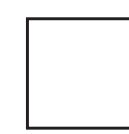





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 - 6:30 am Strength Intervals Michael Buss Studio 1	NEW 5:45 - 6:30 am TRX Boot Camp Michael Buss Studio 1	NEW 5:45 - 6:30 am Vinyasa Yoga Ann Kiesling Studio 2	NEW 5:15 - 5:35 am Dynamic Warmup Brad Qua Studio 2	5:45 - 6:30 am Power Circuits Sue Cohen Studio 1	NEW 7:15 - 8:15 am Power Circuits Lauren Worthey Studio 1
NEW 7:45 - 8:30 am Video Cycle 45 Jodi DiTomasso	5:45 - 6:45 am Power Cycle Brad Qua	NEW 5:45 - 6:30 am Strength and Core Chelsea Duggan Studio 1	5:45 - 6:30 am Strength Intervals Lindsay Malitz Studio 1	NEW 7:45 - 8:30 am Video Cycle 45 Jodi DiTomasso	7:15 - 8:15 am Video Cycle Jodi DiTomasso
NEW 8:30 - 9:20 am TRX Jodi DiTomasso Studio 2	8:30 - 9:30 am Water Warriors Amy Hohman	8:00 - 9:00 am Power Cycle Tim Johnson	5:45 - 6:45 am Power Cycle Brad Qua	8:30 - 9:25 am Zumba Toning Melissa Kerpel Gym	8:00 - 9:10 am Vinyasa Yoga Laura Feldman Studio 2
8:30 - 9:25 am Aqua Intervals Chelsea Duggan	NEW 8:30 - 9:20 am Strength and Core Lisa Hodges Studio 1	NEW 8:30 - 9:15 am HIIT Faith Griswold Studio 1	NEW 8:30 - 9:20 am Step Fusion Ellen Morgan Studio 1	8:30 - 9:30 am Water Warriors Yael Morganstern	NEW 8:30 - 9:30 am Aqua Intervals Katy K./Jodi D.
8:30 - 9:25 am Barre Cara Schlusel Studio 1	NEW 8:30 - 9:15 am Cycle Beats Lauran Worthey	8:30 - 9:30 am Water Warriors Yael Morganstern	8:30 - 9:25 am Aqua Zumba Melissa Kerpel	8:30 - 9:25 am Strength Intervals Lindsay Malitz Studio 1	8:30 - 9:30 am Power Cycle Michael Buss
9:30 - 10:30 am Cycle Beats Cara Schlusel	NEW 9:30 - 10:25 am Cardio Blast Lauren Worthey Studio 1	8:30 - 9:30 am Vinyasa Yoga Lisa Hodges Studio 2	8:30 - 9:25 am Strength and Core Sue Cohen Gym	9:15 - 10:15 am Pilates Veronica Shaknis Studio 2	NEW 8:30 - 9:25 am Cardio Blast Lauren Worthey Studio 1
9:30 - 10:25 am TBC Dana Pieper Gym	NEW 9:30 - 10:30 am Warrior Sculpt Jodi DiTomasso Studio 2	9:30 - 10:25 am Barre Ellen Morgan Studio 1	9:30 - 10:30 am Cycle Beats Cara Schlusel	9:30 - 10:30 am TBC Dana Pieper Gym	9:15 - 10:30 am Vinyasa Yoga Ann Kiesling Studio 2
9:35 - 10:35 am Pilates Veronica Shaknis Studio 2	9:35 - 10:35 am ZUMBA Toning Melissa Kerpel Gym	9:30 - 10:30 am Power Cycle Tim Johnson	NEW 9:30 - 10:25 am Pilates Ellen Morgan Studio 2	9:30 - 10:20 am Cycle Beats Ellen Morgan	NEW 9:35 - 10:25 am Strength and Core Lauren Worthey Studio 1
9:35 - 10:30 am Power Circuits Chelsea Duggan Studio 1	NEW 10:30 - 11:45 am All Levels Yoga Silvia Shaw Studio 2	9:30 - 10:30 am Compound Strength Dana Pieper Gym	NEW 9:30 - 10:25 am Kettlebell/Barbell Blast Jodi DiTomasso Studio 1	9:30 - 10:30 am WERQ Danielle Porte Studio 1	9:40 - 10:40 am Video Cycle Katy Kennedy
NEW 10:35 am - 11:35 pm Forever Fit Lauren Worthey Studio 1	11:00 am - 12:00 pm Balance and Tone Judy Friedman Studio 1	NEW 9:40 - 10:35 am TRX Tev Bond Studio 2	9:35 - 10:35 am Zumba Melissa Kerpel Gym	10:00 - 11:00 am Aqua Flow Anita Scheindel	NEW 10:30 - 11:30 am Ultimate Kickboxing Justin Hanlin Studio 1
10:45 am - 12:00 pm Vinyasa Yoga Laura Feldman Studio 2	12:00 - 1:00 pm Chair Yoga Jerry Eichengreen Studio 2	10:00 - 11:00 am Aqua Flow Anita Scheindel	NEW 10:30 - 11:45 am Move Well Yoga Mia Cutler Studio 2	10:30 - 10:55 am Friday Stretch Danielle Porte Studio 1	NEW 10:35 - 11:35 am WERQ Lisa Paddor Gym
NEW 12:05 - 1:20 pm Gentle Yoga Marian McNair Studio 2	1:00 - 2:00 pm Ultimate Kickboxing Justin Hanlin Studio 1	10:30 - 11:25 am Tai Chi Ken Ning Studio 1	10:35 - 11:25 am Balance and Tone Judy Friedman Studio 1	10:30 am - 11:30 am Vinyasa Yoga Lisa Hodges Studio 2	10:45 am - 12:00 pm Yoga for Osteoporosis Marian McNair Studio 2
1:15 - 2:15 pm Sets and Reps Amy Hohman Studio 1	5:00 - 5:50 pm Power Circuits Chelsea Duggan Studio 1	10:45 - 11:45 am Vinyasa Yoga Katie Froelich Studio 2	11:30 am - 12:30 pm Ultimate Kickboxing Justin Hanlin Studio 1	11:00 - 11:55am Forever Fit Milana Astorino Studio 1	
4:45 - 5:25 pm Core Crush Chelsea Duggan Studio 1	6:00 - 7:00 pm Strength and Core Chelsea Duggan Studio 1	11:30 am - 12:30pm Forever Fit Cara Schlusel Studio 1	12:00 - 1:00 pm Chair Yoga Jerry Eichengreen Studio 2	11:45 am - 12:45 pm Tai Chi Ken Ning Studio 2	NEW 7:00 - 7:55 am Kettlebell/Barbell Blast Chelsea Duggan Studio 1
5:15 - 5:40 pm Meditation Lisa Hodges Studio 2	6:00 - 7:15 pm Restorative Yoga Marian McNair Studio 2	5:00 - 5:45 pm TRX Michael Buss Studio 2	NEW 5:00 - 5:50 pm Power Circuits Lisa Hodges Studio 1	12:15 - 1:00 pm Better Balance Marian McNair Studio 1	NEW 8:00 - 8:50 am Zumba Milana Astorino Gym
5:30 - 6:25 pm WERQ Michelle Peralta Studio 1	6:30 - 7:30 pm Video Cycle Katy Kennedy	5:30 - 6:25 pm Barre Cara Schlusel Studio 1	5:45 - 7:00 pm Vinyasa Yoga Tracy Handelman Studio 2		8:10 - 9:00 am TRX Boot Camp Tim Johnson Studio 1
5:45 - 7:00 pm Vinyasa Yoga Lisa Hodges Studio 2		6:00 - 7:00 pm Ultimate Kickboxing Justin Hanlin PT Studio	6:00 - 7:00 pm Step Cara Schlusel Studio 1		8:20 - 9:20 am Power Cycle Brad Qua
6:30 - 7:25 pm Zumba Ruben Zapata Studio 1		NEW 6:00 - 6:30 pm Cycle Beats Express Lauren Worthey	NEW 6:00 - 6:50 pm Power Cycle Faith Griswold		9:00 - 10:00 am Aqua Intervals Chelsea Duggan
6:30 - 7:30 pm Power Cycle Brad Qua		6:30 - 7:30 pm WERQ Michelle Peralta Studio 1			NEW 9:00 - 10:00 am Cardio & Compound Strength Cara Schlusel Gym
		NEW 6:35 - 7:05 pm Core Crush Lauren Worthey Studio 2			NEW 9:00 - 10:00 am Strength and Core Milana Astorino Studio 1

SUNDAY
7:00 - 7:55 am Kettlebell/Barbell Blast Chelsea Duggan Studio 1
8:00 - 8:50 am Zumba Milana Astorino Gym
8:10 - 9:00 am TRX Boot Camp Tim Johnson Studio 1
8:20 - 9:20 am Power Cycle Brad Qua
9:00 - 10:00 am Aqua Intervals Chelsea Duggan
NEW 9:00 - 10:00 am Cardio & Compound Strength Cara Schlusel Gym
NEW 9:00 - 10:00 am Strength and Core Milana Astorino Studio 1
9:30 - 10:30 am Power Cycle Brad Qua
9:45 - 11:00 am Vinyasa Yoga Lisa Hodges Studio 2
NEW 10:10 - 11:10 am WERQ Sharon Robinson Gym

-  **Group Fitness**
-  **Cycle**
-  **Water Fitness**
-  **Mind/Body**

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Group Fitness

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, unthreatening atmosphere.

Cardio Blast

Blast your endurance fitness level through the roof with a full variety of calorie torching cardio exercises. The instructor will move you through each block of exercises on the beat of the music.

Cardio & Compound Strength

A combination of cardio moves and compound strength training to keep your heart rate up by burning fat and creating lean muscle. The instructor will move you through each block of exercises on the beat of the music.

Cardio Kickboxing

A high energy cardiovascular workout that combines kicks and punches to improve stamina and endurance. Light weights are often used for a portion of the class to boost calories burned. All fitness levels are welcome.

Compound Strength

Each block of exercises is smoothly sequenced to be non-stop and dynamic. A step, free weights, and handled tubing are utilized to challenge all muscle groups. You will burn extra calories and develop lean muscle mass. The instructor will move you through each block of exercises on the beat of the music.

Core Crush

Get ready for a workout that takes your core muscles to the next level. Feel strong and balanced with this trunk-focused class.

Dynamic Warmup

Use this 20-minute class to warm-up all your muscles, wake up your core, and start the sweat! Perfect for every workout and all levels.

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.

Friday Stretch

Series of dynamic movements and static stretches. Perfect for after your workout, before your workout, or as your workout. Stretching helps prevent injury and makes you feel good! All levels are welcome.

HIIT (High Intensity Interval Training)

Alternate periods of short intense anaerobic exercise with less intense recovery periods. This style of training leads to improved cardiovascular conditioning and improved fat burning.

Kettlebell/Barbell Blast

Designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate, Kettlebell and bodyweight exercises to blast all major muscle groups.

Power Circuits

Target fat loss, muscle-building, and cardiovascular fitness. A combination of high intensity aerobics, strength and resistance training exercises performed in a circuit.

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

A high energy cardiovascular workout using an elevated platform to execute choreographed movements and combinations. Challenge your body and brain while burning fat! The instructor will move you through each block of exercises on the beat of the music.

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.

Strength Intervals

This class is designed to help shed excess fat while building strength and endurance. This high energy interval, nonchoreographed class combines cardio, core, and strength.

TBC (Total Body Conditioning)

This interval class is designed to boost metabolism and fat burning potential. Free weights, handled tubing and stability balls are used to build lean muscle mass and elevate the heart rate. The cardio intervals consist of kickboxing moves, plyometrics and other movement combinations. Great for all fitness levels.

TRX

TRX Suspension Training is a strength and cardio class different from everything else. Based on a combined approach that includes balance, coordination and flexibility. Challenge all major muscle groups and the core.

TRX Boot Camp

Combine interval training with the body weight supported TRX training for the ultimate in endurance and strength training.

Ultimate Kickboxing

A combination of kickboxing moves used for exercise and self-defense. Chisel your body using the heavy bag, focus punches, kicks and footwork drills. Must bring wraps or gloves for the bag and focus mitt training.

Warrior Sculpt

Power up your practice with a pair of light dumbbells and join us on the mat to maximize your flow. You'll be dripping with sweat, sculpting your body whilst feeling surprisingly Zen.

WERQ

A fierce and fun dance fitness class based on current pop, rock, and hip-hop music. Enjoy high-energy dance steps, expert cuing, while working up a sweat dancing to songs you love on the radio!

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.

Join our RC Beat for weekly updates and substitutions on the Group Ex Schedule. Visit pdhp.org, then click on Group Exercise to find the RC Beat weekly “click here” link to sign up!

Cycle

Cycle Beats

A high-performance all-terrain ride to the beat of the music. The instructor will take you in and out of the saddle. Designed to help you burn calories, sweat, and have fun while cycling to a variety of musical styles.

Power Cycle

Take a heart-pounding ride through hills and drills. Let the instructor and the music guide you to the best cardio calorie burner out there!

Video Cycle

This class is designed around music, videos, and scenic rides. Get lost in the fun and burn lots of calories on this intense ride!

Mind/Body

All Levels Yoga

Practice poses, breath awareness, strength, flexibility, form and flow. Incorporates optional challenging postures.

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.

Meditation

The teacher guides the student into being present and aware of the here and now. Brief imagery guides students to follow their breath and to remain present.

Move Well Yoga

Bridge the gap between the yoga you love and everything else your body needs. There is an emphasis on core strength, twisting, standing forward folds and balance. Wrist weightbearing exercises are avoided. If you are used to Vinyasa Flow classes, this is an excellent addition to your practice.

Pilates

A series of non-impact exercises developed by Joseph Pilates to develop strength, flexibility, balance, and inner awareness.

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.

Vinyasa Yoga

Participants will experience a guided, flowing, dynamic form of yoga, linking movement and breath to intention. Vinyasa is an active practice that strengthens, tones, and improves balance and flexibility.

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 out joint impact.

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.

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