





RECREATION CENTER
of HIGHLAND PARK


FIT FOR LIFE

Group Fitness Schedule: Classes for Active Older Adults Effective April 8, 2019

MONDAY

	8:30 - 9:30 am	Aqua Intervals	Pool	Chelsea Duggan
	10:35 - 11:35 am	Forever Fit	Studio 1	Lauren Worthey
	12:05 - 1:20 pm	Gentle Yoga	Studio 2	Marian McNair
	1:15 - 2:15 pm	Sets and Reps	Studio 1	Amy Hohman



TUESDAY

	8:30 - 9:30 am	Water Warriors	Pool	Amy Hohman
	9:35 - 10:35 am	Zumba Toning	Gym	Melissa Kerpel
	10:30 - 11:45 am	All Levels Yoga	Studio 2	Silvia Shaw
	11:00 am - 12:00 pm	Balance and Tone	Studio 1	Judy Friedman
	12:00 - 1:00 pm	Chair Yoga	Studio 2	Jerry Eichengreen
	6:00 - 7:15 pm	Restorative Yoga	Studio 2	Marian McNair

WEDNESDAY

	8:30 - 9:30 am	Water Warriors	Pool	Yael Moganstern
	9:30 - 10:25 am	Barre	Studio 1	Ellen Morgan
	10:00 - 11:00 am	Aqua Flow	Pool	Anita Scheindel
	10:30 - 11:25 am	Tai Chi	Studio 1	Ken Ning
	11:30 - 12:30 am	Forever Fit	Studio 1	Cara Schlusel


THURSDAY

	8:30 - 9:20 am	Step Fusion	Studio 1	Ellen Morgan
	8:30 - 9:25 am	Aqua Zumba	Pool	Melissa Kerpel
	9:35 - 10:35 am	Zumba	Gym	Melissa Kerpel
	10:30 - 11:45 am	Move Well Yoga	Studio 2	Mia Cutler
	10:35 - 11:25 am	Balance and Tone	Studio 1	Judy Friedman
	12:00 - 1:00 pm	Chair Yoga	Studio 2	Jerry Eichengreen


FRIDAY

	8:30 - 9:30 am	Water Warriors	Pool	Yael Morgenstern
	10:00 - 11:00 am	Aqua Flow	Pool	Anita Scheindel
	11:00 - 11:55 am	Forever Fit	Studio 1	Milana Astorino
	11:45 am - 12:45 pm	Tai Chi	Studio 2	Ken Ning
	12:15 - 1:00 pm	Better Balance	Studio 1	Marian McNair

SATURDAY

	8:30 - 9:30 am	Aqua Intervals	Pool	Katy K./Jodi D.
	10:45 am - 12:00 pm	Yoga for Osteoporosis	Studio 2	Marian McNair

SUNDAY

	8:00 - 8:50 am	Zumba	Gym	Milana Astorino
	9:00 - 10:00 am	Aqua Intervals	Pool	Chelsea Duggan
	9:00 - 10:00 am	Strength and Core	Studio 1	Milana Astorino

Jodi DiTomasso | Manager of Fitness | jditomasso@pdhp.org | 847.579.4049

Debbie Pierce | Manager of Facility Operations | dpierce@pdhp.org | 847.579.4047

Kari Acevedo | Aquatics Manager | kacevedo@pdhp.org | 847.579.4051

Lauren Worthey | Fitness Coordinator | lworthey@pdhp.org | 847.579.4048

1207 Park Ave. West • Highland Park, IL 60035 | 847.579.4554 | recreationcenterofhp.org



PARK DISTRICT
of HIGHLAND PARK

Group Exercise

Barre

Barre combines elements of core work, Pilates, yoga, and ballet. Its low-impact isometric movements target and tone the toughest areas of your body. Your heart rate will go up and down depending on how hard you work.

Balance and Tone

This class covers a variety of exercises designed to improve muscular strength, balance, and range of motion.

Better Balance

Increase flexibility, joint stability, balance, coordination, agility and muscle strength in an encouraging, unintimidating atmosphere.

Forever Fit

This class is for anyone who wants to be forever fit. The focus is on appropriate strength, cardiovascular, joint stability, balance, and flexibility exercises. All fitness levels are welcome.

Sets and Reps

Structure your workout effectively; three sets of 12-15 reps per exercise. Build muscular strength and endurance. All fitness levels are welcome.

Step Fusion

A fusion of low impact cardio moves on and off the step, strength, abs and stretch. Offering the best of both worlds when it comes to boosting your heart rate and working your muscles. The instructor will move you through each block of exercises on the beat of the music

Strength and Core

A total body conditioning class using simple and compound movements to build muscle and stamina.

Zumba

ZUMBA is an interval-style, calorie-burning dance fitness party. Zumba features Latin rhythms with easy to follow moves. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, and boosted energy.

Zumba Toning

Those who want to party but put extra emphasis on toning and sculpting to define those muscles! The added challenge of resistance by using Zumba Toning Sticks (or light weights) helps you focus on specific muscle groups.

Mind/Body

Chair Yoga

Slower paced gentle yoga class using chairs and props for beginners and those with limitations. Posture, strength, flexibility and breath emphasized during this practice.

Gentle Yoga

A great class for beginners and anyone interested in exploring a gentle practice. Explore a variety of foundational postures and breathing exercises.

Restorative Yoga

A form of yoga that seeks to achieve physical, mental, and emotional relaxation with the aid of props. *Perfect class for those with injuries, need extra support and modifications, or are new to yoga.*

Tai Chi

Tai Chi uses beautiful controlled movements aligned with breath to harmonize energy flow into the body.

Yoga for Osteoporosis

Poses that are weight-bearing on all four limbs help build bone density. Asanas with spinal rotation or folding forward are avoided.

Water Fitness

Aqua Flow

This class will give you a challenging total body, low impact workout in the water. Improving all areas of physical fitness, including; muscle toning, cardiovascular conditioning, and flexibility.

Aqua Intervals

This class combines a series of water exercises in a high/low level format. The instructor will challenge you to build the intensity of a move in short bursts of timed intervals without joint impact. Be prepared to burn calories and increase your overall fitness levels.

Aqua Zumba

Aqua Zumba blends the Zumba philosophy with water resistance. A non-impact, high-energy aquatic class.

Water Warriors

Challenge the dynamics of your aqua workout with segments of cardio and resistance training using intervals and water approved equipment.