



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. 59) (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: Fitness Staff

Location: Dole Center, Studio 1

M, W, F from 11am-Noon

Fee: See Fitness Punch Pass above.

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: Fitness Staff

Location: Dole Center, Studio 1

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

Fee: See Fitness Punch Pass above.

Group Exercise (Aerobics/Cardio)



Some Like it Light (Ages 15+) LV

This class is designed for men and women not currently involved in an exercise program as well as for older adults. We exercise with hand-held weights which help prevent and reduce osteoporosis. This class is a great choice for cross-training with an emphasis on stretching, toning, strength, flexibility and endurance.

Location: Ridgeland Common

Instructor: Judy Neumann

M & W, 6:15-7:15pm

\$52/\$78

Jan 5 - Feb 16 (No class 1/19)

#143110-01

Feb 23 - Apr 20 (No class 3/9-3/23)

#143110-02

of weeks: 6

Min 8/Max 20

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!

Location: Dole Center, Studio 1

Instructor: Janice Enloe (AFAA Certified), Al Tischina

M,W,F, 9-10am

\$72/\$108

Jan 5 - Feb 16 (No class 1/19)

#143130-01

Feb 23 - Apr 3

#143130-03

M & W, 6:15-7:15pm

\$52/\$78

Jan 5 - Feb 16 (No class 1/19)

#143130-02

Feb 23 - Apr 1

#143130-04

of weeks: 6

Min 6/Max 19

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!

Location: Dole Center, Studio 1

Instructor: Janice Enloe

F, 10:15-10:45am

\$27/\$41

Jan 9 - Feb 13

#143050-15

Feb 27 - Apr 3

#143050-33

of weeks: 6

Min 6/Max 14

LOTTERY!

Lottery Deadline is Noon, Dec 18.
Please read lottery info on page 73.



Exercise & Fitness

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	\$65/\$98
Jan 10 - Feb 14	#143050-11
Feb 28 - Apr 4	#143050-29
# of weeks: 6	Min 6/Max 14

NEW! ZUMBA

LV

Zumba® Fitness is like no other workout you will ever experience! It originated in Columbia in the mid '90s and since coming to the U.S. 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.

Instructor: Liz Guerrero

Location: Dole Center, Studio

W, 7:30-8:30pm	\$45/\$68
Jan 7 - Feb 11	#143050-13
Feb 25 - Apr 1	#143050-31
# of weeks: 6	Min 6/Max 12

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.

Location: Dole Center, Studio 1

Instructor: Janice Enloe, AFAA Certified Group Fitness

Instructor	
W, 6-7:15am	\$45/\$68
Jan 7 - Feb 11	#143050-12
Feb 25 - Apr 1	#143050-30
# of weeks: 6	Min 6/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.

Location: Barrie Center

Instructor: LaRitta Webb

Tu & Th, 6:30-7:30pm	\$74/\$111
Jan 6 - Feb 12	#143000-01
Feb 24 - Apr 2	#143000-02
# of weeks: 6	Min 8/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.

Location: Carroll Center

Instructor: Annelie Palmer-Jeselski

Tu & Th, 7-8pm	\$65/\$98
Jan 6 - Feb 26	#143140-01
Mar 10-Apr 30	#143140-012
# of weeks: 8	Min 8/Max 18

45-Minute Afternoon Fitness Circuit

LV

A 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.

Location: Dole Center, Studio 1

Instructor: Liddie Murray

M & W, 1-1:45pm	\$55/\$83
Jan 5 - Feb 16 (No class 1/19)	#143050-16
Feb 23 - Apr 1	#143050-34
M & W, 4-4:45pm	\$55/\$83
Jan 5 - Feb 16 (No class 1/19)	#143050-37
Feb 23 - Apr 1	#143050-38
# of weeks: 6	Min 6/Max 14

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.

LOTTERY!

Lottery Deadline is Noon, Dec 18.
Please read lottery info on page 73.



Body Sculpt/Fab Abs (Ages 16 & up)

LV

This class uses various types of resistance equipment for a muscle conditioning workout. We'll focus on the upper body, lower body, and core, working each muscle to exhaustion. Designed to meet your fitness goals, it is recommended to register for 1-3 sessions per week, giving your muscles at least one day to rest in between classes. Make up classes are permitted if a class has less than 14 students.

Location: Dole Center, Studio 1

Instructors: Liddie Murray, Janice Enloe, and Al Tischina
Min 6/Max 14

of weeks: 6

Day/Time	Dates	Instructor	Fee	Code
M, 6-7:15am	Jan 5 - Feb 16 (No class 1/19)	Enloe	\$45/\$68	#143050-01
	Feb 23 - Mar 30	Enloe	\$45/\$68	#143050-19
Tu, 9:30-10:45am	Jan 6 - Feb 10	Murray	\$45/\$68	#143050-02
	Feb 24 - Mar 31	Murray	\$45/\$68	#143050-20
Tu, 6:30-7:45pm	Jan 6 - Feb 10	Tischina	\$45/\$68	#143050-03
	Feb 24 - Mar 31	Tischina	\$45/\$68	#143050-21
Th, 6-7:15am	Jan 8 - Feb 12	Enloe	\$45/\$68	#143050-04
	Feb 26 - Apr 2	Enloe	\$45/\$68	#143050-22
Th, 9:30-10:45am	Jan 8 - Feb 12	Murray	\$45/\$68	#143050-05
	Feb 26 - Apr 2	Murray	\$45/\$68	#143050-23
Th, 6:30-7:45pm	Jan 8 - Feb 12	Tischina	\$45/\$68	#143050-06
	Feb 26 - Apr 2	Tischina	\$45/\$68	#143050-24
Sa, 7-8:15am	Jan 10 - Feb 14	Enloe	\$45/\$68	#143050-07
	Feb 28 - Apr 4	Enloe	\$45/\$68	#143050-25
Sa, 8:30-9:45am	Jan 10 - Feb 14	Murray	\$45/\$68	#143050-08
	Feb 28 - Apr 4	Murray	\$45/\$68	#143050-26
Su, 8:30-9:45am	Jan 11 - Feb 15	Murray	\$45/\$68	#143050-09
	Mar 1 - Apr 5	Murray	\$45/\$68	#143050-27

Oak Park Boot Camp (Women Only)

LV

Join the fun! A women-only boot camp designed just for you. Choose either 4 days/week or 3 days/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). Location: Program is outdoors (unless inclement weather)

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

of weeks: 6

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

Program	Fee	Code
Session 1: Tu-F, Jan 6 - Feb 13		
4x/week	\$277/\$415	#143050-17
3x/week	\$208/\$312	#143050-18
Session 2: Tu-F, Feb 24 - Apr 3		
4x/week	\$277/\$415	#143050-35
3x/week	\$208/\$312	#143050-36

Sports Performance Boot Camp For Men & Women!

LV

Sports inspired drills and high intensity cardio intervals designed to challenge agility, quickness, reactivity, functional strength and overall fitness. 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

Instructor: Janice Enloe

Tu, 6-7:15am	\$45/\$68
Jan 6 - Feb 10	#143050-10
Feb 24 - Mar 31	#143050-28
# of weeks: 6	Min 6/Max 14