



# Rakow Center Group Exercise Schedule

## SPRING 2021 (Effective 3/29-5/30)

www.dtpd.org    

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin*</b> 6:00-7:00 am Amy	<b>Yoga Body &amp; Mind</b> 6:00-7:00 am Sandy R.	<b>Spin*</b> 6:00-7:00 am Amy	<b>Total Body Spin*</b> 8:00-9:00 am Susan H.	<b>Spin*</b> 6:05-7:05 am Susanne	<b>Circuit Spin*</b> 7:30-8:15 am Danielle <b>NEW</b>	<b>Sunday Strength</b> 8:45-9:15 am Lauren
<b>Zumba™</b> 9:00-10:00 am Pam <b>NEW</b>	<b>Spin/Abs*</b> 8:00-9:00 am Susanne	<b>Forever Strong</b> 8:45-9:30 am Cacey	<b>Power Hour*</b> 9:30-10:30 am Susan L.	<b>Gentle Flow Yoga</b> 8:00-9:00 am Juanita	<b>Body Sculpt*</b> 8:45-9:30 am Barbara	<b>Zumba™</b> 9:30-10:30 am Lauren
<b>Lo-Impact Tone &amp; Tighten</b> 10:35-11:20 am Barbara	<b>Power Hour*</b> 9:30-10:30 am Susan L.	<b>Strong Nation-HIIT</b> 10:00-11:00 am Lauren	<b>Senior Aerobics/Stretch &amp; Strength</b> 11:00 am-12:00 pm Reada <b>PM</b> <b>NEW</b>		<b>Zumba™</b> 10:00-10:45 am Lauren	
<b>Pilates</b> 11:45 am-12:45 pm Susan L. <b>PM</b>	<b>Senior Aerobics/Stretch &amp; Strength</b> 11:00 am-12:00 pm Reada <b>PM</b> <b>NEW</b>	<b>Pilates</b> 11:30 am-12:30 pm Susan L. <b>PM</b>	<b>Zumba™</b> 5:30-6:30 pm Elix			
<b>Spin/Sculpt*</b> 6:00-7:00 pm Dena	<b>Zumba™</b> 5:30-6:30 pm Colleen	<b>Line Dance Fitness</b> 12:45-1:45 pm Barbara	<b>Yoga Sculpt</b> 6:45-7:30 pm Lisa <b>NEW</b>			
<b>MixedFit®</b> 7:15-8:00 pm Donna	<b>Yin/Yang Yoga</b> 6:45-7:30 pm Colleen					

 <b>Beginner</b>	 <b>Dance</b>	 <b>Fusion</b>
 <b>Mind &amp; Body</b>	 <b>Resistance</b>	 <b>Spin</b>

*\*Please arrive at least 10 minutes before class for equipment set up.*

*Please bring your own mat, water and towel.*

**Group Exercise Classes - 12 Years & Older**  
 Visit [www.dtpd.org](http://www.dtpd.org) for a current schedule.  
**FREE^ for Fitness Members!** ^Excluding Water Fitness

**Group Exercise Classes**  
 The staff has revised the group exercise schedules to allow time between classes to clean and sanitize equipment and to maintain social distancing. The group exercise studios will be marked to manage social distancing requirements, and spaces will be available on a first-come, first-served basis. Due to the current guidelines, some class formats have been adjusted. Finally, before and after class, please maintain 6-ft. social distancing. The updated schedule of classes can be found on our website.

**Important Changes**

- 8-ft. markings have been placed in the Group Exercise Room at the Randall Oaks Recreation Center and the East/West Room at the Rakow Center. Participants must stay within the boundaries to maintain social distancing.
- Participants will be allowed to grab the equipment they need for class. At the end of class, the participant will wipe down all of the equipment and return the items to the appropriate storage unit.

**Group Exercise Studio Capacity**  
*(Not counting Instructor)*

- The Randall Oaks Group Exercise Room max capacity = 17
- The Rakow Center East/West Room max capacity = 21

*At this time, the following classes have been canceled until further notice.*  
 SWAT Registration Classes & Vinyasa Yoga



## Beginner

### Forever Strong

This class will keep you moving by working major and minor muscle groups addressing strength, muscle endurance, flexibility, balance and coordination. Great for all levels of experience – especially beginners!

### Lo-Impact Tone & Tighten

Experience a different workout each week focusing on toning and tightening all the major muscle groups of the body! You will enjoy different formats (circuits, stations, 50/50), using a variety of equipment (weights, balls, bands). All fitness levels will benefit from taking this class!

### Senior Aerobics & Stretch & Strength



This class begins with easy-to-follow, low impact aerobics in a casual and friendly atmosphere! Then the focus turns to strength movements and ends with stretching for the entire body. Modifications are offered throughout the class encouraging you to work at your own level. Come join the fun and be challenged at the same time!



## Resistance

*Please arrive at least 10 minutes before class for equipment set up.*

### Body Sculpt

Improve muscle tone, strength, posture, and balance with this total body workout.

### Power Hour

Strengthen and shape your body with this challenging workout. For all levels of fitness.



## Spin

*Please arrive at least 10 minutes before class for equipment set up.*

### Circuit Spin

Join us as we offer it all! Alternate between HIIT, Spin, Strength & Core! This 45-minute class is the perfect way to feel accomplished as you kickoff your weekend!



### Spin/Sculpt

This is a 50/50 class-half spin, half body sculpt-designed to give you a stronger body thru a high voltage cardio workout while toning and strengthening concentrated muscle groups.

### Spin

Control your own intensity while being challenged with overall body conditioning in this indoor cycling program. All fitness & skill levels welcome.

### Spin/Abs

45-minutes of spin followed by 15-minutes of stretching and ab work.

### Total Body Spin

This workout combines an energizing ride followed by strength work for the upper body and core. Great for all fitness levels, you'll leave feeling "totally" conditioned!



## Mind & Body

*Please bring a yoga mat.*

### Gentle Flow Yoga

Learn a breathing technique that heats the body from within and improves your focus. Combining sun salutation-based, breath-synchronized and mindful movements, this challenging class will leave you feeling reinvigorated yet relaxed.

### Pilates

Pilates is a mind/body relationship that focuses on breathing and strengthening the powerhouse muscles (abdominals and lower back). Pilates rings will be used.

### Sunday Stretch

Need a designated, uninterrupted stretch time? Join us for a 30-minute stretch class that will leave you feeling refreshed and ready for the workout week ahead!

### Yin/Yang Yoga

Blend two styles of Yoga into one practice! Bring together the benefits of passively holding poses with a more dynamic strength building flow.

### Yoga Body & Mind

De-stress & recharge your body through yoga postures combined with traditional strengthening and stretching exercises.

### Yoga Sculpt



Sculpt/Flex/Flow! An all-around great workout with relaxation time at the end. Yoga Sculpt incorporates light weights to sculpt your body and traditional Vinyasa Yoga flows to improve your cardio and flexibility.



## Fusion

### Strong Nation-HIIT

If your goal is to burn the max amount of calories while toning your arms, abs, glutes and legs, try this HIIT (High Intensity Interval Training) workout! This class specifically combines body weight, muscle conditioning, plyometric and boot camp-style moves with a variety of custom music, allowing you to finish the workout and exceed your expectations.



## Dance

### Line Dance Fitness

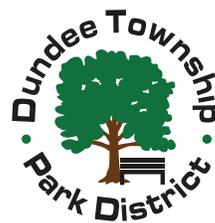
Learn beginner level and some intermediate level line dances, like the Electric Slide, Tush Push, Boot Scootin' and more. Traditional dances to country music along with not so traditional dances to non-country music will be taught.

### MixedFit®

Work out to your favorite songs, spicing things up by adding explosive and body toning movements making your workout more effective and challenging. The choreography is simple, repetitive and easy to follow allowing you to create your own intensity. Focus on getting lost in the music, not on complicated dance steps.

### Zumba™

Intense aerobic dance workout with pulsating Latin music. High energy-low impact. Ditch the workout and join the party!



### Rakow Fitness Center

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www.dtpd.org

