



## Fort Hill Fitness Group Exercise Schedule Effective March 1, 2021

Classes Included with  
Fitness Membership

### MONDAY

<u>Time</u>	<u>Class</u>	<u>Room</u>	<u>Instructor</u>
6:00 - 6:55 am	Cycle-Core 30/30	Studio D	Lisa
7:30 - 8:25 am	Pilates and Tone	<i>Virtual</i>	Karen O
8:30 - 9:25 am	Total Body Conditioning	Studio A	Lisa
9:00 - 9:55 am	Low Impact	<i>Virtual</i>	Genna
9:30 - 10:25 am	PIYO	<i>Stu D/Vir</i>	Cindy
10:15 - 11:10 am	Strength & Motion Gold	<i>Virtual</i>	Mary
5:30 - 6:25 pm	F.I.T. Bootcamp	<i>Virtual</i>	Tabitha
6:00 - 6:45 pm	Cycle 45	Studio D	Lisa

### THURSDAY

<u>Time</u>	<u>Class</u>	<u>Room</u>	<u>Instructor</u>
6:00 - 6:55 am	Body Sculpt	<i>Virtual</i>	Dawn
7:30 - 8:25 am	Pilates	<i>Virtual</i>	Kristin
8:00 - 8:45 am	Cycle 45	<i>Stu D/Vir</i>	Lisa
9:00 - 9:55 am	Zumba Gold	<i>Virtual</i>	Mary
9:30 - 10:25 am	PiYo	<i>Stu D/Vir</i>	Cindy
10:15 - 11:00 am	F.I.T. 45	<i>Virtual</i>	Karen M
5:30 - 6:25 pm	F.I.T. Bootcamp	<i>Virtual</i>	Tabitha
6:00 - 6:55 pm	WERQ	Studio D	Cat
6:30 - 7:25 pm	Pilates	Studio A	Monique

### TUESDAY

<u>Time</u>	<u>Class</u>	<u>Room</u>	<u>Instructor</u>
6:00 - 6:55 am	Yoga	<i>Virtual</i>	Dawn
6:30 - 7:25 am	Core & Strength	<i>Virtual</i>	Maura
8:00 - 8:55 am	Flow Yoga	<i>Virtual</i>	Meg
8:30 - 9:25 am	Pilates	<i>Stu D/Vir</i>	Karen O
9:30 - 10:25 am	Body Pump	Studio A	Minerva
9:30 - 10:15 am	F.I.T. 45	<i>Virtual</i>	Karen M
6:00 - 6:55 pm	Total Body Conditioning	Studio A	Siri
6:45 - 7:40 pm	Zumba	Studio D	Minerva

### FRIDAY

<u>Time</u>	<u>Class</u>	<u>Room</u>	<u>Instructor</u>
6:00 - 6:55 am	Total Body Conditioning	Studio A	Lisa
8:00 - 8:55 am	Flow Yoga	<i>Virtual</i>	Meg
9:15 - 10:10 am	Barre Burn	Studio B	Leigh Ann
9:30 - 10:25 am	Body Pump	Studio A	Minerva
9:30 - 10:25 am	Low Impact	<i>Virtual</i>	Genna
10:15 - 11:10 am	Dance Fusion	Studio D	Gina
6:30 - 7:25 pm	Zumba	Studio D	Temeka

### WEDNESDAY

<u>Time</u>	<u>Class</u>	<u>Room</u>	<u>Instructor</u>
5:30 - 6:25 am	Yoga	<i>Stu A/Vir</i>	Nicole
6:00 - 6:45 am	Cycle 45	Studio D	Tabitha
6:30 - 7:25 am	Total Body Conditioning	<i>Virtual</i>	Maura
7:45 - 8:40 am	Low Impact-Cardio	<i>Virtual</i>	Kristin
9:00 - 9:55 am	Zumba Toning	<i>Virtual</i>	Mary
10:30 - 11:25 am	Core & Strength	<i>Stu D/Vir</i>	Leigh Ann
6:00 - 6:45 pm	Cycle 45	Studio D	Jodi
6:00 - 6:55 pm	Yoga	<i>Virtual</i>	Tabitha
6:30 - 7:25 pm	Body Pump	Studio A	Stephanie

### SATURDAY

<u>Time</u>	<u>Class</u>	<u>Room</u>	<u>Instructor</u>
7:00 - 7:45 am	Cycle 45	Studio D	Kristin
8:00 - 8:55 am	Total Body Conditioning	<i>Virtual</i>	Maura
9:00 - 9:55 am	Zumba	Studio D	Crystal
10:30 - 11:25 am	Body Pump	Studio A	Allison

### SUNDAY

<u>Time</u>	<u>Class</u>	<u>Room</u>	<u>Instructor</u>
8:00 - 8:55 am	Body Pump	Studio A	Minerva
8:00 - 8:55 am	Pilates	<i>Virtual</i>	Karen/Dawn
9:30 - 10:25 am	Zumba Toning	<i>Virtual</i>	Carolyn

The Naperville Park District reserves the right to cancel or change classes that have low enrollment as well as change instructors with no advance notice. Please check the website for the most up to date schedule. Group Exercise classes are for anyone ages 14 and older.

Fort Hill Activity Center • 20 Fort Hill Drive • Naperville, IL 60540  
www.napervilleparks.org/ffhac  
630-995-8900

The classes listed on the Group Exercise Schedule are included with the Fort Hill Fitness Membership. Contact the Naperville Park District at 630-995-8900 for more information.

**Group Exercise Etiquette**  
To ensure a comfortable environment for all, please refrain from wearing strong perfume/lotion, having disruptive conversation and using your cell phone during class. Revised 2/22/2021

## GROUP EXERCISE CLASS DESCRIPTIONS

**Body Pump:** Go beyond what you thought you could achieve with this barbell class that strengthens your entire body. This class challenges all your major muscle groups by using the best weight room exercises with precision choreography that will show you results fast!

**Body Sculpt:** Strong and challenging, this class will help you create lean muscle and body sculpting, using dumbbells, weights, Bosu® and tubing.

**Cycle-Core 30/30:** This high intensity cardio class mixed with core stabilization exercises is the perfect work out blend. Use of body weight, bands and weights with core strength makes cardio your active rest.

**Core & Strength:** Each class will incorporate functional exercises that will tone the arms, legs and core. While core stabilization is always active with the use resistance bands, body weight and dumbbells, cardio becomes your active rest – you will leave here feeling energized.

**Cycle 45:** Get your cycle on! A challenging 45 minute ride jam packed with hills, flats, sprints and everything in between. This class will get your feet moving and your heart pumping. Get ready to sweat, work hard and have fun!

**Dance Fusion:** Dance to some of the hottest songs in this fitness program inspired by you! Get fit with this perfect mix of dance and boot-camp toning. A high-energy class choreographed to use every muscle for a total body workout.

**F.I.T.45:** Functional Interval Training is low to intense movement, strength varying cardio with core stabilization.

**F.I.T. Bootcamp** – Everything F.I.T.45 offers and a bit more grit. All over fat burning exercises that will keep burning hours after you are done. Intense to low movement, cardio with core stabilization.

**Flow Yoga:** An upbeat yoga practice, linking breath with movement as you learn to move in and out of poses. You will build confidence, strength and flexibility.

**Low Impact:** This class is specifically designed for those who are new to fitness or for the active older adult crowd. Start here to get fit and mobile! We'll tune up your muscles with cardio strength endurance while developing flexibility, mobility, balance, agility and coordination.

**Low Impact – Cardio:** Low Impact Cardio will raise and maintain your heart rate for a good 30 minutes. Add in some weights and core work and you are set for the day. The class is good for people new to fitness or the active older adult.

**Pilates:** Stand taller; learn the fundamentals of Pilates Classic mat work. Based on the method of Joseph Pilates, this class works your powerhouse (core) and you will make gains in balance, strength and flexibility for the entire body.

**Pilates and Tone:** Classic Pilates merges with weights for a perfect toning class. Work your core, gain balance while creating muscle tone and confidence.

**PIYO:** This aerobic total body workout combines Pilates and Yoga to strengthen, stretch and keep your heart rate up. You will have a great time while you gain strength, flexibility and lose weight. (This class is live and live-streamed)

**Strength and Motion Gold:** This class is geared for those 55 and older. Have fun while building strength and increasing range of motion. This class is taught with the support of a chair.

**Total Body Conditioning:** This amazing all body work out will help you reach your cardio and muscular potential. Make this class part of your work out goals for endurance and strength. Powerful muscular movements combined with endurance training creates winning result.

**WERQ:** Is a wildly addictive dance base workout based on the hottest Pop and Hip/Hop music.

**Yoga:** Find the peace among the chaos with Yoga. Calm the mind with breathing and meditation techniques that yoga has to offer. Your internal focus, balance, flexibility, strength and circulation will begin to come naturally.

**Zumba:** Maximize caloric output, fat burning and total body toning with Latin and International music. This class features aerobic/fitness interval training with combination of fast and slow rhythms that tone and sculpt the body. Zesty Latin music, Meringues, Salsa, Reggae ton, Cumbia, and body sculpting movements provide an effective fitness system that we call Zumba!

**Zumba Gold:** Easy to follow low-impact moves for the beginner and the active older adult. Dancing that emphasizes the basics of Latin and International dance rhythms. This class is friendly and fun for all!

**Zumba Toning:** Combines targeted body- sculpting exercises and high energy cardio work with Latin- infused Zumba moves to create a dance party.