

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-Friday 9:00-10:00 a.m. • Each day has a different class selection!

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.

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.

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.

Total Fitness Circuit

This 50 minute class is set up using alternating stations for cardio and toning exercises. A variety of equipment will be used to give you a challenging workout. Enjoy some time at the end of class to stretch those well-used muscles.

Step Pump

This 60 minute class will help you "STEP-UP" your workout! A combination of step moves and strength training with a variety of equipment will challenge your body as never before. Work at your level and finish the class with stretching to increase your flexibility.

The classes listed are the only classes included in our Group Fitness or Ultimate Fitness Memberships. Classes are held in the mornings, Monday thru Friday. 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.

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-\$120
Add'l Child:	Monthly-\$5	Annually-\$60



**15-Visit
Punch Pass \$35**

**Daily \$3 Per Child \$2 Each
Add'l Child**