

Group Fitness Class Descriptions

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.

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 on-line at www.huntleyparks.org, under Fitness.

Step/Core

Get your body moving and your heart pumping with 40 minutes of step aerobics followed by core strengthening exercises and stretches that will leave you feeling stronger, leaner and more flexible.

Zumba + More

Start your 60 minute workout with this Latin inspired dance/exercise class which combines hypnotic music with tantalizing rhythms for a fun and easy cardio workout. Finish with a segment of body sculpting moves and relaxing stretches.

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.

Cardio Blast

Have fun and challenge your cardiovascular system with this 50 minute aerobic class followed by a 10 minute cool down with stretching. A variety of high-energy moves will keep you from getting bored.

Fitness Yoga

This quicker paced yoga class will build strength, flexibility and stamina. You will strengthen muscles using your own body weight as resistance while increasing flexibility through gentle movement during this 45 minute class. Advanced and beginning modifications will be given to accommodate all fitness levels. This is a great way to jump start your day! Bring mat if possible.

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.

Core Challenge

Challenge yourself with this total body workout with an emphasis on strengthening your core muscles. A variety of equipment will be used. All fitness levels will enjoy this exciting new class taught by Instructor, Jenny Clark.

*For questions or more information, contact
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