# 4500 FITNESS
DOWNERS GROVE PARK DISTRICT

# GROUP EXERCISE CLASSES

## FALL 2026 • SEPT. 8 – DEC. 31

### MONDAY

7:45-8:45AM • L14 • Carmelo
**STEP & TONE**

9-10AM • L14 • Carmelo
**BODYPUMP**

9-10AM • MPR • Shiree
**HATHA YOGA**

NEW! 10:15-10:45AM • L12 • Sarah
**SILVER SNEAKERS MOVE** *begins 9/21*

10:45-11:30AM • L14 • Nicole
**BALANCE & STRENGTH**

5:30-6:30PM • L21 • Amanda
**CYCLE**

7:15-8:15PM • L14 • Xenia
**WERQ LIKE A BOSS**

### TUESDAY

8-8:50AM • L12 • Nicole
**CARDIO STRENGTH**

8-8:45AM • L14 • Martine
**PILATES**

9-9:50AM • L12 • Nicole
**ZUMBA**

9-10AM • L14 • Martine
**SCULPT**

9-9:55AM • MPR • Shiree
**CHAIR YOGA**

10-10:55AM • 103• Shiree
**WALL YOGA**

10-10:50AM • L12 • Nicole
**ZUMBA - GOLD**

NEW! 10:30-11:15AM • L14 • Sarah
**SILVER SNEAKERS CLASSIC** *begins 9/15*

6-7PM • L14 • Xenia
**WERQ**

7:15-8:15PM • L12 • Carrie
**HATHA YOGA**

### WEDNESDAY

7:45-8:45AM • L14 • Carmelo
**STEP & TONE**

9-10AM • MPR • Luanne
**YOGA FUSION**

9-10AM • L14 • Linda
**LESMILLS BODYPUMP**

10-11AM • L21 • Chick
**CYCLING FOR EVERYONE**

5-5:45PM • L21 • Karissa
**CYCLE**

6-7PM • L12 • Lynn
**LESMILLS BODYPUMP**

### THURSDAY

5:45-6:45AM • L21 • Amanda
**CYCLE**

7:30-8:25AM • L14 • Marie
**POWER PYRAMID**

8-9AM • MPR • Beth
**HATHA YOGA**

8-8:45AM • L12 • Martine
**PILATES**

NEW! 9-10AM • L21 • Gary
**CYCLE**

9:30-10:25AM • MPR • Vicki
**CHAIR YOGA**

9-9:45AM • L12 • Nicole
**BARRE**

9:50-10:20AM • L12 • Nicole
**CORE CRUSHER**

10:30-11:20AM • L12 • Nicole
**ZUMBA - GOLD**

10:45-11:30AM • L14 • Vicki
**BALANCE & STRENGTH**

6-7PM • L12 • Taisha
**ZUMBA**

### FRIDAY

5:45-6:45AM • L21 • Amanda
**CYCLE/YOGA COMBO**

7:45-8:45AM • L12 • Nicole
**SCULPT**

9-10AM • L12 • Xenia
**WERQ**

9-10AM • L14 • Linda
**LESMILLS BODYPUMP**

9-10AM • MPR • Vicki
**HATHA YOGA**

### SATURDAY

7:15-8:15AM • L14 • Lynn
**LESMILLS BODYPUMP**

8-9AM • MPR • Amber
**HATHA YOGA**

9:15-10AM • L14 • Amber
**SILVER SNEAKERS YOGA**

8:15-9AM • L12 • Nicole
**BARRE**

8:30-9:30AM • L21 • Amanda
**CYCLE**

9:05-9:50AM • L12 • Nicole
**PILATES**

### SUNDAY

8:30-9:25AM • L14 • Linda
**TOP TO BOTTOM BURN**

9:30-10AM • L14 • Linda
**COMPRESS & FLEX**

NEW! 10:15-11:15AM • L12 • Sarah
**COMMIT DANCE FITNESS** *begins 9/20*

## GROUP FITNESS CLASS UPDATES

**Receive updates for group fitness classes including class changes and cancellations by scanning the QR code on your phone, then subscribe via email and/or text.**

# GROUP EXERCISE CLASS DESCRIPTIONS • FALL 2026

**BALANCE & STRENGTH:** Train and slow down the aging process by focusing on mental health, strength training, flexibility, fall prevention, and balance. Enjoy practical exercises and approaches for training brains and bodies. Use of a chair is optional for this class.

**BARRE:** Low impact moves with light weights, this variable intensity workout blends strength, balance, and cardio. Mindful movement exercises lengthen your muscles, strengthen your core, and safely reshape your entire body. Non-skid socks, bare feet, or gym shoes can be worn.

**CARDIO STRENGTH:** This class incorporates both high- and low-impact cardio moves, intermingled with exercises that target and strengthen various muscle groups. This class may utilize different methods including HIIT, Tabata, and weight training.

**CHAIR YOGA:** Practice yoga in a chair. Gently strengthen your spine and core, while increasing flexibility and mobility. Takeaways from this class are relaxation and improved balance.

**COMMIT DANCE FITNESS:** A dynamic, fun filled HIIT influenced dance fitness experience. Each routine focuses on essential fitness elements created with a wide variety of dance styles—blending current trends, nostalgic favorites, and world rhythms to keep things fresh, inclusive, and exciting. T

**COMPRESS & FLEX:** A 30 minute recovery class focused on deep stretching, flexibility, and mobility. Explore different equipment to intentionally release tension and stiffness.

**CORE CRUSHER:** Attack your core from every angle along with upright movements and floor work. This combination of exercises requires your core muscles to work in all three planes of motion. Improve core strength to help your body move better!

**CYCLE:** A cardio endurance workout for both the novice bike riders and the hard-core bike riders! Simulate pedaling over flats, hills, and jumps that build leg and abdominal strength. You will sweat in this class and a water bottle should be on hand to keep you hydrated.

**CYCLING FOR EVERYONE:** A spin class designed for everyone! A perfect fit for those looking for a low-impact cardio fitness class. This class accommodates those new to indoor cycling, active adults, seniors, and athletes looking for a recovery ride. It's time to Ride!

**LESMILLS BODYPUMP:** A total-body workout that will burn calories, shape and tone your entire body, increase core strength, and improve bone health. World-leading instructors will coach you through the scientifically-backed moves and techniques, pumping out encouragement, motivation, and great music—helping you achieve much more than on your own!

**PILATES:** Stand taller; learn the fundamentals of Pilates mat work. Based on the method of Joseph Pilates, this class works your powerhouse (your core) and makes gains in balance, strength, and flexibility for the entire body. Props may be included to assist in movements.

**POWER PYRAMID:** Eight exercises performed in an interval-style training that builds strength and power with a cardio boost. Modifications will be shown for all exercises.

**SCULPT:** Reshape your body and strengthen the musculoskeletal system. Calories will be burned hours after this class as the body goes through its process of rebuilding the muscle fibers! Learn proper form and execution and strengthen your body using body bars, dumbbells, flex-bands, and more!

**SILVER SNEAKERS YOGA:** : A gentle, beginner-friendly class designed for older adults to improve flexibility, balance, and strength. Using a chair for support, participants will move through seated and standing poses to increase mobility and range of motion.

**SILVER SNEAKERS CLASSIC:** A foundational fitness class designed to improve overall strength, flexibility, balance, and coordination for active older adults. This low-impact class focuses on enhancing functional fitness through the use of light hand-held weights, resistance bands, and an exercise ball. Participants will engage in seated and standing exercises with modifications available.

**SILVER SNEAKERS® BOOM™ MOVE:** A 30-minute cardio-focused class designed to improve endurance, coordination, and overall fitness through fun, energetic movement. Participants will follow easy-to-learn choreography and athletic-inspired moves set to music. This low-impact class helps improve cardiovascular health and balance while keeping participants moving and engaged.

**TOP TO BOTTOM BURN:** A full-body strength class that works your upper body, lower body, and core through intentional exercises designed to build strength, improve tone, and leave you feeling stronger from top to bottom.

**WERQ:** WERQ is the wildly addictive cardio dance workout based on trending pop and hip-hop music. Our mission is to create a judgment-free dance space built on good vibes, a great sweat, and a supportive community.

**WERQ LIKE A BOSS:** WERQ Like a Boss combines dance for cardio, resistance training for strength, and stretching for mobility. The first half of the workout is WERQ cardio dance, and the second half is dedicated to resistance training, core work, and flexibility.

**WALL YOGA:** Wall Yoga is a Yin-inspired practice that uses the wall as a supportive tool to help you hold poses longer and with greater stability. This format improves balance, enhances flexibility, and allows for a deeper focus on specific muscle groups. The wall will be utilized to get deeper into stretches without compromising alignment.

**YOGA:** Our diverse yoga offerings cater to all levels and abilities, from the deep relaxation of **Restorative** to the energizing flow of **Vinyasa**, each class supports strength, flexibility, and mindfulness. **Hatha** yoga, a traditional form, focuses on physical postures (asanas) and breath work (pranayama). **Fusion** blends elements of all three for a well-rounded experience.

**ZUMBA:** Ditch the workout and join the party! Take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Super effective? Check. Super fun? Check and check.

**ZUMBA GOLD:** Easy to follow low-impact moves for the beginner participant and the active older adult. Calorie burning dancing that emphasizes the basics of Latin and International dance rhythms. This class is friendly and fun for all!

## GROUP EXERCISE OPTIONS

**UNLIMITED PASS: $22/MONTH OR $264/YEAR**

- Ask us about daily fees and punch passes.
- Group exercise classes are for individuals 14+ years of age or older.

## CHECK OUT OUR SEASONAL GUIDE FOR PREMIER CLASS OFFERINGS

Premier classes require pre-registration and are not included in the Unlimited pass, punch cards, or daily visit passes.