

## Fitness Punch Passes LV

Now personalize and diversify your fitness program! Purchase a "punch pass" at Dole Center (255 Augusta) which can be used for Basic Fitness and Strong & Long. Each time you visit, the instructor will punch your pass. These classes are continuous (unless dates are given), but will not take place on major holidays.

Fitness Punch Pass expires 6 months after the date of purchase and is non-transferable and non-refundable.

Code: FITNESPP

Pass Type:	10	20	35
Current Active Adult Member (see pg. 67) (Ages 50 & up)	\$40	\$75	\$122
O.P. Resident	\$55	\$102	\$170
Non-Resident	\$82	\$155	\$256

## Basic Fitness (Adult & Senior) LV

Build strong bones and muscles while developing cardiovascular endurance and flexibility. Individual modifications provided as needed. Bring a towel.

Instructor: Mara Leonard

Location: Dole Center, Studio 1

M, W, F from 11am-Noon

See Fitness Punch Pass above for fees.

## Strong & Long (Adult & Senior) LV

Learn safe, effective strength-training exercises to acquire muscular endurance for everyday activities. You can build lean, strong muscles without bulk.

Learn how to stretch properly for improved range of motion as well as for relaxation. Optional light resistance equipment is provided. Bring your own towel.

Instructor: Sue Vercnocke

Location: Dole Center, Studio 1

Tu & Th, 8:15-9:15am

See Fitness Punch Pass above for fees.

## Group Exercise (Aerobics/Cardio)

### Fit Fun for Everyone LV

It's all about variety in this cardio-strength class.

Get your heart rate up with low-to-medium impact aerobics; strengthen your muscles with weights, tubes and balls; and top it off with a good stretch. There's something for everyone from the beginning exerciser to the fitness enthusiast!

Min 6/Max 19

Location: Dole Center, Studio 1

### Cardio Boot Camp (Ages 16+) LV

Sports inspired drills and high intensity cardio intervals designed to challenge agility, quickness, reactivity and functional strength for the competitive athlete and overall fitness for the weekend warrior. This fun, dynamic and intense circuit workout will provide conditioning for the athlete you are or unleash the athlete you want to be!

Location: Dole Center, Studio 1

### Over 50 and Fall-Proof LV

Loss of strength, balance and mobility among older adults makes it tough to accomplish the activities of daily living and to remain independent, and a fall can be devastating. A recent study by the American Council on Exercise (ACE) proved that active adults participating in a simple program of functional fitness training saw significant improvements in just four weeks. Join us for a 30-minute circuit workout, based on the ACE study, and improve your balance, agility and cardiovascular fitness, as well as flexibility and strength in your upper and lower body. For best results, follow this workshop with Basic Fitness class!

Min 6/Max 14

Location: Dole Center, Studio 1

### Strength On The Ball LV

Discover how the stability ball and the BOSU can enhance your strength workout by challenging core strength and balance while training the upper and lower body. Develop the stabilizing muscles that affect posture, sports performance and daily life! Great conditioning for runners, cyclists, skiers and snowboarders

Min 6/Max 14

Location: Dole Center, Studio 1

**Wondering where to go? See map on pages 78-79!**

# LOTTERY!

**Lottery Deadline is Noon, May 16.  
Please read lottery info on page 81.**

	Day/Time	Dates	Instructor	# of weeks	Fee	Code
Fit Fun For Everyone	M,W,F, 9-10am	Jun 1 - Jul 10	Enloe	6	\$72/\$108	#343130-01
Fit Fun For Everyone	M,W,F, 9-10am	Jul 20 - Aug 28 (No class 8/17-21)	Enloe	5	\$60/\$90	#343130-03
Fit Fun For Everyone	M & W, 6:15-7:15pm	Jun 1 - Jul 8	Tischina	6	\$52/\$78	#343130-02
Fit Fun For Everyone	M & W, 6:15-7:15pm	Jul 20 - Aug 26	Tischina	6	\$52/\$78	#343130-04
50+ & Fall Proof	F, 10:15-10:45am	Jun 5- Jul 10	Enloe	6	\$27/\$41	#343050-11
50+ & Fall Proof	F, 10:15-10:45am	Jul 24 - Aug 28 (No class 8/21)	Enloe	5	\$23/\$34	#343050-32
Strength on the Ball	W, 6-7:15am	Jun 3 - Jul 8	Enloe	6	\$45/\$68	#343050-15
Strength on the Ball	W, 6-7:15am	Jul 22 - Aug 26 (No class 8/19)	Enloe	5	\$37/\$56	#343050-31
Cardo Boot Camp	Tu, 6-7:15am	Jun 2 - Jul 7	Enloe	6	\$45/\$68	#343050-02
Cardio Boot Camp	Tu, 6-7:15am	Jul 21 - Aug 25 (No class 8/18)	Enloe	5	\$37/\$56	#343050-22

## Group Exercise (Aerobics/Cardio) continued

### NIA - The Technique

LV

Nia is an expressive fitness and awareness program. It offers a holistic approach to health, by blending movements and concepts, from a diversity of cultures. Nia embraces individual creativity, self-inquiry and free expression. The stillness of Tai Chi, the dynamic poses of Yoga, the explosive power of martial arts, and the grace and spontaneity of modern dance, makes it possible to acquire a sense of well-being, that filters into every aspect of your life. Come experience Nia, in this grounded, aerobic, barefoot, movement class. No dance experience is necessary.

Instructor: Pamela Berk

Location: Dole Center, Studio 1

Sa, 11am-12pm \$108/\$162

Jun 6 - Aug 15 (No class 7/4) #343050-12

# of weeks: 10 Min 6/Max 16

### ZUMBA & ZUMBA Plus NEW!

LV

Zumba® Fitness is like no other workout you will ever experience! It originated in Columbia in the mid 90's and since coming to the US in 1999, it has become one of the fastest-growing, dance-based fitness crazes in the country. People of all ages fall in love with the infectious music, easy-to-follow dance moves, and body-beautifying benefits. Enroll in ZUMBA Plus for 45 minutes of ZUMBA plus 15 minutes of abdominal work.

Location: Dole Center, Studio 1

#### ZUMBA

Instructor: Liz Guerrero

W, 7:30-8:15pm \$45/\$68

Jun 3 - Jul 22 #343050-14

# of weeks: 8 Min 6/Max 18

#### NEW! ZUMBA Plus

Instructor: Tina Huang

Th, 5:30-6:30pm \$75/\$112

Jun 4 - Aug 6 #343050-19

# of weeks: 10 Min 6/Max 18

### 45-Minute PM Fitness Circuit

LV

A 45-minute circuit class alternating cardio and strength. Each of the 16 stations are 2 minutes and allow participants to work at their own level of fitness. Class will include a warm-up and ending stretch. Different fitness equipment will be used, including hand weights, bars, tubing, BOSUs and gliding discs. No machines.

Instructor: Liddie Murray

Location: Dole Center, Studio 1

M & W, 4-4:45pm \$73/\$110

Jun 8 - Jul 29 #343050-16

# of weeks: 8 Min 1/Max 14

### Kickboxing (Ages 15+)

LV

This program is designed for both men and women. Bob, weave, jab, cross, and roundhouse kick... you'll learn all these techniques and more! Kickboxing works every major muscle group of the body and is highly effective for developing cardiovascular fitness and body fat reduction - an overall workout that is fun for everyone.

Instructor: Jehue Williams

Location: Barrie Center

Tu & Th, 6:30-7:30pm \$74/\$111

Jun 2 - Jul 9 #343000-01

Jul 21 - Aug 27 #343000-02

# of weeks: 6 Min 6/Max 18

### Body Celebration (Ages 15+)

LV

Celebrate the "New You" with Body Celebration!

Energize your body with stretching and warm-ups, followed by exercising major muscles for strength and better body definition. We use free weights for muscle conditioning. Open for men and women.

Instructor: Annelie Palmer-Jeselski

Location: Carroll Center

Tu & Th, 7-8pm \$57/\$86

Jul 14 - Aug 27 #343140-01

# of weeks: 7 Min 6/Max 18

## Oak Park Boot Camp (Women Only)

LV

Join the fun! A women-only boot camp designed just for you. Choose either 4days/week or 3days/week. Exercises include calisthenics, short distance running/walking, jumping rope, abdominal exercises, hill running/walking, power and agility drills, strength training with various equipment, and much more. You will need to bring a set of dumbbells and a fitness mat (or towel).

- Tu & F @ Longfellow Park
- W @ Oak Park River Forest High School Track (on Lake St, between Scoville & East)
- Th @ Barrie Park Sled Hill

Instructors: Laura Morgan, Jill Roberts

# of weeks: 4

CLASS MEETS 6-7AM WEEKDAYS (Tu-Fri) ONLY!

Program	Fee	Code
<b>Tu-F, Jun 2- 26 from 6-7am</b>		
4x/week	\$184/\$276	#343050-17
3x/week	\$138/\$207	#343050-18
<b>Tu-F, Jul 7- 31 from 6-7am</b>		
4x/week	\$184/\$276	#343050-33
3x/week	\$138/\$207	#343050-34
<b>Tu-F, Aug 11 - Sep 4 from 6-7am</b>		
4x/week	\$184/\$276	#343050-38
3x/week	\$138/\$207	#343050-39

## Personal Training

### Personal Training

#### (Teens & Adults)

LV

Want to get in shape with the help of a personal trainer, but don't want to join a health club? Let the Park District of Oak Park help. We offer personal training for individuals or groups of 2 or more. Days & times vary depending on room availability. All ages and levels welcome. Call (708)725-2155 for details.

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