

The Oaks Fitness Class Schedule

Schedule effective April 10, 2024

MONDAY

Time	Class	Room	Instructor
5:30 am	Sunrise Cycle (CY)	MP Room	Bev
7:30 am	Challenge Ride (CY)	MP Room	Kristin
8:30 am	H.I.I.T. (C/S)	Field House	Vikki
9:00 am	Active Mix Lite (C/S)	Cypress	Paulette
9:30 am	Pilates (M)	Field House	Vikki
10:15 am	Active Sit & Fit (SP\$)	Cypress	Paulette
5:30 pm	NEW! Totally Toned	Cypress	Paulette
5:30 pm	Tabata/Cardio/Strength (C/S)	MP Room	Laura
6:30 pm	Zumba® (SP\$)	Cypress	Lisa

TUESDAY

Time	Class	Room	Instructor
6:45 am	Ultimate Athletic Training (SP\$)	Field House	Laura
7:45 am*	Extra Strength Upper Body (S)	Cypress	Vikki
8:35 am*	Lower Body/Ab Blast (S)	Cypress	Vikki
9:00 am	Active Mix Lite (C/S)	Field House	Paulette
9:30 am	Gentle Yoga (SP\$)	Cypress	Olga
10:45am	Zumba® Gold (SP\$)	Cypress	Lisa
5:30 pm	NEW! Quick Burn (C/S)	Cypress	Paulette
5:30 pm	Challenge Ride (CY)	MP Room	Kristin
6:30 pm	Dynamic Yoga (M)	Cypress	Melissa

WEDNESDAY

Time	Class	Room	Instructor
5:30 am	Sunrise Cycle (CY)	MP Room	Bev
6:45 am	K.B.S. Training (SP\$)	MP Room	Laura
7:45 am	Cardio Boxing Circuits (C/S)	MP Room	Laura
8:45 am	Be Strong (S)	Field House	Paulette
10:00 am	Wise & Fit (SP\$)	MP Room	Paulette
10:30 am	Tai Chi Qigong (SP\$)	Cypress	William
5:30 pm	NEW! Pilates (M)	Cypress	Vikki
5:45 pm	Cycle Sculpt Interval (CY)	MP Room	Laura
6:30 pm	Zumba® (SP\$)	Cypress	Lisa

THURSDAY

Time	Class	Room	Instructor
6:45 am	Ultimate Athletic Training (SP\$)	Field House	Laura
8:00 am	Challenge Ride (CY)	MP Room	Kristin
8:15 am	Full Body Fit (C/S)	Cypress	Vikki
9:15 am	Lower Body / Ab Blast (S)	Cypress	Vikki
10:15 am	Active Sit & Fit (SP\$)	Cypress	Paulette
5:30 pm	Circuits (C/S)	MP Room	Paulette

FRIDAY

Time	Class	Room	Instructor
6:45 am	K.B.S. Training (SP\$)	MP Room	Laura
8:00 am	H.I.I.T. (C/S)	MP Room	Laura
9:00 am	Basic Step/Sculpt (C/S)	Cypress	Paulette
9:00 am	Be Strong (S)	Field House	Vikki
10:00 am	Pilates/Stretch (M)	Field House	Vikki
10:45 am	Zumba® Gold (SP\$)	Cypress	Lisa

SATURDAY

Time	Class	Room	Instructor
8:00 am	Total Body Intervals (C/S)	Cypress	Paulette
9:00 am	Basic Step/Sculpt (C/S)	Cypress	Paulette
9:00 am	Strong® Nation (SP\$)	MP Room	Lisa

SUNDAY

Time	Class	Room	Instructor
7:15am	Tabata/Cardio/Strength (C/S)	MP Room	Laura
8:15am	Lower Body / Ab Blast (S)	MP Room	Laura
10:45am	Yoga Lite (M)	Cypress	Melissa

(*) Denotes a 45 minute class. All other classes are 50 minutes.

Specialty programs (SP\$) are 60 minutes in length.

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

MP Room: Denotes Multi-Purpose Room located in Field House

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. Members/participants cannot save spots and/or equipment for other participants.**
- Cycle classes have limited spots. It is recommended to arrive 10 min. prior to ensure a bike.
- 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 (excludes specialty classes).
- **Classes are subject to changes/cancellation if participation is low.**
- 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.
- Fit Teens ages 13-15 can attend Group Exercise Classes but must be accompanied by a parent/guardian.
- Schedule and instructors are subject to change.

Class Guidelines:

- After each class, participants will be expected to sanitize all equipment used in class.
- Members/participants cannot gather in class locations before or after a class unless they are participating in that class.
- Please refrain from attending class if you or anyone in your household have symptoms of COVID-19.
- If there are specific State mandates in place, please follow those guidelines.

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.-Thurs.: 5am-9pm, Friday: 5am-8pm,

Sat. 7am-4pm & Sun: 7am-3pm

Seasonal and holiday hours may vary.

CLASS DESCRIPTIONS:

- **SUNRISE CYCLE /CHALLENGE RIDE/CYCLE/SCULPT INTERVAL (CY)** Whether you are a beginner to cycle or an avid participant, all fitness levels are welcome in this non-impact environment while improving your cardiovascular levels and reaching new cycle heights! Cycle/Sculpt Interval will have segments of class working off the cycle and integrating strength exercises for a complete workout. All fitness levels are welcome. (Max 14)
- **CARDIO BOXING CIRCUITS (C/S)** Take our boxing classes and kick, punch and sculpt your way to a stronger and fitter you! Cardio Boxing Circuits is a mixture of boxing drills with or w/out weights with cardio intervals interspersed. Options given for various fitness levels. (Max 30 FH, Max 18 MP Room)
- **H.I.I.T., TABATA/CARDIO/STRENGTH (C/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 given for various fitness levels. (Max 30 FH, Max 18 MP Room)
- **BE STRONG/TOTALLY TONED/EXTRA STRENGTH UPPER BODY (S)** This class of full on strength exercises will blast and challenge all muscles leaving you feeling strong, sculpted and energized! Different equipment will be utilized as well as challenging body weight segments. All fitness levels are welcome. (Max 30 FH)
- **TOTAL BODY INTERVALS (C/S)** Get a full conditioning workout while combining various cardio intervals and total body strength exercises to build your strength, bone density & body shape as well as decreasing body fat and adding more lean muscle! Options given for various fitness levels. (Max. 30 Cypress Room)
- **FULL BODY FIT (C/S)** Full Body Fit is a mix of combo moves with multi-joint strength and cardio movements to enhance calorie burn while being lower intensity and impact. Options given for various fitness levels. (Max. 30 Cypress Room)
- **ACTIVE MIX LITE (C/S)** Live your best ACTIVE life by improving your cardiovascular & muscular endurance, functional fitness, energy, balance and flexibility all in one packed fun & social class! This class will use a variety of group exercise equipment to build bone density/strength as well as cardio segments, balance & flexibility exercises. All fitness levels are welcome. (Max. 30 Cypress Room)
- **PILATES, PILATES/STRETCH (M)** This intense, non-impact workout focuses on core strength as well as spinal mobility and stability. Learn how to use your “powerhouse” to improve posture and create leaner muscles. Pilates/Stretch is a 50 min. class that devotes the first 30 min. to Pilates with the last 20 min. focusing on stretching for improving overall flexibility. All fitness levels are welcome. (Pilates Max 30 FH, Pilates/Stretch Max 25 FH)
- **LOWER BODY / AB BLAST (S)** Have you been looking for a class that specifically targets the “problem areas” of the lower body? This class focuses on those areas we all want to get firmer – leaner thighs, a lifted butt and a stronger and tighter core are just some of the benefits! All fitness levels are welcome. (Max 30 FH / Max 25 Cypress Room)
- **YOGA LITE (M)** Join Melissa for Yoga Lite; a multi-level practice that begins with a slow flow yoga style and moves the body throughout the entire range of motion to improve mobility and stability. All fitness levels are welcome. (Max 23 Walnut, Max 25 Cypress Room)
- **DYNAMIC YOGA (M)** This flowing yoga class will strengthen and stretch your entire body by linking poses together with breath to focus the mind. Peaceful meditation will bring closure to a busy day. All fitness levels are welcome. (Max. 23 Walnut, Max. 25 Cypress)
- **CIRCUITS (C/S)** Geared towards improving cardiovascular fitness, muscle definition and tone, this class will include a series of exercises (strength, cardio and core work) using your own personal circuit station. Options given for various fitness levels. (Max. 18 MP Room)
- **BASIC STEP & SCULPT (C/S)** Increase your energy and strength weekly with the popular step platform while mixing in creative strength intervals. Strength portions will give variety using different equipment. Step/Core Blast will have core exercise components mixed in the format. Options given for various fitness levels. (Max. 30 Cypress Room)
- **QUICK BURN (C/S)** This class is a faster paced interval class. It focuses on improving fitness and teaching participants the progression for their personal level. The class starts with a series of cardio and strength exercises to increase heart rate and build lean muscle mass. This class aims to push and challenge participants for better training results and higher calorie burn post workout. All fitness levels are welcome. (Max. 30 Cypress Room)

SPECIALTY CLASSES

Preregistration and additional fee required. Specialty classes have a limited number of sessions and are not ongoing classes. Fees subject to change.

Oaks Fitness Center members receive 10% off all Zumba Sessions! You must register at The Oaks Front Desk to receive your discount.

ZUMBA® 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: \$54 (Resident Rate)**

ZUMBA® GOLD 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. Ages 16 & Up. **Price per session: \$54 (Resident Rate)**

STRONG NATION™ A revolutionary high intensity workout led by music to help you make it to that last rep and maybe even five more. Do you have what it takes? Ages 16 & over. **Price per session: \$54 (Resident Rate)**

K.B.S.TRAINING K.B.S. stands for Kettle Bell, Boxing & Suspension, and is a group training program that focuses on improving overall body strength and conditioning without using traditional group fitness exercises. Class consists of training with Kettlebell apparatus, Boxing portions and work on the Suspension systems for total body weight exercises. Ages 18 & up. **Price per session: \$74 (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: \$112 (Resident Rate)**

TAI CHI QIGONG Tired? Stressed? No energy? Improve your health, balance and coordination by letting the slow, gentle movements of Tai Chi/Qigong set the tone for your day. Quiet your mind and in just 8 weeks learn to relax anytime and in any place. Improve the quality of your life for the rest of your life! Ages 18 & up. **Price per session: \$66 (Resident Rate)**

GENTLE YOGA 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. This class utilizes various equipment including but not limited to bolsters, yoga straps, resistance bands and stability balls. A portion of the class will also focus on relaxation techniques. Ages 21 and up. **Price per session: \$65 (Resident Rate)**

ACTIVE SIT & FIT Come join our “Active Sit & Fit” program twice a week while improving your balance, energy, strength and cardio stamina all the while having fun and learning how to improve the quality of your life. This new low intensity workout is all modified to a seated position with some standing exercises utilizing the chair as balance. A perfect class for older adults, those just starting a routine, individuals looking to improve balance as well as those recovering from specific injuries and need a low intensity workout. Ages 21 & Up. **Price per session: \$103 (Resident Rate)**

WISE & FIT This group circuit training program is a versatile workout that involves different exercises to target various muscle groups in a short period of time. Regular circuit training can benefit us as we age by improving our walking ability, speed, balance, and reducing the risk of falling. It can also help alleviate bodily pains, muscle aches, and joint stiffness by strengthening surrounding muscles. Ages 50 & Up. **Price per session: \$79 (Resident Rate)**