

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.

