



Fitness Class Schedule



The Oaks Recreation & Fitness Center

Schedule effective Friday, August 23, 2019

MONDAY

Time	Class	Room	Instructor
5:15 am*	Sunrise Cycle (CY)	Chestnut	Bev
8:00 am*	Hard Core Cycle (CY)	Chestnut	Kristin
8:00 am	Boot Camp (C)	Cypress	Vikki
9:05 am*	Pilates (M)	Walnut	Vikki
9:00 am	Total Body Conditioning (C)	Cypress	Paulette
5:30 pm	Totally Toned (S)	Cypress	Paulette
5:45 pm	K.B.S. Training (SP\$)	Multi Purpose	Laura
6:30 pm	Zumba® (SP\$)	Cypress	Lisa
6:45 pm	Hatha Yoga (M)	Walnut	Olga

TUESDAY

Time	Class	Room	Instructor
6:45 am	Ultimate Athletic Training (SP\$)	Field House	Laura
8:00 am	Yoga (M)	Walnut	Izzy
8:00 am*	Barre Basics (M)	Cypress	Vikki
9:00 am	Challenge Ride (CY)	Chestnut	Vikki
9:30 am	Combo Intervals (S)	Cypress	Bev
9:45 am	AOA Gentle Yoga (SP\$)	Walnut	Olga
10:45 am	Zumba® Gold (SP\$)	Cypress	Lisa
5:30 pm	Quick Burn (C)	Cypress	Paulette
5:45 pm	K.B.S. Training (SP\$)	Multi Purpose	Laura
7:00 pm	Pilates (M)	Walnut	Vikki
6:45 pm*	Foam Roller Training (SP\$)	Multi Purpose	Laura

WEDNESDAY

Time	Class	Room	Instructor
5:15 am	Cycle/Strength Fusion (CY)	Chestnut	Bev
8:00 am	Strictly Strength (S) (55 min)	Cypress	Laura
9:00 am	Boot Camp (C)	Field House	Laura
9:15 am	AOA Rocking Wed. Workout (C)	Cypress	Olga
5:30 pm	Barre Fusion (S)	Cypress	Vikki
5:55 pm*	FITCore & Stretch (M)	Walnut	Laura
6:40 pm	Total Body Conditioning (C)	Cypress	Laura
6:30 pm	Zumba® (SP\$)	Multi Purpose	Lisa
6:45 pm	Vinyasa Yoga (M)	Walnut	Sherie

THURSDAY

Time	Class	Room	Instructor
6:45 am	Ultimate Athletic Training (SP\$)	Field House	Laura
8:00 am*	Challenge Ride (CY)	Chestnut	Kristin
8:15 am**	Train 2 Sweat (S)	Cypress	Vikki
5:30 pm*	Scorch Ride (CY)	Chestnut	Vikki
6:00 pm*	H.I.I.T. Strong (S)	Cypress	Vikki
6:30 pm	Pilates (M)	Walnut	Vikki

FRIDAY

Time	Class	Room	Instructor
5:15 am	Cycle/Strength Fusion (CY)	Chestnut	Bev
6:45 am	K.B.S. Training (SP\$)	Multi Purpose	Laura
8:00 am*	H.I.I.T. Training (C)	Cypress	Laura
9:00 am	Be STRONG (S)	Cypress	Laura/Vikki
10:30 am	Zumba® Gold (SP\$)	Cypress	Lisa

SATURDAY

Time	Class	Room	Instructor
8:00 am*	Circuit Craze (C)	Cypress	Paulette
8:30 am	Challenge Ride (CY)	Chestnut	Sandi
9:00 am	Step & Pump (S)	Cypress	Paulette
9:00 am	Zumba® Core (SP\$)	Multi Purpose	Lisa
10:00 am	Yoga/Meditation (M) (75 min)	Cypress	Izzy

SUNDAY

Time	Class	Room	Instructor
9:00 am*	Bootcamp Express (C)	Cypress	Luke
10:00 am	Train 2 Sweat (S)	Cypress	Luke
10:00 am	Soulful Sunday Yoga (M)	Walnut	Nicole

(**) Denotes a change in time, format or instructor.

(*) Denotes a 30, 40, 45, 50, 55 min. class. All other classes are 60 minutes unless otherwise noted.

(C) Cardio (CY) Cycle (M) Mind & Body (S) Strength (SP\$) Specialty class, fees apply.

GROUP EXERCISE CLASS POLICIES

All participants must check in at the Front Desk prior to class.

- Please be on time for class. The warm-up is an important component and prepares your body for exercise by increasing circulation to the muscles.
- If max numbers are met at time of check-in, please be aware that you may not be able to participate. Classes are on a first come, first serve basis.
- Cycle classes require a pass to participate. Passes are available at the Front Desk. Passes are limited. It is recommended to arrive 10-15 min. before class to receive a Cycle pass.
- Non-fitness center members may purchase a punch card or single class admission at the Front Desk. Members of the fitness center receive unlimited participation in Group Exercise classes (excluding specialty classes).
- Classes are subject to cancellation if participation is 5 or less for consecutive weeks.

- Specialty Classes—preregistration is required for specialty classes (fee based programs with limited sessions) denoted on this schedule with a (SP\$). Fees are subject to change.
- Schedule and instructors are subject to change.
- Fit Teens ages 14-15 can attend Group Exercise Classes but must be accompanied by a parent/guardian.

MOKENA COMMUNITY PARK DISTRICT
The Oaks Recreation & Fitness Center
10847 W. La Porte Rd., Mokena
708-390-2343 www.mokenapark.com

The Oaks hours: Mon.-Fri: 5am-10pm, Sat. & Sun: 7am- 8pm
Seasonal and holiday hours may vary.

- **BOOT CAMP (C), SUMMER BOOT CAMP EXPRESS (C)** Boot Camp is a mix of athletic drills and/or circuit interval training that will challenge your limits. Through various strength, endurance, and cardio exercises, this workout will build muscle strength and stamina in an interval format. Options for all fitness levels. Note: Summer Boot Camp Express meets in various locations; rotations of cypress/field house/outdoors weather permitting. (Max. 25)
- **CIRCUIT CRAZE (C)** Geared towards improving cardiovascular fitness, muscle definition and tone, this class will include series of exercises (strength, cardio and core work), doing stations in one continuous cycle to burn maximal calories within 45 minutes. All fitness levels! (Max. 25)
- **H.I.I.T. TRAINING (C), H.I.I.T. STRONG (S)** Jump start your metabolism by using short bursts of high intensity interval training (H.I.I.T.), a quick intense strength training session, finishing off with more H.I.I.T. training to crush those calories and maximize your workout in a shorter amount of time. Options for various fitness levels. (Max. 28)
- **QUICK BURN (C)** This faster paced interval training class delivers improved fitness while teaching participants the progression for their personal level. Beginning with a series of cardio & strength exercises meant to increase your heart rate while building lean muscle mass. This class will push and challenge for better training results and higher calorie burn, long after your workout! All fitness levels! (Max. 25)
- **TOTAL BODY CONDITIONING (C)** Get a full conditioning workout while combining various cardio intervals and total body strength exercises. Use a variety of group exercise equipment weekly to build your strength, bone density & body shape as well as decreasing body fat and adding more lean muscle! (Max. 25)
- **CYCLE/STRENGTH & FUSION (CY)** If you want variety, these cycle classes are for you! With Cycle/Strength Fusion, experience segments of class working off of the cycle and integrating strength exercises for a complete workout. All fitness levels welcome. (Max. 12)
- **SUNRISE CYCLE, HARD CORE CYCLE, CHALLENGE RIDE (CY)** Whether you are a beginner to cycle or an avid participant, all fitness levels are welcome in this non-impact environment. Have fun in a non-competitive atmosphere while improving your cardiovascular levels and reaching new cycle heights! Note: Hard Core Cycle includes core exercises as part of the class. (Max 12)
- **SCORCH RIDE (CY)** A quick 30 minutes is all you need to scorch calories with a mix of higher intensity interval drills and needed recovery. All fitness levels welcome. (Max. 12)
- **HATHA FLOW (M)** The physical component of yoga, called hatha consists of poses and breathing techniques that prepare the body for stillness. Class will focus on Hatha Flow with pranayama, working and ending in restorative poses for stress relief calming the mind to get ready for the week ahead! All fitness levels welcome. (Max. 25)
- **VINYASA YOGA (M)** A combination of Hatha & Vinyasa style yoga with emphasis on the breath and alignment with internal mind-body awareness. This class will work with a diverse sequence of Asanas or Yoga poses weekly led by the breath with a brief pranayama practice & meditation at the end of class. Options for all fitness levels. (Max. 25)
- **PILATES (M)** This intense, non-impact workout focuses on core strength (think abs and back muscles) as well as spinal mobility and stability. Learn how to use your “powerhouse” to improve posture and create leaner muscles. All fitness levels welcome. (Max. 25)
- **YOGA/YOGA MEDITATION (M)** Yoga is a wonderful opportunity to relax and renew, to strengthen and lengthen the body and your ability to decrease stress. The meditation portion of the Saturday Yoga is often recommended as a remedy for the ills of modern living and is praised for its healing benefits and positive influence on personal well-being and relationships. All fitness levels are welcome. (Max. 25)
- **SOULFUL SUNDAY YOGA (M)** Enjoy a vinyasa yoga flow coordinating movement with prana (breath) flowing from one asana (pose) to the next. This class will be energizing, relaxing, and fun while connecting the mind, body, and soul. Suited for all practicing levels. (Max. 25)
- **AOA ROCKING WEDNESDAY WORKOUT (S)** Geared more for the “active older adult” population, this fun, social and low impact class mixes various cardiovascular intervals as well as resistance exercises to improve strength, balance and cardiovascular endurance. Easy options for various fitness levels. (Max. 25)
- **BE STRONG, STRICTLY STRENGTH (S)** This hour class of full on strength exercises will blast and challenge all muscles leaving you feeling strong, sculpted and energized! Different equipment will be utilized including barbells as well as challenging body weight segments. Easy options for all levels. (Max. 25)
- **COMBO INTERVALS (S)** This new class will push you weekly and give constant variety for improved fitness levels and results! Start with 45 minutes of cardio/strength intervals for one minute each then proceeding with 20 minutes of core work to strengthen your abdominal and back muscles and then ending with longer stretches to improve flexibility. This class covers it all! For all fitness levels. (Max. 25)
- **BARRE BASICS (M), BARRE FUSION (S)** This popular fitness craze uses a barre as a prop to balance and assist in moves that are inspired by ballet and other disciplines like Pilates and Yoga. Barre Fusion intermixes strength and Pilates elements with Barre segments to improve flexibility, posture and overall strength to achieve a strong and lean body! Options for various fitness levels. (Max. 18)
- **TOTALLY TONED (S)** Get a well-rounded workout in these toning classes, combining total body strength exercises plus higher intensity cardio intervals to sculpt the entire body with abdominal work included! Different types of equipment are used including but not limited to free weights, medicine balls and other apparatus. All fitness levels are welcome. (Max. 25)
- **TRAIN 2 SWEAT (S)** A different take on group exercise training, this new class will incorporate an integration of balance, resistance, agility, strength, and core work designed to challenge the fit and active person of all ages. This class gives options based on ability. (Max. 25)
- **STEP & PUMP (S)** Increase your energy and strength weekly with the popular step platform while mixing in creative strength intervals. Strength portions change weekly utilizing bands, weights, boxing paddles, medicine & stability balls. Every week will challenge with a plateau push! Options given for various fitness levels. (Max. 25)
- **FITCore & Stretch (M)** This class will move through a series of exercises to strengthen the all important “core” region as well as stretches to improve overall functionality of the body. Suitable for all exercise levels who do not stretch enough; this class is just what you need! (Max. 20)

SPECIALTY CLASSES Preregistration and additional fee required. Specialty classes have a limited number of sessions and are not ongoing classes.

ZUMBA® Oaks Fitness Center members receive 10% off all Zumba classes! You must register at The Oaks Front Desk to receive your discount. Join our dynamic Zumba® instructor Lisa to achieve long term benefits while having a blast and burning tons of calories! Zumba® combines Latin rhythms and easy to follow moves to create an awesome, exhilarating workout that will leave you breathless and wanting more. Ages 16 & up. **Price per session: \$48 (Resident Rate)**

ZUMBA® GOLD Zumba® Gold is perfect for anyone looking for a Zumba “light” class or beginners to Zumba, active older adults, (both men and women) who are looking for a modified Zumba® class, pregnant women or anyone who may have limited mobility. Zumba® Gold recreates the original moves you love at a lower-intensity! Focuses on balance, range of motion and coordination as well as cardiovascular & muscular conditioning. Come ready to sweat, and prepare to leave empowered and feeling strong. Ages 16 & Up. **Price per session: \$48 (Resident Rate)**

ZUMBA® CORE Do you love regular Zumba® but want to step it up a notch? Zumba® Core is for participants looking to increase their core strength as well as enjoy the traditional Zumba® dance moves. This new class will focus on 45 minutes of Zumba® dance followed by 15 minutes of floor core exercises designed to strengthen back and abdominal areas. All fitness levels can participate. Ages 16 & Up. **Price per session: \$48 (Resident Rate)**

AOA GENTLE YOGA “Active Older Adult” Gentle Yoga is an hour yoga class incorporating flexibility & basic yoga components to improve range of motion throughout the aging process. Learn how to decrease stress & tension as well as lengthening the body. Ages 21 and up. **Price per session: \$60 (Resident Rate)**

K.B.S. TRAINING KBS is a group training program that focuses on improving overall body strength and conditioning without using traditional group fitness exercises. Ages 16 & up. **Price per session: \$111 (Resident Rate)**

ULTIMATE ATHLETIC TRAINING Improve your fitness level while working on sports agility training, plyometrics, explosive power drills and basic interval training all in one packed total conditioning class! This class is suitable for individuals at an intermediate level of fitness with no current injuries or major health concerns. Ages 18 & up. **Price per session: \$105 (Resident Rate)**

FOAM ROLLER TECHNIQUE TRAINING Learn how to get many of the benefits that you would from an hour sports massage with this piece of workout equipment. Decreasing muscular pain and inflammation while improving circulation and flexibility are just a few examples of how this technique can improve your physical well being. Ages 16 and up. **Price per session: \$51 (Resident Rate)**

POWER HOUR TRAINING The time is now for a plateau push! Take your training to a new level today with affordable group personal trainer led workouts. Step outside your fitness box and away from plateaus. Challenge yourself to train like a pro with intense workouts designed for total body conditioning (cardio, strength & core/flexibility segments) utilizing kettlebells, rope/suspension training, rower/assault bike and much more! Ages 16 & Up. **Price per session: \$149 2x a week; \$74 1x a week (Resident Rate)**