Fitness AT FISHEL

August 31 to September 5

Join us for our **FREE** workout series at Fishel Park! Enjoy a variety of outdoor fitness classes led by our certified instructors. Please bring your own exercise mat (mats are not needed for dance fitness classes).

AGES 15+ • FISHEL PARK • 1036 GROVE ST., DOWNERS GROVE

MONDAY	**10:45-11:30AM** **7:00-8:00PM**	Balance & Strength Sunset Yoga	Vicki Amanda
TUESDAY	**6:00-7:00PM**	WERQ	Marie
WEDNESDAY	**9:00-10:00AM** **7:00-8:00PM**	COMMIT Dance Fitness Sunset Yoga	Sarah Amanda
THURSDAY	**7:30-8:30AM** **9:00-10:00AM** **6:00-7:00PM**	Power Pyramid Hatha Yoga Zumba	Marie Beth Taisha
FRIDAY	**9:00-10:00AM**	Hatha Yoga	Vicki
SATURDAY	**9:00-10:00AM**	Hatha Yoga	Amber

4500 FITNESS
DOWNERS GROVE PARK DISTRICT

Learn more at
4500FITNESS.ORG

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CLASS DESCRIPTIONS

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.

COMMIT DANCE FITNESS: A dynamic, fun filled HIIT influenced (High intensity interval training) 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. This isn't just a dance class—it's a cardio frenzy, an endurance challenge, and a celebration of YOU—all in one powerful setlist.

HATHA YOGA: A mindful yoga practice focused on foundational poses, breathwork, and relaxation. This class helps improve flexibility, balance, strength, and body awareness while encouraging stress relief and mindfulness. Perfect for all levels.

POWER PYRAMID: Eight exercises performed in an interval-style training format that builds strength and power with a cardio boost. This high-energy workout challenges your muscles, improves endurance, and keeps you moving through a variety of functional exercises.

SUNSET YOGA: Unwind and reconnect as you flow through a relaxing Vinyasa Yoga practice while enjoying the calming energy of the evening. This class combines mindful movement, breathwork, and gentle transitions to help improve flexibility, balance, and relaxation. Perfect for all levels looking to slow down, stretch, and end the day feeling refreshed.

WERQ: 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.

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.

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