

# FALL FITNESS SCHEDULE

## NOW THROUGH JANUARY 4, 2026

\*No class 9/1, 11/27, 12/25, 1/1/26 (All locations)

**Note:** Fitness schedule subject to change, please visit [palatineparks.org](http://palatineparks.org) for the most up to date class schedule.

MONDAY			
Werq	8:15am-9:00am	Lisa	BW
360 Toning	9:15am-10:00am	Janet	BW
Cardio & Strength Conditioning	5:30pm-6:15pm	Jordan	CC
TUESDAY			
360 Toning	8:15am-9:00am	Lisa	BW
Tabata & Core	9:15am-10:00am	Kathleen	BW
Cardio & Strength Conditioning	5:30pm-6:15pm	Alison	CC
WEDNESDAY			
4-1-1	8:15am-9:00am	Kathleen	BW
Soul Fusion	9:15am-10:00am	Alison	BW
Cardio & Strength Conditioning	5:30pm-6:15pm	Bella	BW
THURSDAY			
Tabata & Core	8:15am-9:00am	Kathleen	BW
Stretch & Strength	9:15am-10:00am	Kathleen	BW
Cardio & Strength Conditioning	5:30pm-6:15pm	Alison	CC
FRIDAY			
Balance & Strength	8:15am-9:00am	Janet	BW
Fit & Functional	9:15am-10:00am	Kathleen	BW
SATURDAY			
Zumba®	8:30am-9:30am	Lisa	BW
Full Body Burn	9:30am-10:15am	Jordan	CC
SUNDAY			
Zumba® Toning	9:00am-10:00am	Del	BW

## BASIC MEMBERSHIP

**CARDIO AND STRENGTH CONDITIONING** will focus on low weight and high repetition exercises aimed to tone the entire body. Minimal equipment will be used for this class. Bringing a mat is recommended.

**ZUMBA®** takes the *work* out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

**ZUMBA® TONING** is for those who want a dance party, but also want to tone and sculpt muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged.

**FULL BODY BURN** combines cardio, strength training, and core exercises, perfect for all fitness levels. Build muscle, burn calories, and boost your fitness in a supportive energetic environment!

## PREMIUM MEMBERSHIP\*

**WERQ** is a wildly addictive cardio dance workout based on trending pop and hip hop music. The mission is to create a judgement free dance space built on good vibes, a great sweat, and a supportive community. Adaptable to all fitness levels. Come dance with us!

**360 TONING** focuses on strengthening and toning all major muscle groups. Each class varies by using a multitude of equipment and methods.

**4-1-1** Jumpstart your morning with this energizing 4-1-1 workout! Each round consists of 4 minutes of heart-pumping cardio, 1 minute of strength training, and 1 minute of core-focused exercises, delivering a balanced, full-body workout.

**SOUL FUSION** is a low impact, high intensity, body transforming format using Pilates and Yoga inspired moves to sculpt long, lean muscles, and burn fat.

**TABATA & CORE** Get ready to sweat and strengthen in this high-energy Tabata & Core class! The session kicks off with Tabata-style cardio intervals, where you'll perform each exercise for 20 seconds, followed by a 10-second rest. After powering through the cardio, we'll shift focus to core work. Suitable for all fitness levels.

**STRENGTH AND STRETCH** will focus on building strength and flexibility with this full body tone and stretch from your head to your toes.

**BALANCE AND STRENGTH** focuses on stability to improve balance, strength, and flexibility while strengthening your core.

**FIT AND FUNCTIONAL** Boost your fitness and everyday performance with this dynamic Fit and Functional class! Expect a cardio-focused workout that incorporates functional exercises to enhance strength, balance, and coordination.

\*All Premium Members can attend Basic and Premium classes.

## FITNESS SCHEDULE QUESTIONS?

 Alison Shariatzadeh, Fitness Coordinator

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