



ORLAND PARK



Schedule Is Subject to Change

Group Exercise Schedule

Effective November 27, 2023

HEALTH & FITNESS CENTER

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

***Pre-registration opens 24 hrs. prior to scheduled class time at front desk (708)226-0555 or on the app.**

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

Group Exercise Schedule available online at 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 Dance (All): A fun- filled low impact cardio workout. Instructor incorporates basic dance moves to give you a great cardio class!

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!

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.

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.

Strong30 (Int. Adv.): A HIIT inspired, full body, no equipment workout where every single cardio and muscle conditioning move is perfectly synced to original music. Instead of counting reps, you train to the beat, pushing past your limits and torching more calories. Torch & Tone in 30 minutes like never before!

T.B.C- Total Body Conditioning (All): Full body workout that will include exercises to increase strength, decrease body fat and improve overall condition. A variety of equipment and body weight moves will be incorporated and different intensities will be offered as to adjust routine to your own fitness level!

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

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 ballet inspired 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.

(Studio A- Fri. & Sun.)

***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.

***Stretch & Restore (All):** Stretching class includes familiar athletic stretches, and has an emphasis on deep breaths, long holds and settling into position to ensure the full lengthening of muscles and loosening of joints to assist in relaxation. Best to attend post workout.

Studio C

***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.

***MOI Cycle (Int. Adv.):** Heart rate-based training will guarantee you get the most efficient ride! Class will alternate between endurance, interval or strength rides. Heart rate monitors encouraged.

Gym

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

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.

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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