



Spring Break Special

We will once again be offering a 2-week special during the break between our winter and spring classes. This is a great opportunity to try out a different class. For one low price, you can take advantage of as many of these classes as you choose. All classes are held at the Birchwood Recreation Center.

Monday, March 26

9:15 am Total Body Challenge
6:00 pm Total Body Challenge

Tuesday, March 27

6:00 am Total Body Challenge
9:15 am Have a Ball
5:45 pm Have a Ball

Wednesday, March 28

9:15 am Beginning Yoga
6:30 pm Tai Chi

Thursday, March 29

6:00 am Total Body Challenge
9:15 am Awesome Arms & Abs
6:45 pm Total Body Challenge

Friday, March 30

8:45 am Super Total Body Challenge
(1 1/2 hour class)

Saturday, March 31

7:30 am Total Body Challenge
8:45 am Muscles n' More

Sunday, April 1

8:30 am Zumba
10:30 am Tai Chi

Monday, April 2

9:15 am Total Body Challenge
7:00 pm Step Aerobics

Tuesday, April 3

9:15 am Have a Ball
5:45 pm Awesome Arms & Abs

Wednesday, April 4

9:15 am Boot Camp
6:00 pm Body Bar Blast
7:00 pm Step Aerobics

Thursday, April 5

9:15 am Awesome Arms & Abs

Classes are 45-60 minutes.

Age: HS/Adult
Location: Birchwood Exercise Room
Min/Max: 40/110
Fee: \$25 R/\$38 NR
Prog #: 3002-1



Personal Training

To request a personal trainer please complete a Personal Trainer Request Form at the Fitness Center desk. You will be contacted by one of our trainers to arrange a session.

	1 Session	3 Sessions	6 Sessions
1 person	\$47	\$136	\$252
2 people	\$73	\$205	\$378
3 people	\$110	\$304	\$567

No refunds on Personal Training with the exception of a written medical excuse from a doctor. Sessions are non-transferable.

Fitness Assessments

Fitness Assessments are now available to our members. The assessment includes weight, body fat, body measurements, BMI, and blood pressure. It also includes tests for flexibility, cardio vascular fitness, muscular strength, and endurance. To schedule your appointment, contact Bonnie DePirro at 847-496-6265. Fee: \$20 members

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.



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.

Fitness Flex Plan

One low price gives you unlimited access to all of 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

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

Mon 5:45-6:45 pm Birchwood Exercise Room
M/W 9:15-10:15 am Birchwood Exercise Room
T/Th 6:00-6:45 am Birchwood Exercise Room
Thur 6:45-7:45 pm Birchwood Exercise Room
Fri* 8:45-9:45 am Birchwood Exercise Room
Sat 7:30-8:30 am Birchwood Exercise Room

*Special Total Body Challenge Super Charged Workout will be held on the last Friday of every month. Class will extend to 1.5 hours consisting of 45 minutes of cardio followed by 45 minutes of weights, toning, and stretching.

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 7:00-8:00 pm Birchwood Exercise Room
Sat 8:45-9:45 am Birchwood Exercise Room

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

Age: HS/Adult Min/Max: 40/120
Dates: April 9 - June 1 (7.5 weeks)
no class 5/10, 5/25, 5/26, 5/28
Fee: \$79 R/\$119 NR
Prog #: 3000-1

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. Register early — this program fills quickly.

Boot Camp

Whip your body into shape in a 45-minute Boot Camp style conditioning and muscular-strengthening class. You will maximize your workout potential by switching between intervals of cardio and resistance training to burn calories and tone muscles for an overall full body workout. All levels welcome. Class meets twice a week.

Age: HS/Adult Min/Max: 8/20
Dates: April 11 - June 1 (8 weeks)
Instructor: Maggie Vojta
Location: Birchwood Exercise Room
Prog # Day Time Fee
3001-1 W/F 6:00-6:45 am \$72 R/\$108 NR

SURVIVOR FITNESS CHALLENGE **NEW!**

Are you competitive?
Do you have what it takes to survive?

Our first ever Survivor Fitness Challenge will consist of 8 weeks of challenges which include various activities from running, jump roping, push-ups, sit-ups, and more. Men will compete against men and women will compete against women.

Each week you will receive your new challenge — which are kept secret from week to week. You have one week to schedule a time to complete the challenge. Challenges may be done one on one or in groups. Each week one man and one woman will be eliminated.

Every survivor will receive a t-shirt. Winners receive a 6-month Fitness Center Membership.

Age: 18 years & over
Dates: April 9 - June 2 (8 weeks)
Location: Community Center Fitness Center
Fee: \$25 R/\$38 NR
Min: 12 men/12 women
Prog #: 3046-1

Prior to registration, please contact Bonnie DePirro, Fitness Coordinator, at 847-496-6265 or bdepirro@palatineparks.org for full rules and instructions.



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.

Location: Birchwood Exercise Room
Min/Max: 8/25

Age: Adult
Dates: April 10 - May 22 (7 weeks)
Instructor: Bonnie DePirro
Prog # Day Time Fee
3014-1 Tue 9:15-10:00 am \$46 R/\$69 NR

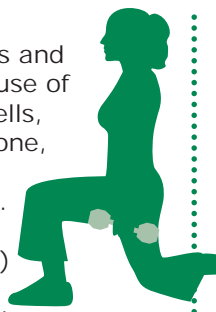
Age: HS/Adult
Dates: April 10 - May 29 (8 weeks)
Instructor: Janet Beata
Prog # Day Time Fee
3015-1 Tue 6:00-6:45 pm \$52 R/\$78 NR

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.

Age: HS/Adult
 Dates: April 11 - May 30 (8 weeks)
 Instructor: Janet Beata
 Location: Falcon Park Recreation Center, Prairie Hawk Room

Min/Max:	8/20		
Prog #	Day	Time	Fee
3012-1	Wed	7:00-7:45 pm	\$52 R/\$78 NR



Beginning Stott Mat 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.

Min/Max: 8/15

Age: Adult
 Dates: April 12 - May 31 (8 weeks)
 Instructor: Bonnie DePirro
 Location: Birchwood Exercise Room

Min/Max:	8/25		
Prog #	Day	Time	Fee
3017-1	Thur	9:15-10:00 am	\$52 R/\$78 NR

Age: HS/Adult
 Dates: April 14 - May 19 (6 weeks)
 Instructor: Janet Beata
 Location: Birchwood Exercise Room

Min/Max:	8/25		
Prog #	Day	Time	Fee
3018-1	Sat	10:00-10:45 am	\$42 R/\$63 NR

Age: HS/Adult
 Dates: April 9 - May 21 (7 weeks)
 Instructor: Janet Beata
 Location: Birchwood Exercise Room

Prog #	Day	Time	Fee
3016-1	Mon	8:15-9:00 pm	\$63 R/\$95 NR

Age: Adult
 Dates: April 10 - May 22 (7 weeks)
 Instructor: Bonnie DePirro
 Location: Community Center, Room 1E

Prog #	Day	Time	Fee
3019-1	Tue	12:15-1:00 pm	\$63 R/\$95 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 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 Min/Max: 12/40
 Dates: April 12 - May 31 (8 weeks)
 Instructor: Claudia Cisneros
 Location: Birchwood Exercise Room

Prog #	Day	Time	Fee
3023-1	Thur	5:30-6:30 pm	\$52 R/\$78 NR

Age: HS/Adult Min/Max: 8/20
 Dates: April 21 - May 19 (4 weeks)
no class 5/5
 Instructor: Kelly Rokosz
 Location: Community Center, Room 2C

Prog #	Day	Time	Fee
3024-1	Sat	7:30-8:30 am	\$26 R/\$39 NR

Age: HS/Adult Min/Max: 8/40
 Dates: April 15 - May 20 (6 weeks)
 Instructor: Tatyana Ulanovskaya
 Location: Birchwood Exercise Room

Prog #	Day	Time	Fee
3025-1	Sun	8:00-9:00 am	\$42 R/\$63 NR

Beginning 5K Training **NEW!**

This 8-week program is designed to get beginners to the finish line of their first 5K race. In order to participate, you must be in reasonably good shape, have no major health problems, and have done at least some jogging or walking. An 8-week training schedule will be given out at the first class. Group runs will be on Tuesdays at the Ost Track so all paces are welcome. Our first run will be 1.5 miles and will increase each week.

Age: HS/Adult Min/Max: 12/30
 Dates: May 3 - June 21 (8 weeks)
 Instructor: Bonnie DePirro
 Location: Ost Field

Prog #	Day	Time	Fee
3020-1	Thur	5:30-6:15 pm	\$52 R/\$78 NR

Healthy Living Expo & 5K Run/Walk Saturday, March 24

Exhibitors, raffles, fitness class demos, personal trainers, and more! See page 7 for details.

Having trouble registering online?
Call 847-496-6223.

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

Instructor: Sara Edens

Min/Max: 8/20

Dates: April 17 - May 29 (7 weeks)

Location: Falcon Park Recreation Center,
Prairie Hawk Room

Prog #	Day	Time	Fee
3009-1	Tue	9:30-10:30 am	\$67 R/\$101 NR

Location: Community Center, Room 1E

Prog #	Day	Time	Fee
3010-1	Tue	5:45-6:45 pm	\$67 R/\$101 NR

Dates: April 20 - June 1 (5 weeks)
no class 4/27, 5/18

Location: Community Center, Room 2C

Prog #	Day	Time	Fee
3013-1	Fri	9:00-10:00 am	\$48 R/\$72 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

Dates: April 19 - May 31 (6 weeks)
no class 4/26

Instructor: Sara Edens

Location: Community Center, Room 1E

Min/Max: 8/20

Prog #	Day	Time	Fee
3007-1	Thur	5:45-6:45 pm	\$57 R/\$86 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: April 16 - May 21 (5 weeks)
no class 4/30

Instructor: Sara Edens

Location: Falcon Park Recreation Center,
Prairie Hawk & Golden Eagle Room

Min/Max: 8/20

Prog #	Day	Time	Fee
3011-1	Mon	6:00-7:30 pm	\$68 R/\$102 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

Dates: April 16 - May 21 (5 weeks)
no class 4/30

Location: Birchwood Exercise Room

Min/Max: 8/25

Prog #	Day	Time	Fee
3044-1	Mon	1:15-2:15 pm	\$48 R/\$72 NR

Dates: April 17 - May 29 (7 weeks)

Location: Community Center, Room 1E

Min/Max: 8/20

Prog #	Day	Time	Fee
3045-1	Tue	7:00-8:00 pm	\$67 R/\$101 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!

Age: Adult

Dates: April 11 - May 30 (8 weeks)

Instructor: Beth Haines

Location: Community Center, Room 1E

Min/Max: 8/20

Prog #	Day	Time	Fee
3041-1	Wed	12:00-1:00 pm	\$76 R/\$114 NR



Yin Yoga Workshop **NEW!**

In this YIN Yoga workshop, you are encouraged to hold each Yin pose for 3 to 5 minutes *within your own comfort zone* in order to give the muscles time to fully relax. This helps get into the connective tissue around the joints which begins to degenerate as we age from lack of activity. Yin helps to re-hydrate the connective tissue thus rejuvenating the joints. Most Yin yoga is done on the mat. This is a deeply restful, healing, and meditative practice that can benefit everyone at all levels.

Please bring a blanket that can be folded and used for cushioning and bring your own yoga mat. Blocks and straps will be provided.

Age: 18 years & over
 Date: April 21
 Instructor: Sara Edens
 Location: Birchwood Exercise Room
 Min/Max: 8/30

Prog #	Day	Time	Fee
3040-1	Sat	2:00-4:00 pm	\$25 R/\$38 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: April 19 - May 31 (6 weeks)
no class 4/26
 Instructor: Sara Edens
 Location: Community Center, Room 1E
 Min/Max: 8/20

Prog #	Day	Time	Fee
3021-1	Thur	7:00-8:00 pm	\$57 R/\$86 NR



Tai Chi

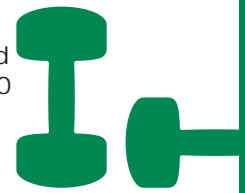
The ancient art of Tai Chi Chuan uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health. Originally a martial art, as practiced today Tai Chi is often described as "meditation in motion". It promotes serenity through gentle movements — connecting the body, mind,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

Age: HS/Adult
 Instructor: Scott Garske
 Location: Birchwood Exercise Room
 Min/Max: 8/20

Dates:	April 10 - May 29 (8 weeks)		
Prog #	Day	Time	Fee
3027-1	Tue	8:15-9:15 pm	\$76 R/\$114 NR
Dates:	April 15 - May 20 (6 weeks)		
Prog #	Day	Time	Fee
3028-1	Sun	10:00-11:00 am	\$57 R/\$86 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
 Min/Max: 8/15

Not a Beginner Level class. You must have a notice from the instructor in order to register for this class.

Dates:	April 10 - May 29 (7 weeks)		
	<i>no class 5/8</i>		
Prog #	Day	Time	Fee
3034-1	Tue	10:30-11:30 am	\$46 R/\$69 NR
Dates:	April 12 - May 31 (8 weeks)		
Prog #	Day	Time	Fee
3035-1	Thur	10:30-11:30 am	\$52 R/\$78 NR

EZ Movers

Designed for healthy 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. Participants must be able to get up and down from floor without assistance.

Age: Adult
 Dates: April 9 - June 1 (7 weeks)
no class 5/7, 5/9, 5/28
 Instructor: Barbara VanArsdale
 Location: Birchwood Exercise Room
 Min/Max: 12/50

Prog #	Day	Time	Fee
3033-1	M/W/F	10:30-11:30 am	\$49 R/\$74 NR

 OnLine Registration is not available for this program.