

Fitness Flex Plan

Beat the heat with our summer line-up of fitness classes. We have added a new class, Cardio Blast, for those who would like a cardio workout without the step. It's also a great way to start your weekend off right. For one low price, you get unlimited access to the following classes:

Cardio Blast - 60 minutes. No step aerobics, no kickboxing, just some great fast-paced high/low aerobics. Abdominal, weights, and stretching will also be included.

Fri 6:30-7:30 pm Birchwood Exercise Room
no class 7/9

Kick n' Krunch - 45 minutes. This super charged cardio class combines easy-to-follow choreography with traditional boxing and martial arts moves. The class also includes a funky segment which focuses on core strengthening.

Thur 6:45-7:30 pm Birchwood Exercise Room
no class 7/29

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
no class 7/13

Sat 8:30-9:30 am Birchwood Exercise Room
no class 6/19, 7/10, 7/17

Step Aerobics - 60 minutes. This 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 6:45-7:45 pm Birchwood Exercise Room
no class 7/5

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 6/19, 7/3, 7/10

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, kickboxing, intervals, circuits, weights, balls, abs, and more.

M/W/F 9:15-10:15 am Birchwood Exercise Room
no class 7/5, 8/9, 8/11, 8/13

Age: HS/Adult
Dates: June 14 - August 28 (9 1/2 weeks)
Fee: \$81 R/\$122 NR
Min/Max: 35/110
Prog #: 3001-2

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 pick up an updated schedule when registering.

The A.M. Step Challenge

(formerly the A.M. 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: June 15 - August 26 (11 weeks)

Instructor: Patti Ziegler

Location: Birchwood Exercise Room

Min/Max: 10/35

Prog #	Day	Time	Fee
3000-2	T/Th	5:45-6:45 am	\$127 R/\$191 NR

Awesome Arms & Abs

Yes, you can have awesome looking arms and abdominals with this 10-week 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: June 16 - August 25 (10 weeks)
no class 7/14

Instructor: Janet Beata

Location: Birchwood Exercise Room

Min/Max: 8/20

Prog #	Day	Time	Fee
3018-2	Wed	6:00-6:45 am	\$60 R/\$90 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.

Fee for group:	\$300 R/\$450 NR	6 sessions
	\$360 R/\$540 NR	8 sessions

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



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

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.

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.



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: HS/Adult
Dates: June 17 - August 26 (9 weeks)
no class 7/1, 7/15
Instructor: Sara Edens
Location: Community Center, Room 1E
Min/Max: 8/20

Prog #	Day	Time	Fee
3008-2	Thur	7:00-8:00 pm	\$90 R/\$135 NR

Gentle Yoga

This class is suitable for all levels — including those with chronic conditions or pain. 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.** Please bring your own mat.

Age: Adult
Instructor: Sara Edens
Dates: June 15 - August 24 (10 weeks)
no class 7/20
Location: Falcon Park Recreation Center, Prairie Hawk Room
Min/Max: 8/20

Prog #	Day	Time	Fee
3009-2	Tue	9:30-10:30 am	\$90 R/\$135 NR

Dates: June 18 - August 27 (9 weeks)
no class 7/2, 7/16
Location: Community Center, Room 2C
Min/Max: 8/25

Prog #	Day	Time	Fee
3010-2	Fri	9:15-10:15 am	\$81 R/\$122 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. Please bring your own mat.

Age: HS/Adult
Dates: June 14 - August 23 (9 weeks)
no class 7/5, 7/19
Instructor: Sara Edens
Location: Falcon Park Recreation Center, Prairie Hawk Room
Min/Max: 8/20

Prog #	Day	Time	Fee
3011-2	Mon	6:00-7:30 pm	\$90 R/\$135 NR

Core Yoga

You are only as strong as your core. Building stronger more supple abdominal muscles improves posture, aids digestion, and gives you a deeper seat of power and strength that stabilizes every move you make. This class will focus on strengthening your abdominals and spine, and improving your balance and overall strength. The class will include core work pulled from various disciplines such as mat-based Pilates and standard hatha yoga. Allow yourself to experience your fundamental core strength by participating in this challenging and invigorating class. Please bring your own mat.

Instructor: Sara Edens
Min/Max: 8/20
Location: Birchwood Exercise Room
Age: HS/Adult
Dates: June 14 - August 23 (9 weeks)
no class 7/5, 7/19

Prog #	Day	Time	Fee
3044-2	Mon	1:00-2:15 pm	\$95 R/\$143 NR

Location: Community Center, Room 1E
Age: HS/Adult
Dates: June 15 - August 24 (10 weeks)
no class 7/20

Prog #	Day	Time	Fee
3045-2	Tue	7:00-8:15 pm	\$105 R/\$158 NR

Dates: June 17 - August 26 (9 weeks)
no class 7/1, 7/15

Prog #	Day	Time	Fee
3046-2	Thur	5:30-6:45 pm	\$95 R/\$143 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.

Have you **MOVED?**

Download a Registration Address Change Form at www.palatineparks.org/forms.html. Return the completed form with all names in household to the Community Center, Birchwood Recreation Center, or Falcon Park Recreation Center.

Yin Yoga

Yin yoga is a restorative class appropriate for all levels. Poses are held for a longer period of time than in a typical hatha yoga class. In a yin class, poses are held for several minutes in order to give the muscles time to fully relax. Yin yoga helps to rehydrate the connective tissue, thus rejuvenating the joints. Most of yin yoga will be done on the mat. Please bring your own mat.

Age: HS/Adult
Dates: June 15 - August 24 (10 weeks)
no class 7/20
Instructor: Sara Edens
Location: Community Center, Room 1E
Min/Max: 8/20
Prog # **Day** **Time** **Fee**
 3043-2 Tue 5:45-6:45 pm \$90 R/\$135 NR

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! Please bring your own mat.

Age: HS/Adult
Dates: June 16 - August 25 (10 weeks)
no class 6/30
Instructor: Beth Haines
Location: Community Center, Room 1E
Min/Max: 8/20
Prog # **Day** **Time** **Fee**
 3041-2 Wed 12:00-1:00 pm \$90 R/\$135 NR

Friday Flow

Wouldn't you like a nice, vigorous workout to de-stress at the end of the work week? Throughout the week, stress can build in the body in the form of adrenaline. Continuous movement, rhythm, and deep breathing help build body heat which detoxifies the body and releases mental and physical tensions. This class makes for a great end to a hectic work week! Please bring your own mat.

Age: HS/Adult
Dates: June 18 - August 6 (6 weeks)
no class 7/2, 7/16
Instructor: Sara Edens
Location: Birchwood Exercise Room
Min/Max: 8/20
Prog # **Day** **Time** **Fee**
 3025-2 Fri 5:00-6:00 pm \$54 R/\$81 NR

Beginning Pilates Mat/Stott Pilates The Contemporary Approach

With an emphasis on breathing, core conditioning, and body awareness, Stott Pilates exercise is a safe and highly effective way to stretch, strengthen, and streamline your body without building bulk or stressing your joints. The perfect compliment to cardiovascular exercise, sport, rehab, and life. Stott Pilates will leave you looking toned, feeling revitalized, and moving with ease.

Age: HS/Adult
Dates: June 26 - August 28 (8 weeks)
no class 7/10, 7/17
Instructor: Janet Beata
Location: Birchwood Exercise Room
Min/Max: 8/20
Prog # **Day** **Time** **Fee**
 3013-2 Sat 9:45-10:45 am \$72 R/\$108 NR

Pilates Level II With Props

(Previous Pilates experience is required - not a beginner level class)

This Pilates Mat Class will incorporate the use of the stability ball, bands, weighted balls, and special Pilates rings into an intermediate/advanced Pilates workout.

Age: HS/Adult
Dates: June 16 - August 25 (10 weeks)
no class 8/11
Instructor: Bonnie DePirro
Location: Birchwood Exercise Room
Min/Max: 8/25
Prog # **Day** **Time** **Fee**
 3022-2 Wed 5:30-6:30 pm \$90 R/\$135 NR

LIA (Low Impact Aerobics) NEW!

(Advanced Beginner/Intermediate)

This class will give you a great fast-paced cardio workout without the bouncing and stress on the knees, ankles, and feet. Class will consist of a warm-up, followed by 25-30 minutes of lively, low impact aerobics. Some abdominal work will also be included.

Age: HS/Adult
Dates: June 15 - August 24 (10 weeks)
no class 8/10
Instructor: Bonnie DePirro
Location: Birchwood Exercise Room
Min/Max: 10/45
Prog # **Day** **Time** **Fee**
 3003-2 Tue 8:15-9:00 am \$60 R/\$90 NR



Bikini Bottoms

(Lower body toning class)

Does the thought of swimsuit season make you break out into a cold sweat? Well, have no fear. You can tighten, tone, sculpt, and strengthen those problem areas with our Bikini Bottoms class. If you think this is just an old-fashioned floor exercise class, you are in for a surprise. This class will incorporate the use of stability balls, medicine balls, bands, and even dumbbells for a workout that will make you ready to put on that swimsuit.

Age: HS/Adult
Dates: June 17 - August 26 (10 weeks)
no class 8/12
Instructor: Bonnie DePirro
Location: Birchwood Exercise Room
Min/Max: 8/25

Prog #	Day	Time	Fee
3002-2	Thur	9:15-10:00 am	\$60 R/\$90 NR

Qi Qong (Beginner Level)

The first step to building strength of the mind and spirit is through Qi Qong. Qi Qong is an ancient Chinese health care system that involves the movement of Qi or energy as it circulates in the human body. It combines movement with the coordination of body, mind, and breath. Qi Qong is a moving meditation that promotes relaxation while building internal power. Qi Qong is the foundation for all the internal healing arts. Qi Qong can improve and restore mental, physical, and spiritual health, reduce stress, and increase longevity. It can be learned in an 8-week session.

Age: HS/Adult
Dates: June 18 - August 27 (8 weeks)
no class 7/9, 7/30, 8/13
Instructor: Scott Garske
Location: Falcon Park Recreation Center, Prairie Hawk Room
Min/Max: 8/20

Prog #	Day	Time	Fee
3020-2	Fri	10:00-11:00 am	\$72 R/\$108 NR

Tai Chi (Intermediate/Advanced Level)

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. Since this art involves balance, agility, and flexibility it requires more than one session to learn.

Age: HS/Adult
Dates: June 14 - August 23 (8 weeks)
no class 7/5, 7/26, 8/9
Instructor: Scott Garske
Location: Birchwood Exercise Room
Min/Max: 8/20

Prog #	Day	Time	Fee
3027-2	Mon	5:30-6:30 pm	\$72 R/\$108 NR

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 and resistance 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: HS/Adult
Dates: June 14 - August 23 (10 weeks)
no class 7/5
Instructor: Beth Haines
Location: Falcon Park Recreation Center, Prairie Hawk Room
Min/Max: 8/20

Prog #	Day	Time	Fee
3034-2	Mon	10:30-11:15 am	\$60 R/\$90 NR

Age: HS/Adult
Dates: June 16 - August 25 (11 weeks)
Instructor: Beth Haines
Location: Falcon Park Recreation Center, Prairie Hawk Room
Min/Max: 8/20

Prog #	Day	Time	Fee
3035-2	Wed	10:30-11:15 am	\$66 R/\$99 NR

Age: HS/Adult
Dates: June 24 - July 29 (6 weeks)
Instructor: Claudia Cisneros
Location: Birchwood Exercise Room
Min/Max: 8/40

Prog #	Day	Time	Fee
3036-2	Thur	5:30-6:30 pm	\$36 R/\$54 NR

Women on Weights

This is a weight training class designed especially for women. You will learn how to strengthen all of your major muscles using a variety of equipment. A different workout will be done each week. Class is conducted like a group training session and special attention is given to form and technique. Strength gains are guaranteed. Please arrive early for set-up.

Age: HS/Adult
Dates: June 15 - August 24 (10 weeks)
no class 8/10
Instructor: Bonnie DePirro
Location: Birchwood Exercise Room
Min/Max: 8/20

Prog #	Day	Time	Fee
3007-2	Tue	9:15-10:15 am	\$70 R/\$105 NR



Gift Certificates Available!

See page 6 for details!

Seniors On Weights

Seniors On Weights is a strength and resistance exercise class for those 55 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: 55 years & over without assistance

Instructor: Barbara VanArsdale

Location: Birchwood Exercise Room

Min/Max: 8/20

Dates: June 15 - August 24 (10 weeks)
no class 8/10

Prog #	Day	Time	Fee
3031-2	Tue	10:30-11:30 am	\$60 R/\$90 NR

Dates: June 17 - August 26 (10 weeks)
no class 8/12

Prog #	Day	Time	Fee
3032-2	Thur	10:30-11:30 am	\$60 R/\$90 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: June 14 - August 25 (8 weeks)
no class 7/5, 8/9, 8/11

Instructor: Barbara VanArsdale

Location: Birchwood Exercise Room

Min/Max: 12/45

Prog #	Day	Time	Fee
3033-2	M/W	10:30-11:30 am	\$45 R/\$68 NR

Female Anti Abduction & Rape Seminar

We'll teach all female participants 7 easy and extremely effective self-defense tools they can use to escape from bigger and stronger opponents. Know what to do if someone grabs you from behind, tackles you down to the ground, or assaults you with a weapon — all through 7 simple moves! Every female must know this information as crime is back on the rise. Protect yourself and loved ones now! Questions call 630-837-7565.

Age: 12 years & over

Date: June 19

Instructor: Matt Numrich & Pete Juska

Location: Meineke Recreation Center
220 E. Weathersfield Way, Schaumburg

Min/Max: 1/50

Prog #	Day	Time	Fee
4575-2	Sat	9:00-11:00 am	\$19 R/\$39 NR

Bruce Lee's Jeet Kune Do

Adult Self-Defense

Most adults don't have years to dedicate to self-defense training. Against popular belief it is quick, very simple, and easy to learn. During this class we'll teach you about the "range" of self-defense few "martial arts masters" know about, in addition to weapons defense and other secrets of the American martial arts icon Bruce Lee taught through his art of Jeet Kune Do. Learn from an organization who is only 1 of 12 Midwest Academies certified to teach it. Absolutely no experience needed, as all participants will also realize what an incredible workout this is. Questions call 630-837-7565.

Age: 12 years & over

Dates: June 2 - June 23 (4 weeks)

Instructor: Matt Numrich & Pete Juska

Location: Meineke Recreation Center
220 E. Weathersfield Way, Schaumburg

Min/Max: 1/50

Prog #	Day	Time	Fee
4574-2	Wed	7:00-8:00 pm	\$39 R/\$59 NR

Disc Golf Course

Margreth Riemer Reservoir, Quentin Road & Wood Street

The 2,768 ft, 9-hole, 34-par course is open 8:00 am to dusk daily, April 15 through October 15. All 9 holes include Mach 3 baskets and tee markers with signs indicating hole location, distance, and par. The course is unsupervised and no reservations are needed. Bring your own disc.

For a printable scorecard and game rules visit www.palatineparks.org - Parks & Facilities (Disc Golf Course). Email scores to ppd@palatineparks.org for posting of course records. Include name, age, date, and name of person who could verify score.