

# ADULT FITNESS



Start your fitness routine today or add in a new class to spice up your regular workout! All classes take place in the Takiff Center, unless otherwise stated. It is recommended that students bring their own mat to all yoga classes for hygienic purposes.

\* Indicates non-punch card class (advance registration required).

## INTERVAL TRAINING WITH CRIS

Try a fun combination of muscle conditioning and high energy cardio designed to shape your body. Open to every fitness level.

## HATHA YOGA WITH ALISON

Increase your strength, stamina, and flexibility. Classes teach the basic yoga poses which are adapted to your skill level.

## JAZZ DANCE\* WITH JULIE KAPLAN

Enjoy great music and dance combinations in this choreographed class. Recommended for dancers with modern, jazz or ballet experience. Abs and core work are included. This is a non-punch card class; registration is required.

## MOVING WITH WEIGHTS WITH MARIANNE

This low-impact progressive cardio and weights program strengthens, improves muscle tone and increases bone density. You will burn calories while increasing your upper and lower body strength.

## GENTLE YOGA WITH BRITT

Release deep tension using props and postures to gently stretch and strengthen your body. Whether you are new to yoga or an experienced Yogi, this class is for you.

## ROW & GO\* WITH SANDY

Instructors will combine rowing intervals with dynamic sculpting exercises for the perfect balance of cardio and strength training. This heart-pumping, sweat-drenched, total-body burn is as fun as it is effective. New to rowing? Don't sweat it – we'll teach you everything you need to know. Register for an 8 week session or use your fitness punch card.

## ROWING FUNDAMENTALS\* WITH SANDY

This class will introduce you to our rowing machines and teach you the basics of proper rowing form. The focus is on form and individualized attention, don't worry – while you're learning, you will also be sweating. Great for new students as well as return clients who want deeper instruction on proper form. Register for an 8 week session or use your fitness punch card.

## WERQ WITH JUDY & BARI

WERQ is the fiercely fun dance fitness workout class based on pop, rock, and hip hop music taught by Certified Fitness Professionals. The WERQ warm up previews the dance steps used in class and the WERQ cool down includes balance and yoga-inspired poses.

# plug INTO OUTDOOR FITNESS

## INTERMEDIATE VINYASA FLOW YOGA AT GLENCOE BEACH WITH LAURA

Sign up in advance for this four week series on the pier at Glencoe Beach! This one hour level one vinyasa class combines Sun Salutations, standing poses, seated poses and an introduction to basic arm balances while focusing on the continuous flow of breath. Students will gain strength, flexibility, balance and a sense of serenity. This class will be best if you are already physically active, comfortable with basic yoga poses. Please bring a yoga mat. Drop in fee \$20.

## PARK FITNESS AT SHELTON PARK

Take your fitness outdoors to the newly renovated Shelton Park. Our instructors will utilize the outdoor fitness equipment in the park as well as the outdoor space to provide circuit training with strength and cardio exercises, all while enjoying the sights and sounds of the great outdoors!

## NORDIC TRAIL WALKING MEETS AT TAKIFF CENTER

Stay fit with low impact Nordic Trail Walking! This program will take participants on group walks throughout Glencoe and will incorporate progressive instruction. Walking poles are provided.

## NORDIC WALKING FOR FITNESS MEETS AT TAKIFF CENTER

Walking is great exercise - add walking poles and you have a total body workout! Nordic Walking is fun, easy, and a great activity to share with friends. Participants will learn basic walking techniques suitable for any walking pace, duration, or distance. Walking poles are provided.

CLASS	AGE	DAY	DATES	TIME	LOCATION	R/NR FEE	ACTIVITY
INTERMEDIATE YOGA	18+	W	9/7-9/28	9:30-10:30 AM	GLENCOE BEACH	\$52/57	217607-01
PARK FITNESS	18+	SA	9/10-10/15	11 AM-12 PM	SHELTON PARK	\$78/86	217610-01
NORDIC TRAIL WALKING	18+	SU	9/11-10/23	11 AM-12 PM	TAKIFF CENTER	\$40/48	217602-01
NORDIC WALKING	18+	TH	9/15-11/03	6-7 PM	TAKIFF CENTER	\$85/102	217602-02

AGES 18+



# plug INTO A NEW FITNESS CLASS

## FITNESS PUNCH CARD

To join a class, you may register for a class or purchase a Fitness Punch Card. Fitness Punch Cards must be purchased in person before your first class. You may use a Fitness Punch Card or pay the daily drop-in fee (\$20).

- You must register for a Fitness Punch Card and sign a waiver.
- Punch cards expire five months from date of purchase.
- Students who do not own a Fitness Punch Card must pay a drop-in fee and sign a waiver prior to class, each time they attend.
- Fitness Punch Cards are non-refundable and non-transferable.
- A photo will be taken for newcomers.

Fitness punch cards can now be renewed online. Classes are subject to cancellation. Times and instructors are subject to change based on enrollment. Senior is age 65 and older. Students must register in person at the Takiff Center with a valid photo ID. Drop-in fees must be paid prior to attending class.

OPTIONS	R/NR FEE	SENIOR R/NR FEE*
10 punch	\$165/180	\$148/163
20 punch	\$276/302	\$250/274
30 punch	\$345/379	\$305/345
6 months	\$660/726	\$592/654

Drop In Fee: \$20/class  
(Waiver must accompany fee)

## PUNCH CARD & REGISTERED CLASSES CLASSES START THE WEEK OF SEPTEMBER 5

MONDAY	6:30-7:15 AM (9/12-10/31)	Rowing Fundamentals <i>with Sandy*</i> ACTIVITY: 217603-01 \$132/144
	9:15-10:45 AM	Hatha Yoga <i>with Alison</i>
	11 AM-12 PM	WERQ <i>with Judy</i>
TUESDAY	8-9 AM (9/10-10/15)	Intermediate Yoga <i>at Glencoe Beach*</i> ACTIVITY # 217607-01 \$78/86
	8:20-9:20 AM	Moving with Weights <i>with Marianne</i>
	9:45-10:30 AM (9/6-10/25)	Row & Go Circuit <i>with Sandy*</i> ACTIVITY: 217603-03 \$132/144
WEDNESDAY	8:15-9:15 AM	Interval Training <i>with Cris</i>
THURSDAY	8:20-9:20 AM	Moving with Weights <i>with Marianne</i>
	9:30-10:30 AM	Gentle Yoga <i>with Britt</i>
	9:40-11 AM (9/1-12/15)	Jazz Dance <i>with Julie*</i> ACTIVITY: 217601-01 \$256/288
FRIDAY	11 AM-12 PM	WERQ <i>with Bari</i>
SATURDAY	11 AM-12 PM (9/10-10/15)	Park Fitness <i>at Shelton Park*</i>
SUNDAY	8:15-9 AM (9/11-10/30)	Rowing Fundamentals <i>with Sandy*</i> ACTIVITY: 217603-02 \$132/144

CLASSES SUBJECT TO CHANGE. For an up-to-date schedule, please visit [www.glencoeParkDistrict.com](http://www.glencoeParkDistrict.com)  
\* Non-punch card class. Requires advanced registration or drop-in fee of \$20 per class.

# plug INTO A HEALTHIER LIFESTYLE

## STEP CHALLENGE

Take the step challenge and enjoy Glencoe's outdoor space! Enter as an individual or as a family – fitness is for everyone! There will be a giant scoreboard at the Takiff Center. Come in and log your steps this fall. Participants that have the highest step totals at the end of the challenge will receive fitness prizes.

## "FIND THE LOGO" SCAVENGER HUNT

We have hidden the Glencoe Park District logo in our parks this fall. The only way to find them is to get out and enjoy over 90 acres of Glencoe Park District parkland. Check the playgrounds, walking paths, and other outdoor amenities. Find five logos, take a picture next to them, and show the staff at the Takiff Center to claim your Glencoe Park District fit prize!

## TRAIL MAPS

Want to know where to run, walk, and bike in Glencoe? Check out our park and trail maps. We will connect existing parks and trails so you can train for that upcoming 5K or see the scenic side of Glencoe with a relaxing walk. Stop in at the Takiff Center or visit our website to see some of the maps we have laid out. Have your own path? Send it to us and we will add it to the list to share with others!

