

Group Fitness

Our instructors are certified and will guide you in proper technique and form as you challenge your bodies during our Group Fitness Classes. Each class is formatted to include a warm-up, a cardio and/or strength section, a cool-down, and a stretching segment. Some classes are choreographed but are easy to catch on to for the beginner. Let us help you achieve your fitness goals in our challenging and fun Group Fitness Classes.

Monday-Saturday 9am classes, Thursday 5-5:45pm
Each day has a different class selection!

The classes listed below are the only classes included in our Group Fitness or Ultimate Fitness Memberships. Classes are held in the mornings, Monday thru Saturday. For current class times, pick up a monthly schedule available at the REC Center Registration Desk, Fitness Center Desk or online at www.huntleyparks.org, under Fitness tab.

Cardio/Kickboxing

Kick, Punch and Jump your way to fitness with this high energy, fat blasting workout. This class guarantees to get your heart rate pumping and muscles defined with challenging agility drills, kickboxing sequences and heart rate intervals along with a core strengthening segment at the end.

Hard Core Cardio

Strengthen and tighten your core with this unique cardio, strength and balance class using the stability ball. Challenge your back and abs while building strength and balance. The key to a strong foundation and "hard core" is cardio, strength and balance all waiting for you in this class.

Step Up

This 60 minute class will help you "STEP-UP" your workout! A combination of basic & intermediate step moves will challenge your body as never before. A segment of core strengthening and flexibility exercises round out this class.

Body Sculpt

Sculpt a leaner you with our Full Body Sculpting class. A combination of equipment, such as; steps, exercise tubes, free weights and stability balls will be used to challenge all muscle groups. A focus on form and proper range of motion will be stressed. A stretching segment will end this 50 minute class.

Interval Challenge

Keep your heart rate elevated with 50 minutes of interval training. You will be challenged with both cardio drills with strength training exercises.

Saturday Morning and 5PM Thursday Strength

Attention Men & Women! Are you bored working out on machines? Test your strength with this 45-minute functional fitness class that challenges the muscles in a way a machine can't. Calling all flabby abs...this area will receive extra attention.
Saturday, 9:00-9:45am
Thursday, 5:00-5:45pm



Monday through Friday 8:30-11:30 a.m.

Leave your children in a safe and fun environment while you exercise or enjoy the many other programs offered at the REC Center. Children must be between the ages of 3 months and 11 years. Reservations must be made 24 hours in advance for infants 3-16 months by calling (847) 669-3180 ext. 391. A 2-hour limit is allowed in the babysitting room. Parents must stay in the building. Prices and hours are subject to change.



Kid's Club Membership: Purchase a fitness center or group fitness or ultimate membership and save money on Kid's Club!

First Child: Monthly-\$12 Annually-\$144
Add'l Child: Monthly-\$5 Annually-\$60

15-Visit Punch Pass \$35

Daily \$4 Per Child \$3 Each Add'l Child