

# LAKE FOREST



LAKE FOREST PARKS AND RECREATION

## *Group Exercise Schedule* December 4 - April 1

Monday	8:00-8:50 am	TBC Power	Jen Brody	Studio 1
	8:00-9:00 am	Total Body Conditioning	Gillian Goodfriend	Studio 2
	8:00-9:00 am	Sunrise Yoga	Areta Verschoor	Studio 3
	9:05-9:55 am	Strength & Cardio Mix	Gillian Goodfriend	Studio 1
	10:00-10:30 am	Barre & Core	Gillian Goodfriend	Studio 1
Tuesday	8:10-9:00 am	Piloxing	Danielle Knighton	Studio 1
	9:05-10:05 am	Power Hour	Kim Lyszczarczyk	Studio 1
Wednesday	8:00-8:50 am	Strength & Core	Melissa Blake	Studio 2
	8:00-9:00 am	Sunrise Yoga	Areta Verschoor	Studio 3
	9:00-10:00 am	<i>Cycle/TRX*</i>	<i>Denisa Tkacova</i>	<i>Studio 1</i>
	9:00-10:00 am	Strength & Cardio Mix	Gillian Goodfriend	Studio 2
	10:05-10:35 am	<b>Straight Up Core</b>	<b>Gillian Goodfriend</b>	<b>Studio 2 NEW!</b>
Thursday	8:10-9:00 am	Cardio Mix	Danielle Knighton	Studio 1
	9:05-10:05 am	Power Hour	Kim Lyszczarczyk	Studio 1
Friday	8:00-9:00 am	Full Body Interval	Danielle Knighton	Studio 1
	8:00-9:00 am	Sunrise Yoga	Areta Verschoor	Studio 3
	8:00-9:00 am	Strength & Core	Melissa Blake	Studio 2
	9:05-10:05 am	Barre	Kim Lyszczarczyk	Studio 1

*\*Registration at the front desk required for Cycle/TRX attendance.*

Babysitting available via reservation.

Any questions, please contact Danielle Knighton, Group Exercise Coordinator at [knightond@cityoflakeforest.com](mailto:knightond@cityoflakeforest.com).

Barre/Barre & Core: A hybrid workout, this class combines ballet-inspired moves with elements of Pilates and strength training. Barre focuses on high reps of small range movements to awesome up-tempo music.

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**Bootcamp:** In this class you can expect to do exercises such as push-ups, lunges, squats, crunches, burpees, but also cardio exercises like drills and shuttle runs. This class will keep you moving and guessing what's next.

**Strength & Cardio Mix:** This class is a full combination of all things cardio and weight training while using our most fun equipment. Each class is designed to challenge and educate you on the most effective and safe movements while burning calories!

**Cardio Mix:** A great mix of cardio combinations including agility, kickboxing and HITT. Though our class is a non-stop calorie burning workout, all movements can be low impact or high impact depending on your needs; all levels are welcomed to participate.

**Cycle Express:** A 30 minute high intensity class to get your heart rate going with sprint intervals and challenging climbs. This is a quick ride for those with places to go!

**Fit Forever:** This low impact class incorporates cardio, core and resistance training to build strength, improve balance, and increase range of motion. Whether you are a senior, beginner, pre/post natal or recovering from an injury, this all level fitness class will work your entire body and help you stay Fit Forever!

**Full Body HIIT:** This high-energy cardio and weight workout that will help build stamina, improve coordination and burn calories. This class is formatted in timed intervals in order to get the most of each muscle group.

**Piloxing:** This class blends Pilates, boxing and dance. It's a high-energy interval workout that involves heart-pumping, powerful boxing combinations and sculpting and lengthening Pilates-influenced movements. In classes you wear weighted gloves to add extra resistance.

**Power Hour:** A music led, barbell-based workout that's specifically designed to help you get lean, toned and fit.

**Strength & Core:** This is a great basics class covering all over body resistance training with concentration on core/abdominal work.

**Straight Up Core:** Improve your posture and build core muscle groups through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility. Walk taller, feel stronger.

**Total Body Conditioning:** A multi-level, full body workout that targets all major muscle groups. This workout is designed to contain challenging exercises that will increase strength and get your heart pumping at your desired intensity level.

**TBC Power:** This class is all things Total Body Conditioning with a little more POWER! In this format you will be challenged from start to finish. If you are looking to take your strength training to new heights, then this class is for you.

**TRX:** A class that utilizes the TRX suspension equipment, TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

**Yoga:** Enjoy your day with sun salutations and deep breathing to warm the body and prepare it for a deeper stretch. 10/14/2023