

## Fitness Flex Plan

Stay in shape over the holidays with our Fitness Flex Plan. Remember, for one low price, you get unlimited access to the following classes:

**Step Aerobics** - 60 minutes. Step Aerobics is a great cardio workout. The step height may be adjusted to accommodate all levels. Class may also include strength training and abdominal conditioning.

M/W 7:00-8:00 pm Birchwood Exercise Room  
no class 11/21, 11/28, 12/26, 12/28

**Total Body Challenge** - 60 minutes. This is the class that will totally challenge you with both cardio and more. Class can consist of anything from step aerobics, high/low aerobics, intervals, circuits, weights, balls, abs, and more.

M/W/F 9:15-10:15 am Birchwood Exercise Room  
no class 11/21, 11/23, 11/25, 12/26, 12/28, 12/30

Thur 6:45-7:45 pm Birchwood Exercise Room  
no class 10/6, 11/24, 12/29

**Muscles n' More** - 60 minutes. You will work all of your major muscles in this great toning class. Various types of resistance will be used.

Tue 6:45-7:45 pm Birchwood Exercise Room  
Sat 8:30-9:30 am Birchwood Exercise Room  
no class 11/22, 11/26, 12/24, 12/27, 12/31

**Body Bar Blast** - 45 minutes. This class will work your upper body, legs, and abdominals with the use of weighted bars. Stretching will also be included. Various types of resistance will be used.

Wed 6:00-6:45 pm Birchwood Exercise Room  
no class 11/23, 12/28

**Stepping Out** - 60 minutes. If you are a more experienced stepper looking for a challenge, this class is for you. Single, double, or multiple steps may be used for some new and different routines. Step experience is highly recommended.

Sat 7:15-8:15 am Birchwood Exercise Room  
no class 11/26, 12/24, 12/31

**Age:** HS/Adult  
**Dates:** September 12 - January 7 (14 weeks)  
**Fee:** \$126 R/\$189 NR  
**Min/Max:** 35/110  
**Prog #:** 3000-3

**Please note: The classes listed above are the only classes that are part of the Flex Plan. All other classes must be registered for separately. There are no refunds for cancelled classes. Class offerings and schedule are subject to change. Please pickup an updated schedule when registering. Register early — this program fills quickly.**



Please do not wait until the first week of the session to register, the class may be cancelled or filled. Please try to attend the first class of the session. Be on time — particularly if you are new to the class. Important information and instruction is given at the beginning of the class. Arriving on time will minimize disruption for other participants. Thank you for your cooperation.

## Group Exercise Class Policies

- Please do not enter class if you are more than ten minutes late.
- Please return all equipment to its proper storage area.
- Please refrain from using perfume or chewing gum while exercising.
- All classes are GROUP exercise classes. For your own safety, please do not create your own routine.
- Please inform the instructor of any and all medical conditions BEFORE class.
- In consideration of other participants, please keep conversation to a minimum during class.
- Please let the instructor know if you plan on leaving class early.

Thank you for your cooperation.

## The A.M. Step Challenge

Wake up with a vigorous step class. This is a great way to start your day. Step aerobics, strength training, abs, and more. Class meets twice a week.

**Age:** HS/Adult  
**Dates:** September 13 - January 5 (15 weeks)  
no class 11/22, 11/24, 12/27, 12/29

**Instructor:** Patti Ziegler

**Location:** Birchwood Exercise Room

**Min/Max:** 8/35

Prog #	Day	Time	Fee
3001-3	T/Th	6:00-6:45 am	\$135 R/\$203 NR

## Awesome Arms & Abs

Yes, you can have awesome looking arms and abdominals with this program. With the use of various small equipment such as dumbbells, bands, balls, tubes, and more, you will tone, sculpt, and strengthen your upper body, abs, and back. All equipment is provided. Class is appropriate for all levels.

**Age:** HS/Adult  
**Dates:** September 17 - January 7 (14 weeks)  
no class 11/26, 12/24, 12/31

**Instructor:** Janet Beata

**Location:** Birchwood Exercise Room

**Min/Max:** 8/25

Prog #	Day	Time	Fee
3012-3	Sat	9:45-10:30 am	\$84 R/\$126 NR

## Private Fitness Classes

If your class has been cancelled due to low enrollment or if you are looking for a class tailored to your specific needs, we are now offering small group classes in a variety of formats. These private classes can be offered in 6 or 8 week sessions. Your group may consist of 2 to 8 persons. All sessions are conducted at Birchwood. Days and times are subject to availability.

<b>Fee for group:</b>	\$325 R/\$488 NR	6 sessions
	\$415 R/\$623 NR	8 sessions

For further information and to arrange your session, contact Bonnie DePirro, Fitness Supervisor at 847-991-1960 or bdepirro@palatineparks.org.

## Turbo Kick®

Turbo Kick® is a combination of intense kickboxing moves, as well as dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals strength/endurance training and a relaxing cool-down.

**Age:** HS/Adult  
**Instructor:** Joan Berlett  
**Location:** Birchwood Exercise Room  
**Min/Max:** 8/30

**Dates:** September 12 - January 2 (15 weeks)  
*no class 11/21, 12/26*

<b>Prog #</b>	<b>Day</b>	<b>Time</b>	<b>Fee</b>
3004-3	Mon	5:45-6:15 pm	\$90 R/\$135 NR

**Dates:** September 14 - January 4 (15 weeks)  
*no class 11/23, 12/28*

<b>Prog #</b>	<b>Day</b>	<b>Time</b>	<b>Fee</b>
3005-3	Wed	12:00-12:45 pm	\$90 R/\$135 NR

## Have A Ball

Tone, sculpt, stretch, and strengthen your entire body with our ball workout class.

You will get a full body workout using both the large stability balls and small medicine balls. Other small equipment may be used as well.

**Age:** HS/Adult  
**Dates:** September 13 - January 3 (15 weeks)  
*no class 11/22, 12/27*

**Instructor:** Janet Beata  
**Location:** Birchwood Exercise Room  
**Min/Max:** 8/25

<b>Prog #</b>	<b>Day</b>	<b>Time</b>	<b>Fee</b>
3014-3	Tue	5:45-6:30 pm	\$90 R/\$135 NR



## Drums Alive **NEW!**

Come workout with just a pair of drumsticks and a stability ball. You'll have fun while you pulsate to rhythmic music that will keep you moving. DRUMS ALIVE is an endurance workout that will shape up the whole body. It improves memory and brain power by using cross coordinated movements with your drumsticks and body all at the same time. DRUMS ALIVE combines the contents of movement therapy with music, sound, and dance which will challenge your body in many different ways. Come have some fun, relieve stress, and learn a whole new way to workout. All equipment is provided.

**Age:** HS/Adult  
**Dates:** September 18 - November 6 (8 weeks)

**Instructor:** Linda ZaBan  
**Location:** Birchwood Exercise Room  
**Min/Max:** 8/15

<b>Prog #</b>	<b>Day</b>	<b>Time</b>	<b>Fee</b>
3016-3	Sun	9:30-10:30 am	\$48 R/\$72 NR



**Gym shoes are required for all classes with the exception of Yoga and Pilates.**



## Body Sculpt

Sculpt, tone, and tighten your entire body with our Body Sculpt class. This one hour class will focus on both upper and lower body as well as abdominals and back muscles. Some stretching will also be included.

**Age:** HS/Adult  
**Dates:** September 14 - January 4 (15 weeks)  
*no class 11/23, 12/28*

**Instructor:** Janet Beata  
**Location:** Falcon Park Recreation Center, Prairie Hawk Room

<b>Min/Max:</b>	8/20
<b>Prog #</b>	<b>Day</b> <b>Time</b> <b>Fee</b>
3017-3	Wed 7:00-8:00 pm \$90 R/\$135 NR

## Sculpting Your Body Perfect **NEW!**

Begin your journey to physique heaven, where you can redefine your body and realize your potential with our new program.

This extensive 15-week progressive weight training program will consist of three parts; Body Conditioning, Toning and Shaping, and Targeted Body Sculpting. Each segment will last for 5 weeks. You will have the option of taking this class either once or twice per week. This class is intended for those who have limited or no weight training experience as well as those who have been training for a while.

**Age:** Adult  
**Instructor:** Bonnie DePirro  
**Location:** Birchwood Exercise Room  
**Min/Max:** 8/12

**Dates:** September 13 - January 3 (15 weeks)  
*no class 11/22, 12/27*

<b>Prog #</b>	<b>Day</b>	<b>Time</b>	<b>Fee</b>
3018-3	Tue	9:15-10:15 am	\$105 R/\$158 NR

**Dates:** September 15 - January 5 (15 weeks)  
*no class 11/24, 12/29*

<b>Prog #</b>	<b>Day</b>	<b>Time</b>	<b>Fee</b>
3019-3	Thur	9:15-10:15 am	\$105 R/\$158 NR

**Dates:** September 13 - January 5 (15 weeks)  
*no class 11/22, 11/24, 12/27, 12/29*

<b>Prog #</b>	<b>Day</b>	<b>Time</b>	<b>Fee</b>
3020-3	T/Th	9:15-10:15 am	\$165 R/\$248 NR

## Yoga

The Palatine Park District offers a variety of Yoga classes for every fitness level. Research shows that yoga helps manage or control anxiety, arthritis, back pain, chronic fatigue, depression, headaches, heart disease, and stress. **PLEASE BRING YOUR OWN MAT TO CLASS.**



### Gentle Yoga

This class is suitable for all levels — including those with chronic conditions, pain, or limited mobility. Class will consist of light yoga postures, stretching, breathing, and relaxation techniques in order to build body awareness and flexibility. A great way to release physical and mental tensions! **Participants must be able to move without assistance.**

**Age:** 18 years & over **Min/Max:** 8/20  
**Instructor:** Sara Edens

**Dates:** September 20 - January 3 (13 weeks)  
*no class 10/18, 11/22, 12/27*

**Location:** Falcon Park Recreation Center,  
 Prairie Hawk Room

<b>Prog #</b>	<b>Day</b>	<b>Time</b>	<b>Fee</b>
3009-3	Tue	9:30-10:30 am	\$117 R/\$176 NR

**Location:** Community Center, Room 1E

<b>Prog #</b>	<b>Day</b>	<b>Time</b>	<b>Fee</b>
3010-3	Tue	5:45-6:45 pm	\$117 R/\$176 NR

**Dates:** September 23 - January 6 (13 weeks)  
*no class 11/25, 12/23, 12/30*

**Location:** Community Center, Room 2C

<b>Prog #</b>	<b>Day</b>	<b>Time</b>	<b>Fee</b>
3013-3	Fri	9:15-10:15 am	\$117 R/\$176 NR

### Beginning Vinyasa Yoga

Vinyasa translates to linking breath with movement. Vinyasa is a specific type of asana practice that links postures together in a nearly seamless flow which follows the rhythm of your inhales and exhales. Focusing on proper alignment and safety, this class is taught in a non-judgmental atmosphere with the intent of helping cleanse, heal, and strengthen the body and mind.

**Age:** 18 years & over **Min/Max:** 8/20  
**Instructor:** Sara Edens

**Dates:** September 22 - January 5 (14 weeks)  
*no class 11/24, 12/29*

**Location:** Community Center, Room 1E

<b>Prog #</b>	<b>Day</b>	<b>Time</b>	<b>Fee</b>
3007-3	Thur	5:45-6:45 pm	\$126 R/\$189 NR

**Dates:** September 25 - January 8 (12 weeks)  
*no class 10/16, 11/27, 12/25, 1/1*

**Location:** Community Center, Room 2C

<b>Prog #</b>	<b>Day</b>	<b>Time</b>	<b>Fee</b>
3008-3	Sun	10:30-11:30 am	\$108 R/\$162 NR

### Intermediate Vinyasa Yoga

The class is appropriate for both advanced beginners and continuing yoga practitioners. All students will progress at their own level. Class will focus on standing, seated and balancing poses, sun salutations, and some moderate inversions. Vinyasa translates to linking breath and movement. Vinyasa is a specific type of asana practice that links postures together in a nearly seamless flow which follows the rhythm of your inhales and exhales. Build strength, balance, focus, flexibility, stamina, and a better awareness and alignment technique. Class ends with a period of relaxation for the body and the mind.

**Age:** 18 years & over  
**Dates:** September 19 - January 2 (13 weeks)  
*no class 10/17, 11/21, 12/26*

**Instructor:** Sara Edens

**Location:** Falcon Park Recreation Center,  
 Prairie Hawk Room

**Min/Max:** 8/20

<b>Prog #</b>	<b>Day</b>	<b>Time</b>	<b>Fee</b>
3011-3	Mon	6:00-7:30 pm	\$169 R/\$254 NR

### Core Yoga

You are only as strong as your core. Enhance your fundamental core strength by participating in this challenging and invigorating class. Building stronger, flexible core muscles improves posture and balance, aids digestion, and gives you a deeper seat of power and inner strength that stabilizes every move you make. This class will focus on ALL core muscles, strengthening abdominals, spinal muscles, thighs, hamstrings, gluts, obliques, and calves. We will use standard hatha yoga poses, some mat-based Pilates exercises, and a variety of core-specific exercises to obtain our goal.

**Age:** 18 years & over  
**Instructor:** Sara Edens  
**Min/Max:** 8/20

**Dates:** September 19 - January 2 (13 weeks)  
*no class 10/17, 11/21, 12/26*

**Location:** Birchwood Exercise Room

<b>Prog #</b>	<b>Day</b>	<b>Time</b>	<b>Fee</b>
3044-3	Mon	1:00-2:15 pm	\$137 R/\$205 NR

**Dates:** September 20 - January 3 (13 weeks)  
*no class 10/18, 11/22, 12/27*

**Location:** Community Center, Room 1E

<b>Prog #</b>	<b>Day</b>	<b>Time</b>	<b>Fee</b>
3045-3	Tue	7:00-8:15 pm	\$137 R/\$205 NR

**Dates:** September 25 - January 8 (12 weeks)  
*no class 10/16, 11/27, 12/25, 1/1*

**Location:** Community Center, Room 2C

<b>Prog #</b>	<b>Day</b>	<b>Time</b>	<b>Fee</b>
3046-3	Sun	9:00-10:15 am	\$126 R/\$189 NR

### Follow us:



## Strengthening Yoga

Strengthening yoga will focus on strengthening your arms, legs, and core. Traditional yoga poses will also be included. Your entire body will be stretched and strengthened as you progress in feeling open and strong. Safety and alignment are always the first focus to keep you safe in your movements. Join us in de-stressing, feeling stronger, and healthier!

**Age:** Adult  
**Instructor:** Beth Haines  
**Location:** Falcon Park Recreation Center, Prairie Hawk Room  
**Min/Max:** 8/20  
**Dates:** September 14 - December 21 (14 weeks)  
*no class 11/23*

Prog #	Day	Time	Fee
3041-3	Wed	12:00-1:00 pm	\$126 R/\$189 NR

**Dates:** September 15 - December 22 (14 weeks)  
*no class 11/24*

Prog #	Day	Time	Fee
3042-3	Thur	12:00-1:00 pm	\$126 R/\$189 NR

## Detox Flow

Build body heat and detoxify the body releasing physical and mental stresses and toxins through a very vigorous power vinyasa class appropriate for experienced beginners and intermediate practitioners. Class focuses on continuous, repetitive, and graceful yoga flows which follow the rhythm of your inhalations and exhalations.

**Age:** 18 years & over  
**Dates:** September 22 - January 5 (14 weeks)  
*no class 11/24, 12/29*

**Instructor:** Sara Edens  
**Location:** Community Center, Room 1E  
**Min/Max:** 8/20

Prog #	Day	Time	Fee
3021-3	Thur	7:00-8:00 pm	\$126 R/\$189 NR

## Tai Chi

The ancient art of Tai Chi Chuan uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health. Originally a martial art, as practiced today, Tai Chi is often described as "meditation in motion". It promotes serenity through gentle movements — connecting the body, mind, and spirit. Tai Chi promotes internal health, stress reduction, balance, and agility.

**Age:** Adult  
**Dates:** September 18 - January 8 (14 weeks)  
*no class 11/27, 12/25, 1/1*

**Instructor:** Scott Garske  
**Location:** Birchwood Exercise Room  
**Min/Max:** 8/20

Prog #	Day	Time	Fee
3027-3	Sun	10:45-11:45 am	\$126 R/\$189 NR

## DON'T WAIT to register!

If a program does not reach its minimum 7 days prior to the starting date of class, it may be cancelled.



## Zumba

**Dance your way to a more fit you!**

ZUMBA combines high energy and motivating music with unique moves and combinations. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. ZUMBA utilizes the principles of fitness interval training to maximize caloric output, fat burning, and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. And the best part of all is it is FUN.

**Age:** Adult  
**Instructor:** Staff  
**Location:** Falcon Park Recreation Center, Prairie Hawk Room

**Min/Max:** 8/20  
**Dates:** September 13 - January 3 (15 weeks)  
*no class 11/22, 12/27*

Prog #	Day	Time	Fee
3026-3	Tue	11:00-11:45 am	\$90 R/\$135 NR

**Dates:** September 15 - January 5 (15 weeks)  
*no class 11/24, 12/29*

Prog #	Day	Time	Fee
3022-3	Thur	11:00-11:45 am	\$90 R/\$135 NR

**Age:** HS/Adult  
**Dates:** September 15 - December 15 (12 weeks)  
*no class 10/6, 11/24*

**Instructor:** Claudia Cisneros  
**Location:** Birchwood Exercise Room  
**Min/Max:** 8/40

Prog #	Day	Time	Fee
3023-3	Thur	5:30-6:30 pm	\$72 R/\$108 NR

**Age:** HS/Adult  
**Dates:** September 17 - January 7 (14 weeks)  
*no class 11/26, 12/24, 12/31*

**Instructor:** Kelly Rokosz  
**Location:** Community Center, Room 2C  
**Min/Max:** 8/20

Prog #	Day	Time	Fee
3024-3	Sat	7:30-8:30 am	\$84 R/\$126 NR

**Age:** HS/Adult  
**Dates:** September 18 - January 8 (14 weeks)  
*no class 11/27, 12/25, 1/1*

**Instructor:** Tatyana Ulanovskaya  
**Location:** Birchwood Exercise Room  
**Min/Max:** 8/40

Prog #	Day	Time	Fee
3025-3	Sun	8:00-9:00 am	\$84 R/\$126 NR

## Seniors On Weights

Seniors On Weights is a strength and resistance exercise class for those 60 years and over. As we age, we lose muscle. As we lose muscle, we lose strength. Declines in strength are linked with increased risk of falls, increased frailty, and loss of independence. Strength training can help you retain your independence and improve your quality of life. Some additional benefits of strength training include:

- Strengthens your bones
- Strengthens your heart
- Reduces hypertension
- Improves flexibility, joint range of motion, and functional movement
- Chases the blues away
- Helps you say "so long" to pain
- Will jump start your brain
- Will reduce your risk of diabetes
- And...it works at any age



Studies continue to indicate that regular strength and resistance exercise can deter what was once thought to be an inevitable decline as we age. New muscle development can be created at any time and the aging process dramatically slows.

**Age:** 60 years & over without assistance  
**Instructor:** Barbara VanArsdale  
**Location:** Birchwood Exercise Room

### Level I - Beginning

**Dates:** November 1 - December 20 (6 weeks)  
*no class 11/8, 11/22*  
**Min/Max:** 8/20  
**Prog # Day Time Fee**  
 3031-3 Tue 11:45 am-12:30 pm \$36 R/\$54 NR

### Level II - Continuing



You must have a notice from the instructor in order to register for this class.  
**Min/Max:** 8/15

**Dates:** September 13 - January 3 (14 weeks)  
*no class 11/8, 11/22, 12/27*  
**Prog # Day Time Fee**  
 3034-3 Tue 10:30-11:30 am \$84 R/\$126 NR

**Dates:** September 15 - January 5 (15 weeks)  
*no class 11/24, 12/29*  
**Prog # Day Time Fee**  
 3035-3 Thur 10:30-11:30 am \$90 R/\$135 NR

## EZ Movers

Designed for senior adults, this class combines all the elements of fitness — cardiovascular, muscular strength, and flexibility. The class consists of warm-up, 25-30 minutes of low impact aerobics, body conditioning exercises, stretching, and a relaxation cool-down. This class is also appropriate for beginners as well as those carrying excess weight.

**Age:** Adult  
**Dates:** September 12 - January 6 (14 weeks)  
*no class 11/4, 11/7, 11/21, 11/23, 12/23, 12/26, 12/28, 12/30*  
**Instructor:** Barbara VanArsdale  
**Location:** Birchwood Exercise Room  
**Min/Max:** 12/50  
**Prog # Day Time Fee**  
 3033-3 M/W/F 10:30-11:30 am \$91 R/\$137 NR

## Exercise for V.P.'S (Vintage Persons) <sup>NEW!</sup>

This class is geared specifically for frail adults. There are special needs for those with pain, disabilities, and sedentary lifestyles. There is a direct link between losing function and losing independence. No matter how out of shape, any individual can improve his or her function and preserve their independence with exercise. Class will start with basic seated exercise and then carefully move to basic standing exercises. The program will include warm-up, cardiovascular exercise, resistance training, and stretching tailored for seniors with special needs.

**Age:** 65 years & over  
**Dates:** September 13 - October 25 (7 weeks)  
**Instructor:** Barbara VanArsdale  
**Location:** Birchwood Exercise Room  
**Min/Max:** 6/12  
**Prog # Day Time Fee**  
 3002-3 Tue 11:45 am-12:30 pm \$42 R/\$63 NR

## Turkey Trot Training <sup>NEW!</sup>

How much do you need to train to be able to run your first 5-mile race? If you possess a reasonably good level of fitness you could probably go out and run 5 miles on very little training. You might be sore for a week or so, but you could probably finish. However, if you make the decision that you'd like to run our Palatine Park District Turkey Trot, you might as well do it right.

To participate in this 8-week program, you should have no major health problems, should be in reasonably good shape, and should have done at least some jogging or walking. Our first workout will consist of a 2-mile run. You will be provided with an 8-week, day by day training schedule to follow during the course of the training.

An informational meeting will be held for all participants on Tuesday, September 27, at 6:00 pm in room 1F of the Community Center. The actual training will begin on Tuesday, October 4.

**Age:** HS/Adult  
**Dates\*:** September 27 - November 22 (8 weeks)  
**Instructor:** Bonnie DePirro  
**Location:** Ost Field  
**Min/Max:** 8/25  
**Prog # Day Time Fee**  
 3003-3 Tue 6:00-7:00 pm \$48 R/\$72 NR

\*September 27 meeting will take place in room 1F at the Community Center. This meeting is for information only. The 8-week training program will be handed out at that time. We will begin running on October 4.



See page 8 for information on the Turkey Trot.

OnLine Registration is not available for this program.