

Fitness Session Classes

Yoga Flow

(Ages 16+)

Yoga strengthens, stretches and unites our bodies, minds and spirits. Flow means to move with ease and grace. Yoga Flow is a flowing dynamic Vinyasa style of yoga that can strengthen the body, increase suppleness, and focus your mind. From gentle to vigorous, Yoga Flow allows each member to practice according to their level and intensity. Instructor, Susan Lindow, is certified through YogaFit Training Systems Worldwide. Please bring a mat if possible.

REC Center Dance Studio			Minimum 6 / Maximum 20	
CODE	DAY	DATE(S)	TIME	FEE
112601-01	Tues.	1/10-2/28	7:00-8:00 p.m.	\$48/\$58
112601-02	Tues.	3/6-5/1	7:00-8:00 p.m.	\$48/\$58

No class 3/27

***Drop-in fee: \$7 resident / \$10 non-resident**

Pilates

(Ages 16+)

Pilates can transform the way your body looks, feels and performs. This mat based Pilates class can help build strength without excess bulk, creating a sleek, toned body while improving flexibility, body awareness and good posture. Pilates is a safe and sensible exercise class that will help you look and feel your very best. No matter what age or condition, it can work for you. Instructor, Susan Lindow, is certified through the Physical Mind Institute. Bring mat if possible.

REC Center Dance Studio			Minimum 6 / Maximum 20	
CODE	DAY	DATE(S)	TIME	FEE
112602-01	Sat.	1/7-2/25	7:45-8:45 a.m.	\$48/\$58
112602-02	Sat.	3/3-4/28	7:45-8:45 a.m.	\$48/\$58

No class 3/31

***Drop-in fee: \$7 resident / \$10 non-resident**

****Check out special pricing for multiple session classes.**

Zumba

(Ages 16+)

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Get hooked on Zumba and love working out. Zumba fanatics achieve long-term health benefits while having a blast in this one hour calorie-burning, energizing class.

REC Center Dance Studio			Minimum 6 / Maximum 20	
CODE	DAY	DATE(S)	TIME	FEE
112604-01	Tues.	1/10-2/28	6:00-7:00pm	\$48/\$58
112604-02	Tues.	3/9-5/1	6:00-7:00pm	\$48/\$58

No class 3/27

Belly Dancing for Fitness

(Ages 16+)

Shimmy your way to a better you! Belly dancing offers full-body toning targeting the upper arms, the core abdominal muscles, hips and thighs. Other benefits include increased flexibility, improved posture and less stress. Join instructor, Natalie Block and learn the basic movements and transitions of the oldest form of dance. Belly dancing is low-impact so people of all ages and health levels can reap the benefits. Hip scarf and/or veils are recommended, more information will be given at the first class.

REC Center Dance Studio			Minimum 6 / Maximum 20	
CODE	DAY	DATE(S)	TIME	FEE
112603-01	Thurs.	1/12-3/1	7:00-8:00 p.m.	\$56/\$66
112603-02	Thurs.	3/8-5/3	7:00-8:00 p.m.	\$56/\$66

No class 3/29

Special pricing does not apply to this class.

Saturday Morning & 5pm Thursday Strength

(Ages 16+)

Attention Men & Women! Are you bored working out on machines? Test your strength with this functional fitness class that challenges the muscles in a way a machine can't. This is a conditioning class for the entire body. Calling all butts, glutes and flabby abs...these areas will receive extra attention using balance drills and gliding disks.

REC Center Dance Studio			Minimum 6 / Maximum 20	
CODE	DAY	DATE(S)	TIME	FEE
112605-01	Sat.	1/7-2/25	9:00-9:45 a.m.	\$48/\$58
112605-02	Sat.	3/3-4/28	9:00-9:45 a.m.	\$48/\$58
112605-03	Thurs.	1/5-2/23	5:00-5:45 p.m.	\$48/\$58
112605-04	Thurs.	3/1-4/26	5:00-5:45 p.m.	\$48/\$58

No class 3/29 & 3/31

2 FOR 1 SPECIAL!

Register for Saturday or Thursday Strength Class and attend both classes for the price of \$48 for residents or \$58 for non-residents!

Fitness Session Classes

Hip Hop Hustle

(Ages 16+)

If you love to dance, but find most hip hop and dance workouts too complicated to get a good workout, then you have found your solution! We funk-da-fy simple to follow, easy to learn dance steps that allow you to burn fat and calories. No dance experience required.

new!

REC Center Dance Studio		Minimum 6 / Maximum 20	
CODE	DAY DATE(S)	TIME	FEE
112613-01	Wed. 1/25-2/29	6:00-7:00pm	\$36/\$46
112613-02	Wed. 3/7-4/18	6:00-7:00pm	\$36/\$46

Weight Loss Challenge – Morning and Evening Edition

Kid's Club Babysitting available for morning edition. See page 37 for times and fees.

Join the many participants who have lost weight with Weight Loss Challenge...Huntley's very own edition of the Biggest Loser!

Participants meet weekly for 11 weeks and learn about proper nutrition, improving eating habits, and the benefits of exercise. Weekly weigh-ins are done confidentially. A new topic is presented each week by the experts from Paradise Nutrition which provides each participant with the tools needed to lose weight and be successful at keeping it off. Specific guidelines of the program will be discussed at the first meeting. The Huntley Park District offers a FREE 11-week membership to our Fitness Center to each enrolled participant of the Weight Loss Challenge. Previous participants have lost an average of 20 lbs. & 15 inches per 11 week session.

Winnings have ranged from \$100-\$700. Gift cards are presented to the first, second and third place winners. The more class participants, the higher the awards. Invite your family and friends to join you for Weight Loss Challenge.

Instructor Beth Sherman, Personal Wellness Coach

REC Center North Classroom Minimum 5 / Maximum 50

CODE	DAY DATE(S)	TIME	FEE
112610-1	Thurs. 1/12-3/22	9:15-10:00 a.m.	\$46/\$66
112610-2	Thurs. 1/12-3/22	6:00-6:45pm	\$46/\$66
112610-03	Thurs. 4/5-6/14	9:15-10:00am	\$46/\$66
112610-04	Thurs. 4/5-6/14	6:00-6:45pm	\$46/\$66

***Registration deadline is one week prior to start date**

PO GA

(Ages 16+)

Introducing Power Yoga! This fitness based yoga class combines power and strength with flexibility and agility. This dynamic early morning class is great for beginners or regulars looking to challenge their usual fitness routine. Stretch, strengthen and ascend to a new level of fitness.

new!

REC Center Dance Studio		Minimum 6 / Maximum 20	
CODE	DAY DATE(S)	TIME	FEE
112611-01	Wed. 1/4-2/8	6:25-7:10am	\$36/\$46
112611-02	Fri. 1/6-2/10	6:25-7:10 am	\$ 36/\$46
112611-03	Wed. 2/15-3/21	6:25-7:10am	\$36/\$46
112611-04	Fri. 2/17-3/23	6:25-7:10am	\$36/\$46

5:35 a.m. BOOT CAMP

(Ages 16+)

Looking to get your morning jump started? Get in and get moving with 45 minutes of heart pumping strengthening and conditioning. This high intensity class meets 2x per week for 6 weeks. Get with the program today!

new!

REC Center Dance Studio		Minimum 6	
CODE	DAY DATE(S)	TIME	FEE
112606-01	W & F 1/4-2/10	5:35-6:20am	\$60/\$70
112606-02	W & F 2/15-3/23	5:35-6:20am	\$60/\$70



Weight Watchers

Wednesdays, 9:30 a.m.

Come and join in our weight loss success. Weigh-in is 30 minutes before class begins. Classes are held at the REC Center Willow Room.

For additional information call (800) 651-6000 or visit us at www.weightwatchers.com.

