

# ACTIVE OLDER ADULT GROUP EXERCISE SCHEDULE

## DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15am <b>Aqua Fit</b> Lindsey   Pool	8:30-9:15am <b>Aqua Fit</b> Cara   Pool	8:30-9:15am <b>Aqua Fit</b> Melissa   Pool	8:30-9:15am <b>Aqua Fit</b> Faith   Pool	8:30-9:15am <b>Aqua Fit</b> Amy   Pool
8:30-9:20am <b>Barre</b> Cara   Group Ex	8:30-9:20am <b>Zumba Gold Tone</b> Melissa   Gym	9:30-10:25am <b>Strength &amp; Core</b> Lisa H   Gym	8:30-9:20am <b>Zumba Gold</b> Melissa   Gym	8:30-9:20am <b>Barre</b> Lisa P   Group Ex
9:30-10:25am <b>Strength &amp; Core</b> Cara   Gym	9:30-10:30am <b>Slow Flow Yoga</b> Steve   Mind/Body	10:30-11:20am <b>Stamina, Strength, &amp; Balance</b> Ellen   Group Ex	9:30-10:30am <b>Slow Flow Yoga</b> Lisa H   Mind/Body	9:30-10:20am <b>Strength &amp; Core</b> Amy   Gym
9:30-10:30am <b>Gentle Yoga</b> Mindi   Mind/Body	9:30-10:25am <b>Barre</b> Ellen   Group Ex	6-7:15pm <b>Vin-Yin Yoga</b> Steve   Mind/Body	10:30-11:20am <b>Dance Fusion</b> Mindi   Group Ex	10:30-11:20am <b>Pilates</b> Ellen   Group Ex
10:30-11:20am <b>Sets &amp; Reps</b> Amy   Group Ex	10:30-11am <b>Pilates Core Express</b> Ellen   Group Ex		11:30-12:20am <b>Strong &amp; Steady</b> Marian   Group Ex	4-5pm <b>Community Yoga*</b> Rotation   Mind/Body
11:30-12:20am <b>Strong &amp; Steady</b> Marian   Group Ex	6-7pm <b>Restorative Sound Bath</b> Marian   Mind/Body			
6-6:50pm <b>Zumba</b> Mercedes   Group Ex				
			SATURDAY	SUNDAY
			8:30-9:20am <b>Zumba</b> Mercedes   Gym	9-10am <b>Foundations Flow</b> Marian   Mind Body
			9:30-10:30am <b>Yoga Flow</b> Sandi   Mind/Body	
			12:30-1:30pm <b>Tai Chi</b> Ken   Group Ex	

	Group Ex Studio
	Mind/Body Studio
	Gymnasium   Court 1
	Indoor Pool

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# Active Older Adult Class Descriptions

## Aqua Fit

Challenge the dynamics of your aqua workout with low-impact segments of cardio and resistance training using intervals and water approved equipment. Improves all areas of physical fitness, including muscle toning, cardiovascular conditioning, and flexibility.

## Barre

Barre combines elements of core work, Pilates, yoga, and ballet in a low impact format. Designed to improve your balance and strength through movements with the assistance of the bar. Perfect for all levels.

## \*Community Yoga—Fridays 4pm

Experience the beauty of our Mind/Body Studio overlooking The Preserve of Highland Park while connecting with the community in this free yoga class open to all. Instructors will rotate based on availability, each offering their own welcoming, all-levels flow. Weekly instructor schedules will be updated on our website.

## Dance Fusion

Move, groove, and have fun in this energizing dance class! Easy-to-learn choreography, line dancing, and lead/follow styles blend with repeatable moves inspired by jazz, funk, hip hop, R&B, and pop. No dance background needed—just bring your energy, good vibes, and find the beat.

## Foundations Flow

Build confidence and strength as you learn the foundations of yoga. This gentle vinyasa-inspired class blends breath, body awareness, and core connection to help you move with ease and revive your spirit. Perfect for beginners or anyone ready to return to the basics with fresh energy.

## Gentle Yoga

This class is a restorative style of yoga suitable for people of all ages and abilities. It focuses on slow, thoughtful movements and breathing to help relieve stress, increase flexibility and strengthen the body while reducing strain on joints and muscles.

## Pilates

A series of non-impact exercises developed by Joseph Pilates to develop strength, flexibility, balance, and inner awareness. Pilates HIIT adds an intensity to enhance cardiovascular training.

## Pilates Core Express

Focus on targeting your core muscles through a series of dynamic movements designed to improve strength, stability, posture, breath, and alignment. Ideal for any fitness level.

## Restorative Sound Bath

Unwind in a deeply calming experience where soothing sounds and gentle vibrations guide you into total relaxation. This restorative practice encourages stress release, inner balance, and a renewed sense of peace—all without effort, just rest and receive.

## Sets & Reps

An all-levels full body basic light strength training class focused on training targeted muscle groups with three sets of 10 - 15 reps. This is a safe and appropriate class for beginners, regulars, and seniors. Modifications, chairs, and recommendations offered for all levels.

## Slow Flow Yoga

Students will connect to their bodies through movement and breath while focusing on listening to the body, practice deliberate stillness and conscious rest. As the body rests muscle tension unravels, stress releases, the mind begins to quiet aiding the natural healing process of our bodies.

## Stamina, Strength, & Balance

Tailored for active older adults, this format consists of 20 minutes of movement to improve stamina, 20 minutes of weights to improve strength and 10 minutes of balance to increase core strength. It's the winning combo! Chairs are optional for all levels.

## Strength & Core

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

## Tai Chi

A Chinese martial art practiced for self-defense and health. Known for its slow, intentional movements, tai chi has practitioners worldwide and is particularly popular as a form of gentle exercise and moving meditation, with benefits to mental and physical health.

## Vin-Yin Yoga

Vin/Yin is a marriage of the strong, yang Vinyasa Yoga with the receptive Yin Yoga. Active, yet grounding sun salutations and standing flows are offered in the first half of class to enliven the body and chase away any fatigue. of the present moment.

## ZUMBA

This is a dance party disguised s a workout! Latin, international, and modern music to choreographed to challenge your body and mind in the most fun way.

## ZUMBA Gold

Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance.

## Zumba Gold Tone

Tailored for active older adults, who want to focus on muscle conditioning and light weight activity. This is the fun of Dance Fitness class at a slower pace with an optional redefining total body workout using light dumbbells. Light strength training and cardio training is essential to prevent a dramatic reduction in muscle mass, muscle strength, atrophy, and sarcopenia (loss of skeletal muscle mass).