

Fitness Session Classes

Basic Training Boot Camp

(Ages 16+)

This class will challenge your body and motivate you to reach your fitness goals. Participants can expect to improve stability, flexibility, strength and cardiovascular fitness. Intensity can be modified for all fitness levels. Health History Questionnaire must be filled out prior to start of this class. Class will be lead by Personal Trainer and Group Fitness Instructor, Jenny Clark.

NEW!

REC Center, Gymnasium Minimum 6 / Maximum 20

| CODE | DAY | DATE(S) | TIME | FEE |
|-----------|------|----------|----------------|------------|
| 110720-01 | T&Th | 1/5-2/25 | 5:30-6:20 a.m. | \$70/\$105 |
| 110720-02 | T&Th | 3/2-4/29 | 5:30-6:20 a.m. | \$70/\$105 |

No Class 3/30 & 4/1

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

****Special Pricing does not apply to this class**

Mix-It Up Fitness

(Ages 16+)

Expose your body and your mind to an array of cardiovascular and strength training classes that will keep you from getting bored while challenging your body weekly with a different class format. The classes will include; Get on the Ball, Kick & Pump, Total Body Challenge and Step & Pump. Each class format will be repeated twice during the 8-week session. For individual class description, look online at www.huntleyparks.org under Fitness tab.

NEW!

REC Center Dance Studio Minimum 6 / Maximum 20

| CODE | DAY | DATE(S) | TIME | FEE |
|-----------|-------|----------|----------------|-----------|
| 110714-01 | Tues. | 1/5-2/23 | 6:00-7:00 p.m. | \$48/\$72 |
| 110714-02 | Tues. | 3/2-4/27 | 6:00-7:00 p.m. | \$48/\$72 |

No Class 3/30

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

****Check out special pricing for multiple 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 |
|-----------|-------|----------|----------------|-----------|
| 110710-01 | Tues. | 1/5-2/23 | 7:00-8:00 p.m. | \$48/\$72 |
| 110710-02 | Tues. | 3/2-4/27 | 7:00-8:00 p.m. | \$48/\$72 |

No Class 3/30

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

****Check out special pricing for multiple session classes.**

SPECIAL RATES FOR MULTIPLE CLASSES IN SAME 8-WEEK SESSION

You must register in person if taking multiple session classes.

Yoga Flow, Fitness Yoga, Pilates, Mix-It Up Fitness, Core Focus, Zumba + More and Core Challenge

With Fitness Center, Group Fitness or Ultimate Fitness Membership:

- 1 class per session: \$30/\$45
- 2 classes per session: \$45/\$67
- 3 classes per session: \$67/\$100

Without Fitness Center, Group Fitness or Ultimate Fitness Membership:

- 2 classes per session: \$80/\$120
- 3 classes per session: \$120/\$180

Fitness Yoga

(Ages 16+)

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. Advanced and beginning modifications will be given to accommodate all fitness levels. This is a great way to jump start your day! Please bring mat if possible.

REC Center Multipurpose Room Minimum 6 / Maximum 20

| CODE | DAY | DATE(S) | TIME | FEE |
|-----------|------|----------|------------------|-----------|
| 110711-01 | Wed. | 1/6-2/24 | 10:15-11:00 a.m. | \$48/\$72 |
| 110711-02 | Wed. | 3/3-4/28 | 10:15-11:00 a.m. | \$48/\$72 |

No Class 3/31

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

***Check out special pricing for multiple session classes.**

Core Focus

(Ages 16+)

Combine the Core strengthening power of Pilates with the Focus and fluid dynamic movements of Yoga. A complete workout for your body, mind and spirit. All fitness levels welcome. Please bring mat is possible.

REC Center Dance Studio Minimum 6 / Maximum 20

| CODE | DAY | DATE(S) | TIME | FEE |
|-----------|--------|----------|----------------|-----------|
| 110713-01 | Thurs. | 1/7-2/25 | 7:00-8:00 p.m. | \$48/\$72 |
| 110713-02 | Thurs. | 3/4-4/29 | 7:00-8:00 p.m. | \$48/\$72 |

No Class 4/1

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

***Check out special pricing for multiple session classes.**

Fitness Session Classes

Zumba & More

(Ages 16+)

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.

REC Center Dance Studio Minimum 6 / Maximum 20

| CODE | DAY | DATE(S) | TIME | FEE |
|-----------|--------|----------|----------------|-----------|
| 110716-01 | Thurs. | 1/7-2/25 | 6:00-7:00 p.m. | \$48/\$72 |
| 110716-02 | Thurs. | 3/4-4/29 | 6:00-7:00 p.m. | \$48/\$72 |

No Class 4/1

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

**Check out special pricing for multiple session classes.

Core Challenge

(Ages 16+)

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.

NEW!

REC Center, Dance Studio Minimum 6 / Maximum 20

| CODE | DAY | DATE(S) | TIME | FEE |
|-----------|------|----------|----------------|-----------|
| 110715-01 | Sat. | 1/16-3/6 | 7:00-7:45 a.m. | \$48/\$72 |
| 110715-02 | Sat. | 3/13-5/8 | 7:00-7:45 a.m. | \$48/\$72 |

No Class 4/3

*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.

REC Center, Dance Studio Minimum 6 / Maximum 20

| CODE | DAY | DATE(S) | TIME | FEE |
|-----------|------|----------|----------------|-----------|
| 110712-01 | Sat. | 1/16-3/6 | 7:45-8:45 a.m. | \$48/\$72 |
| 110712-02 | Sat. | 3/13-5/8 | 7:45-8:45 a.m. | \$48/\$72 |

No Class 4/3

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

**Check out special pricing for multiple session classes.

Weight Loss Challenge

(Ages 18+)

Achieve your weight loss goals in 2010 with Weight Loss Challenge, Huntley's very own edition of the Biggest Loser. During this 11-week program each participant will learn about proper nutrition, how to develop better eating habits, the importance of exercise, and various meal replacement options to help you reach your ideal weight and body composition. Weekly weigh-ins and consults with your coaches are done confidentially. Each week the group will discover new topics that will help you to lose weight and keep it off! And don't forget the Cash Prizes! Winnings have ranged from \$450-\$1000. The more participants enrolled, the bigger the prize! Tell your friends and family to sign up today! Prizes in the form of gift cards will be given out to the Biggest Losers at the end of the program. A portion of the registration fee goes toward the prizes.

Instructor Beth Sherman, Personal Wellness Coach

REC Center Willow Room Minimum 5 / Maximum 50

| CODE | DAY | DATE(S) | TIME | FEE |
|-----------|--------|-----------|----------------|-----------|
| 110722-01 | Thurs. | 1/7-3/18 | 6:00-6:45 p.m. | \$40/\$60 |
| 110722-02 | Thurs. | 3/25-6/10 | 6:00-6:45 p.m. | \$40/\$60 |

No Class 4/1

Weight Loss Challenge, Family Style

(Ages 10+)

Families that exercise together...stay together! The Huntley Park District is proud to announce the start of a new Weight Loss Challenge for families. Join us for this 11-week program that will instruct families on good eating habits, proper nutrition, healthy meal options and fun ways to exercise together. Weekly weigh-ins and consults with your coaches are done confidentially. Each week families will discover new topics that will help them lose weight and keep it off! And don't forget the Cash Prizes! The more participants enrolled, the bigger the prize! So tell your family and neighbors to register today! Prizes in the form of gift cards will be given out to the Biggest Loser Families at the end of the program. A portion of the registration fee goes toward the prizes. You must register in person for this program.

NEW!

Instructor Beth Sherman, Personal Wellness Coach

REC Center Willow Room Minimum 5 / Maximum 35

| CODE | DAY | DATE(S) | TIME | FEE |
|-----------|--------|-----------|----------------|--|
| 110721-01 | Thurs. | 1/14-3/25 | 7:00-7:45 p.m. | First Member: \$40/\$60 Each Add'l: \$20/\$25 |
| 110721-02 | Thurs. | 4/8-6/17 | 7:00-7:45 p.m. | First Member: \$40/\$60 Each Add'l: \$20/\$25 |

No Class 4/1