

ADULT FITNESS

plug

INTO GROUP FITNESS CLASSES



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.

For an up-to-date schedule, please visit www.glencoeParkDistrict.com

BALANCE BOARD YOGA

This class is a fun, challenging yet accessible Vinyasa style class. Practice a straight-forward, well-rounded flow that incorporates use of balance boards. Learn to move from the center of the body to strengthen your core. Find better balance, greater range of movement and get ready for stand up paddle this summer at Glencoe Beach! Class size is limited - early arrival is recommended.

BOOTCAMP

A motivating one hour full-body strength and cardio workout. Our certified fitness instructor will lead an energizing hour filled with interesting exercises for all fitness levels.

HATHA YOGA WITH ALISON

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

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.

WERQ

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.

JAZZ DANCE* WITH JULIE KAPLAN

9:40-11 AM | THURSDAYS

SPRING: APRIL 6-MAY 25 | ACTIVITY # 117601-01 | \$128/144
 SUMMER: JUNE 15-AUGUST 10 | ACTIVITY # 117601-02 | \$144/162
 Enjoy great dance combinations in this choreographed class, which includes abs/core work. Recommended for dancers with modern, jazz or ballet experience. This is a non-punch card class; registration is required.



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)



plug INTO A ROUTINE WITH REGISTERED CLASSES

BEGINNER YOGA WITH REACH YOGA

The beginner class is geared to those who have never (or barely) tried yoga. For eight weeks, our group of new students will learn basic postures, breathing techniques, and skills. Please bring a yoga mat. Drop in fee \$20.

SPRING YOGA: You'll feel stronger, more flexible in your body, more relaxed in mind, and more confident participating in other group classes.

BEACH YOGA: Join us on the scenic Glencoe Beach for this beginner class that is geared to those who have never (or barely) tried yoga.

BEACH BOOTCAMP AT GLENCOE BEACH

Get your cardio and strength workout in on the beach! Enjoy the sand and sun at Glencoe Beach while working out in a friendly, yet challenging group setting. Towel and yoga mat recommended. Drop in fee \$20. **NO CLASS:** July 18, 20.

ROWING FUNDAMENTALS WITH SANDY

This class will introduce you to our rowing machines and teach you 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.

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. **NO CLASS:** July 18

CLASS	AGE	DAY	DATES	TIME	LOCATION	R/NR FEE	ACTIVITY
SPRING SESSION							
ROWING FUNDAMENTALS	15+	TH	4/6-5/25	6:30-7:15 AM	TAKIFF CENTER	\$112/126	117604-01
ROW & GO CIRCUIT	15+	TU	4/4-5/23	9:45-10:30 AM	TAKIFF CENTER	\$128/144	117604-02
ROW & GO CIRCUIT	15+	SU	4/9-5/28	8:15-9 AM	TAKIFF CENTER	\$112/126	117604-03
BEGINNER YOGA	18+	M	4/3-4/24	11 AM-12:15 PM	TAKIFF CENTER	\$56/56	117602-01
BEGINNER YOGA	18+	TU	4/4-4/25	6:30-7:45 PM	TAKIFF CENTER	\$56/56	117602-02
BEGINNER YOGA	18+	TH	5/4-5/25	8-9:15 AM	TAKIFF CENTER	\$56/56	117602-03
BEGINNER YOGA	18+	SU	5/7-5/28	10-11:15 AM	TAKIFF CENTER	\$56/56	117602-04
SUMMER SESSION							
BEGINNER BEACH YOGA	18+	TU	6/6-6/27	9-10 AM	GLENCOE BEACH	\$56/56	117607-01
ROW & GO CIRCUIT	15+	TU	6/13-8/8	9:45-10:30 AM	TAKIFF CENTER	\$112/126	117604-05
BEACH BOOT CAMP	18+	TU	6/13-8/8	6:45-7:45 AM	GLENCOE BEACH	\$112/126	117605-01
BEACH BOOT CAMP	18+	TH	6/15-8/10	6:45-7:45 AM	GLENCOE BEACH	\$112/126	117605-02

plug INTO YOUTH FITNESS

YOUTH & TEEN ROWING

Put the iPad down and get into a fun and innovative youth rowing class. Whether you see a future on the crew team or are just looking for a fun and challenging way to stay active, this class is for you. Instructors will focus on individual attention and proper form to ensure safety as well as enjoyment and exercise. **NO CLASS:** July 19



CLASS	AGE	DAY	DATES	TIME	LOCATION	R/NR FEE	ACTIVITY
YOUTH ROWING	8-12	W	4/5-5/24	5-5:45 PM	TAKIFF CENTER	\$168/184	117609-01
YOUTH ROWING	12-17	W	6/14-8/9	5-5:45 PM	TAKIFF CENTER	\$168/184	117609-02
TEEN ROWING	12-17	TH	4/6-5/25	6:45-7:30 PM	TAKIFF CENTER	\$168/184	117609-03
TEEN ROWING	12-17	W	6/14-8/9	4-4:45 PM	TAKIFF CENTER	\$168/184	117609-04