

# LAKE FOREST



LAKE FOREST PARKS AND RECREATION

## *Group Exercise Schedule* January 3 - March 6

Monday	8:00-9:00am	Total Body Conditioning	Danielle Knighton	Studio 1
	9:00-10:00am	Yoga	Areta Verschoor	Studio 3
	9:05-10:00am	Fit Forever	Danielle Knighton	Studio 2
	9:10-9:50am	Cardio Step	Gillian Goodfriend	Studio 1
	9:55-10:45am	Pure Strength	Gillian Goodfriend	Studio 1
Tuesday	8:10-9:00am	Piloxing	Danielle Knighton	Studio 1
	9:05-10:05am	Power Hour	Kim Lyszcarczyk	Studio 1
Wednesday	8:00-9:00am	Strength & Core	Melissa Blake	Studio 2
	9:00-10:00am	Yoga	Areta Verschoor	Studio 3
	9:00-10:00am	<b>Cycle/TRX</b>	Denisa Tkacova	Studio 1
	10:05-10:45am	Circuit Training	Denisa Tkacova	Studio 1
Thursday	8:10-9:00am	Cardio Mix	Danielle Knighton	Studio 1
	9:05-10:05am	Power Hour	Kim Lyszcarczyk	Studio 1
Friday	8:00-9:00am	Full Body Interval	Danielle Knighton	Studio 1
	8:00-9:00am	Yoga	Amy Hepburn	Studio 3
	8:00-9:00am	Strength & Core	Melissa Blake	Studio 2
	9:05-10:05am	Barre	Kim Lyszcarczyk	Studio 1
Saturday	8:00-9:00am	Yoga	Amy Hepburn	Studio 3
	8:30-10:00am	<b>30.30.30</b>	Denisa Tkacova	Studio 1
		30 minute Cycle		
		30 minute TRX		
		30 minute Bosu Core		

**Registration required for class attendance.**

Babysitting available via reservation.

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

30.30.30: This class is designed to build strength and power. 30 minutes of cycle to focus on the lower body while increasing and decreasing our heart rates, followed by 30 minutes of TRX work for upper body training and finally 30 minutes of toning the entire core and obliques on the Bosu Ball. This class is unlike any other and the time is sure to fly by! \*Sign Up Required\*

Barre: 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.

Cardio & Strength: Pull out the steps, bands and weights! 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 HIT. 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.

Cardio Step: A fun, up-tempo way to get your heart pumping and stay fit. Doing this choreographed cardio workout as part of a group exercise class can help build motivation and create a sense of community. This class will not disappoint!

Circuit Training: This class consists of a consecutive series of timed exercises performed one after the other with varying amounts of rest between each exercise.

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.

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.

Pure Strength: Build strength, add definition, increase bone density and decrease body fat by INCREASING lean muscle. This class is appropriate for ALL levels.

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.

Tabata: Tabata interval training is one of the most effective types of high intensity interval training. This class is designed to increase your balance, strength and cardio endurance

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.

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.