


# Huntley Park District December 2011 Group Fitness Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9-9:50 am <b>Interval Challenge</b> Megan 5-5:45 pm <b>Super Strength</b> Omame	2 9-10 am <b>STEP UP</b> Natalie	3 7-7:45 am <b>Saturday Strength</b> Omame
4	5 9-10 am <b>Cardio Kickbox</b> Heather	6 9-9:50 am <b>Body Sculpt</b> Lana	7 9-10 am <b>Turbo Kick PLUS Hip Hop Hustle Demo</b>	8 9-9:50 am <b>Interval Challenge</b> Megan 5-5:45 pm <b>Super Strength</b> Omame	9 9-10 am <b>STEP UP</b> Natalie	10 7-7:45 am <b>Saturday Strength</b> Omame
11	12 9-10 am <b>Cardio Kickbox</b> Heather	13 9-9:50 am <b>Body Sculpt</b> Lana	14 9-10 am <b>Core Cardio</b> Heather	15 9-9:50 am <b>Interval Challenge</b> Megan 5-5:45 pm <b>Super Strength</b> Omame	16 9-10 am <b>STEP UP</b> Natalie	17 7-7:45 am <b>Saturday Strength</b> Omame
18	19 9-10 am <b>Cardio Kickbox</b> Heather	20 9-9:50 am <b>Body Sculpt</b> Lana	21 9-10 am <b>Core Cardio</b> Heather	22 9-9:50 am <b>Interval Challenge</b> Megan 5-5:45 pm <b>Super Strength</b> Omame	23 9-10 am <b>STEP UP</b> Natalie	24
25	26 9-10 am <b>Cardio Kickbox</b> Heather	27 9-9:50 am <b>Body Sculpt</b> Lana	28 9-10 am <b>Core Cardio</b> Heather	29 9-50 am <b>Interval Challenge</b> Megan	30 9-10 am <b>STEP UP</b> Natalie	31



## **Group Fitness Class Times**

Monday 9-10am

Tuesday 9-950am

Wednesday 9-10am

Thursday 9-950am, 5-545pm

Friday 9-10am

**Saturday 9am strength classes** coming in  
January!

## ***Group Fitness Class Descriptions***

### **Cardio Kickboxing**

Kick, punch and jump your way to fitness with this high energy, fat blasting workout that uses kickboxing sequences to get the heart pumping.

### **Body Sculpt**

This is a full body sculpting and strengthening class that uses free weights and stability balls.

### **Hard Core Cardio**

Cardio, core and balance are waiting for you in this class. You'll encounter cardio drills along with stability ball challenges to raise your heart rate and build back/ab strength.

### **Interval Challenge**

This circuit class offers both strength and cardio challenges for every level.

### **Step Up**

60 minutes of cardio STEP!

### **Thursday/Saturday Strength**

Attention men & women! Are you bored with fitness machines? Try this strengthening class to challenge muscles in a way that a machine can't.

Babysitting available for fitness members Monday-Friday 830-1130am. Please sunblock children for outdoor park play, and bring coats during cool weather.

**Turbo Kick and Hip Hop Hustle coming in 2012!!!**

Questions? Contact Heather Klaus, Fitness Coordinator, 847.669.3180 x 311