



ORLAND PARK



**\*Schedule Is Subject to Change\***

**Group Exercise Schedule**

**Effective Sept. 26, 2022**

HEALTH & FITNESS CENTER

TIME	STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00 am	A			Hatha Yoga Paula / Michelle				
8:00-8:50	B				*Barre Blend Erika			
8:00-9:00	C						*Cycle Annette	
8:20-9:05	A	Core & More Erika		Core & More Maria				
8:30-9:15	C	*Cycle Ben				*Cycle Becky		
8:30-9:15	A		Cardio Dance Cathy			Cardio Dance Maria		F.I.T. Rotation
9:15-10:00	C		*Cycle Nicki		*Cycle Maria			
9:15-10:05	B		*Barre Blend Maria				*Barre Blend Rotation	
9:30 -10:15	Gym	Gentle Yoga Maria				Sit & Fit Linda		
9:20-10:05	A				Get on the ball Cathy			
9:20-10:10	A			C.S.C. Maria				
9:30-10:15	C			*Cycle "Lite" Eileen				
9:30-10:20	A	T.B.C. Aryanna					Body Blast Rotation	
9:30-10:30	A					*Hatha Yoga Diane		
10:15-11:00	B		*Stretch & Restore /Jill		*Stretch & Restore / Maria			
10:15-11:05	A		Pure Strength Maria		Body Blast Becky			
10:30-11:15	Gym	Sit & Fit Nate		Gentle Yoga Linda		Gentle Yoga Linda		
10:30-11:30	B						*Flow Yoga Rotation	
10:30-11:15	B	*Pilates Yoga Mix/ Maria		*Pilates Maria				
11:00 -11:45	A	Tai Chi Bill			Tai Chi / Bill (11:15-12:00)	Parkinson's Tom / Maria		
11:00-12:00	A						Tai Chi Bill	
11:00-12:00	B							*Hatha Yoga Rotation
11:30-12:15	B	MS/Parkinson's Exercise / Tom						
4:30-5:30	B	*Hatha Yoga Michelle						
5:30-6:15	A	Zumba Jill		Body Blast Aryanna				
6:00-6:45	C		*Cycle Annette		*Cycle Annette			
6:30-7:00	A	Strong30 (HIIT) Jill						
7:00-8:00pm	B		*Flow Yoga Maria		*Hatha Yoga Allison			

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

Please check group exercise bulletin board for Weekly Instructor Rotation schedule.  
**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

**C.S.C. (Cardio, Strength & Core (All) :**

Class consist of 20 min. of easy to follow cardio, followed by 20 min. strength, and concludes with 10 min. of core and stretch. Combines all your favorite aspects of fitness into one solid workout!

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

**\*Cycle "Lite" (All):** 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.

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

**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.

**\*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.

**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 major muscle group in this 50 min. 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!

**STRONG30 (All):** A HIIT inspired, full body, no equipment workout. Stop counting reps and train to the beat. Each class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music. Class provides options for all levels. Burn calories while toning arms, legs, abs and glutes. Efficient and focused 30 minute class helps you fit fitness into any schedule.

**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.

**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**

**\*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.

**\*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.

## **Gym**

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

**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!

**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

**Re-Boot Camp (Int. /Adv.):** Let's get back to work after the quarantine! This class offers a fun mixture of weights and cardio to get us back into shape!

**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.

***\*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. Please wipe down all equipment, mats and chairs used during classes and 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***