlighted classes are an 8-10 week fee based program class (not included with Sportsplex membership). Register for these classes at Sportsplex.

Exercise Schedule subject to change without notice.