

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 mat if possible.

REC Center Dance Studio		Minimum 6 / Maximum 20		
CODE	DAY	DATE(S)	TIME	FEE
310710-01	Tues.	8/31-10/19	7:00-8:00 p.m.	\$48/\$72
310710-02	Tues.	10/26-12/14	7:00-8:00 p.m.	\$48/\$72

*Registration deadline is one week prior to start date

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

***Check out special pricing for multiple session classes

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. Second session runs for 5 weeks only

REC Center Dance Studio		Minimum 6 / Maximum 20		
CODE	DAY	DATE(S)	TIME	FEE
310712-01	Sat.	9/18-11/6	7:45-8:45 a.m.	\$48/\$72
310712-02	Sat.	11/13-12/18	7:45-8:45 a.m.	\$30/\$45

NO CLASS 11/27

*Registration deadline is one week prior to start date

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

***Check out special pricing for multiple session classes

SPECIAL PRICING FOR YOGA FLOW & PILATES IN SAME 8-WEEK SESSION

You must register in person if taking multiple session classes.

WITH Fitness Center, Group Fitness or Ultimate Fitness Membership:
1 class per session: \$30/\$45
Both classes per session: \$45/\$67

WITHOUT Fitness Center, Group Fitness or Ultimate Fitness Membership:
1 class per session: \$48/\$72
Both classes per session: \$80/\$120

Belly Dancing for Fitness

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 Hansen-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. Second session runs for 7 weeks only.

REC Center Dance Studio		Minimum 6 / Maximum 20		
CODE	DAY	DATE(S)	TIME	FEE
310340-01	Thurs.	9/2-10/21	7:00-8:00 p.m.	\$55/\$80
310340-02	Thurs.	10/28-12/16	7:00-8:00 p.m.	\$48/\$73

NO CLASS 11/25

*Registration deadline is one week prior to start date

**Special pricing does not apply to this class

Calling all seniors 55 and better...

Lite & Lively

Join this aerobic conditioning class that helps maintain strength and flexibility. Participants will do chair and standing exercises. Each exercise allows you to work at your own pace. This class is ongoing, year-round.

Monday, Wednesday and Friday
10:30-11:30 a.m.
REC Center Dance Studio
\$5 drop-in fee or purchase a Lite & Lively membership
\$222/\$18.50 per month

Fitness Session Classes

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 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 ranged from \$400-\$900.

The more class participants...the more \$\$\$\$! Invite your family and friends to join you for Weight Loss Challenge!

Instructor Beth Sherman, Personal Wellness Coach
REC Center Willow Room Minimum 5 / Maximum 50

CODE	DAY	DATE(S)	TIME	FEE
310999-01	Thurs.	9/9-11/18	6:00-6:45 p.m.	\$46/\$66

*Registration deadline is one week prior to start date

**Special pricing does not apply to this class

Weight Watchers

Wednesdays, 9:30 a.m. and 6:00 p.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.



Meet Your Instructors

Debby Bailey Smith

Debby takes a practical approach to helping all of her clients realize their fitness objectives. She can help her clients set realistic goals that lead to a lifetime of good health. Debby is a certified Personal Trainer and Group Fitness Instructor through AFAA, Aerobic and Fitness Association of America. Her other specialties include; Yoga, Pilates, Boot Camp, Muscle Pump and Spinning classes. We are happy to welcome Debby to the Huntley Park District as a Group Fitness Instructor and Personal Trainer in our Fitness Center.



Heather Klaus

Heather has brought two new high-energy classes to our Group Fitness class line-up, Cardio Kickboxing on Monday mornings and Hard Core Cardio on Wednesday mornings. Heather holds certifications with AFAA, Aerobics and Fitness Association of America and ACE, American Council of Exercise and holds a BS in Nutrition and Dietetics and will be performing our NEW Nutrition Consultations starting in August. Heather believes in balance; balance training in fitness, balancing hard work with enjoyment and trying to achieve balance in all aspects of life! The Huntley Park District welcomes Heather as a Fitness Instructor, Personal Trainer and Nutrition Consultant.



Natalie Hansen-Block

Natalie is passionate about health and fitness. As a child she was involved in sports such as volleyball, swimming, basketball and track. Now after 4 children, she still has that same passion and drive to maintain physical fitness and to motivate other to do the same. Natalie is a member of the AFAA, Aerobics & Fitness Association of America and is certified in Group Fitness. She is dedicated to showing her students how they can become and stay fit without a huge time commitment because she understands the time constraints families have. We are excited to have Natalie join the Huntley Park District as a Group Fitness Instructor where she will teach Step/Pump on Friday mornings and Belly Dancing for Fitness on Thursday evenings.

