



Group Exercise Schedule

Effective March 22, 2019

HEALTH & FITNESS CENTER

Table with 9 columns: TIME, STUDIO, MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY, SATURDAY, SUNDAY. Rows list various exercise classes such as \*Cycle Annette, Core & More Eileen, Cardio Dance Nancy, Barre Blend Kristine/ Annette, Gentle Yoga Paula / Izzy, Get On The Ball Emily, F.I.T. Lauren, Pure Strength (9:20) Maria, Hatha Yoga Diane, Pilates Express (10:30-11), Tai Chi Bill, Zumba Lauren, and Restorative Yoga Dina.

Studio A = Large Studio      Studio B = Mind Body Studio      Studio C = Cycling Studio

\*Pre-registration required on or the day before scheduled class date at the front desk 708.226.0555

Please check Group Exercise bulletin board for updates

Classes with consistent low attendance (six or less for a four week time period) will be subject to cancellation

Group Exercise Schedule available online at [www.OPHFC.com](http://www.OPHFC.com)

## Class Descriptions

### Studio A

**Body Blast (Int. Adv.):** Strength & cardio workout using a variety of equipment. High intensity interval training will be incorporated to boost metabolism and caloric expenditure. Take your workout to the next level

**Cardio box (All):** This cardio based class blends power, speed and agility with basic boxing moves. A fat burning, muscle sculpting core-centric interval workout that's both fun and challenging!

**Cardio Mix (All):** Join us Saturday mornings for this high energy cardio class. Instructor will use moves from Hi/Low, Cardio Box, Step and much more to guarantee you burn major calories!

**Core Fit (All):** Strengthen all the muscles of the core including abs, gluts, lower back and obliques.

**Core & More (All):** Condition the upper body and core muscles using variety of equipment including free weights, body bars, resist-a-balls and much more!

**Cardio Dance (All):** A fun- filled low impact cardio workout. Instructor incorporates basic dance moves to give you a great cardio class!

**F.I.T. Fitness Interval Training (All):** Class will alternate between intervals of cardio and resistance exercises. Each week instructor will alternate formats of cardio. Concludes with core and stretch.

**Get on the Ball (All):** Enjoy the many benefits of using the Resist-A-Ball to tone and strengthen the entire body! A variety of equipment will be used to enhance this workout!

**HIIT (Int. Adv.):** This High intensity interval training class will give you a complete aerobic and anaerobic workout in the least amount of time! Body weight and strength based moves will be incorporated in this fun and very efficient 45 minute workout.

**Lower Body Conditioning (All):** This workout focuses on strengthening the quads, glutes, hamstrings and other muscles of the lower body through an action packed 45 min. class!

**Parkinson's (All):** Chair and supported standing exercises that will incorporate strength, balance, coordination, range of motion and flexibility training.

**Pure Strength (All):** Build strength, add definition, and decrease body fat by increasing lean muscle! Using a variety of weight training equipment, you will work every muscle in this awesome class!

**Sit & Fit (All):** designed with the older adult population in mind. A variety of equipment will be used. Chairs are incorporated for standing and seated support.

**Step Interval (All):** Alternates between high- intensity step patterns and Resistance training. Get the best of both cardio & strength training in one awesome workout!

**Zumba (All):** Latin inspired total body workout w/toning exercises and fat burning dance moves. Zumba is a spicy, upbeat mixture of salsa, meringue, hip-hop, belly dance and much more!

### Studio B

**Ageless Grace (All):** An anti-aging brain fitness program designed for longevity of the mind and body! Activities will be done in a chair that will include flexibility training, hand eye coordination, thinking skills, and cardio moves.

**Balance Basics (All):** Everyone can benefit from the exercises that we will perform in this class! Experience new ways and revisit old ways to work toward better balance and stability.

**Barre Blend (All):** This Pilates base workout will focus on strength, toning and balance with the use of the ballet bar, props and mat work.

**Flow Yoga (All):** This Vinyasa style class will combine breath and a continuous flow of movement through the poses. Will conclude with deeper asanas and relaxation.

**Gentle Yoga (Beg.):** A beginner Yoga class designed to meet the needs of seniors and other participants with special needs. Chairs will be used. 45 minutes *(Meets in gym, east side)*

**Hatha Yoga (All):** Participants learn how to relax, strengthen, and soothe their bodies and minds while increasing flexibility and strength through various postures and breathing techniques. Concludes with meditation.

**Pilates (All):** Condition the core muscles or powerhouse of the body that includes the abdominals, back and gluteus muscles. Participants will experience a heightened awareness of breath and a lengthening of the entire body.

**Restorative Yoga (All):** Class integrates sequences that will include more gentle restorative poses. The use of props, such as blocks and straps will be used to help students get into positions that will ultimately help realign the body.

**Stretch & Mobility (All):** This 30 min. static stretching class works through a series of standing and seated stretches to improve flexibility and help to alleviate muscle soreness. It is best to attend post workout. *(Meets in gym, east side)*

**Tai Chi (All):** A flowing combination of stretching, breathing and low-impact movements that is known to improve circulation, mobility, and a sense of wellbeing.

### Studio C

**\*Cycle (All):** A 45-minute group cycling class based on aerobic endurance Training and intervals. Includes jumps, climbs, and sprints.

**\*Cycle "Lite" (Beg.):** Designed for those new to cycle or for those looking for a less intense workout. Learn proper bike set up and riding techniques. Class will conclude with a cool down stretch.

**\*Cycle & Strength (All):** Great combo class that includes 30 min. of spinning in Studio C and then concludes in Studio A for a strength training workout.

**\*MOI Cycle (Int. Adv.):** Heart rate based training will guarantee you get the most of your time weather you're doing the 30 min. boost ride or the 50 min. ride. Class will alternate between endurance, interval or strength rides. Heart rate monitor or fit bit encouraged.

**\*Power Cycle (Int., Adv.):** This class is taught with the advanced rider in mind. Take your ride to the next level!

*\*Pre-registration required on or the day before scheduled class date at the front desk 708-226-0555*

#### CLASS POLICIES:

1. Please be on time. Warm-up insures a safe and effective workout.
2. Do not enter the studio before current class is finished.
3. Please refrain from wearing perfumes, cologne or gum chewing.
4. Always return equipment to its proper storage area.
5. Please use locker room before class. No gym bags or personal belongings allowed.
6. Please limit conversation to a minimum while class is in session.
7. The use of cell phones or any other electronic devices are strictly prohibited in studios.

We welcome your questions and comments; please contact Maria Plotner, Group Exercise Coordinator at 226-0555 x2146



**Aquatic Schedule**  
*Effective March 18, 2019*

**Lap Pool**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:20 – 9:10 am	Aqua Dynamics Maria	Aqua Motion Maria / Ghadir	Aqua Aerobics Tom	Aqua Motion Nancy R.	Aqua Aerobics Erika		
8:45 – 9:35						Aqua Aerobics Dawna	
9:20 – 10:10	Aqua Aerobics Leona		Aqua Motion Maria		Aqua Aerobics Erika		
9:30 – 10:20							
9:45 – 10:35		Aqua Aerobics Erika		Aqua Aerobics Nancy R.			
10:15 – 11:00			MS Aquatics Zoe		MS Aquatics Tom		
12:00 – 3:00	*Special Rec 1-2pm						Family Swim
4:45 – 5:35			Aqua Zumba Dawna				
5:30 – 6:20	Aqua Zumba Dawna						
5:45 – 7:00			Family Swim				
6:00 – 6:50 pm		Aqua Dynamics Erika		Aqua Aerobics Maria			

**Therapy Pool Schedule**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 – 10:00 am	Senior Aqua Maria		Senior Aqua Tom		Senior Aqua Amy		
9:30- 10:15		Arthritis Aqua Ghadir		Arthritis Aqua Maria			
10:15 – 11:00	Senior Aqua Erika		Senior Aqua Lauren		Senior Aqua Erika		
12:00-12:50 pm	Wet Program Maria		Wet Program Maria		Wet Program Maria		
12:30 – 1:20		Wet Program Erika		Wet Program Nancy N.			
7:00 – 7:50	Wet Program Maria			Wet Program Maria			
7:00 – 7:45 pm		Arthritis Aqua Amy					

**\*5/20/19 is the last day of Special Rec swim on Mondays**

**Attention Swimmers – One lane available during Aqua Classes for lap swimming**

*Birthday Swim Parties held on Saturdays & Sundays between hrs. of 1:30-5:00 p.m. - Please check front desk for schedule*

**Aquatic Schedule available online at [www.OPHFC.com](http://www.OPHFC.com)**