



Randall Oaks Recreation Center Group Exercise Schedule

Spring 2021 (Effective 3/29-5/30)

www.dtpd.org    

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Boot Camp Conditioning 6:00-6:45 am Danielle	Core Express 6:15-6:45 am Lauren NEW	Circuit Fit 6:00-7:00 am Laura	Spin* 7:00-7:45 am Cinde	CSI 5:15-6:15 am Cacey	BODYPUMP* 8:00-9:00 am Charles/Pam	Spin* 8:30-9:30 am Christie/Cacey
Total Body Blast 8:00-8:45 am Dena	Fusion Yoga 8:00-8:45 am Cinde	Multi Step 8:00-8:45 am Dena	Pilates Mix 8:00-8:45 am Cinde	Barbell Fitness 8:00-8:45 am Sandy	Spin* 9:30-10:30 am Charles/Jill	BOSU Fit 10:00-10:45 am Nancy
RIP* 9:15-10:15 am Dena	Total Body Spin* 9:00-10:00 am Laura	BODYPUMP* 9:15-10:15 am Pam	Total Body Spin* 9:00-10:00 am Laura	Cardio Kickbox Power 9:15-10:15 am Dena	PILOXING® 11:00 am-12:00 pm Pam	
Functional Strength Training 10:45-11:40 am Dena PM	TabataFit 10:30-11:15 am Dena	Tai-Chi QiGong 11:00-11:45 am Cinde PM	Pure Strength 10:30-11:15 am Laura	Zumba™ 10:30-11:30 am Elix		
Zumba™ 4:15-5:00 pm Colleen	Yoga Body & Mind 11:45 am-12:45 pm Colleen PM	Happy Hour Yoga 4:15-5:00 pm Cathy	Yoga Body & Mind 11:45 am-12:45 pm Colleen PM			
Spin* 5:30-6:15 pm Charles	PILOXING® 4:15-5:00 pm Pam	Spin* 5:25-6:15 pm Christie	BODYPUMP* 5:30-6:30 pm Pam			
BODYPUMP* 6:45-7:45 pm Charles	BODYPUMP* 5:30-6:30 pm Pam	BODYPUMP* 6:45-7:45 pm Pam	MixedFit® 7:00-7:55 pm Courtnee			
	Slow Yoga 7:00-7:55 pm Cinde					

 **Beginner**

 **Dance**

 **Fusion**

 **Mind & Body**

 **Resistance**

 **Spin**

*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 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



Randall Oaks Fitness Center

500 N. Randall Rd. • West Dundee, IL 60118
(847) 428-7131 x2100

Fusion

Boot Camp Conditioning

If you are looking to lose weight and firm your body, this is the class for you. Our Boot Camp instructor will work your cardio and make sure your muscles get a good workout too.

BOSU Fit

Want to work on balance or strengthen your core? This class will give you that and more using the BOSU to challenge yourself in ways you never imagined.

Cardio Kickbox Power

Build your confidence and cardiovascular endurance with this high energy class incorporating a variety of punching/kicking combos, strength and balance work while increasing your coordination & stamina! High and low impact options for all fitness levels.

Circuit Fit

This circuit-style class uses a variety of cardio/sports-related drills set up in stations. Improve your overall fitness level by working at your own pace but pushing your limits.

Core Express

A beginner to intermediate level class starting with 20 minutes of core-blasting moves designed to improve your everyday activities by strengthening your abs, pelvis, glutes and lower back! Weights may be used for some movements. Then cool down with an extended stretch and breathing exercises that will help release any tension and improve your mobility to jumpstart your day.

CSI

Wake up your morning with CSI (Cardio and Strength Intervals). This class will take you through a variety of cardio formats followed by strength training using weights.

PILOXING®

Uniquely blends the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates. It is a fat torching, muscle sculpting, core-centered interval workout.

TabataFit

Burn some serious calories in this Tabata infused strength training class! You'll perform functional and body weight exercises in quick bursts that will get your heart rate up to increase your cardiovascular endurance. Follow that with more traditional strength moves for a total body workout.

Total Body Blast

Blast away stress and mega calories! This class will incorporate fat burning cardio drills, muscular strength and endurance training using a variety of equipment, body weight, balance challenges, core work and end with a relaxing stretch. Multiple fitness level options will be offered to create a challenging workout perfect for you!

Dance

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.

Multi-Step

High energy and exciting choreography will guarantee a fun workout! This unique format uses two to four step boards to increase your cardio endurance!

Zumba™

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

Resistance

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

Barbell Fitness

Take your strength training to new levels in this easy to follow total body strength workout that utilizes fitness barbells. All major muscle groups will be worked with both heavy weights for muscular strength and light weights for muscular endurance.

BODYPUMP™

BODYPUMP™ is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.



Functional Strength Training

Not only will you increase your strength but you will also improve your balance and flexibility with this resistance workout! This type of functional training crosses over into daily activities & overall athleticism!

Pure Strength

Bring the weight room into the studio! You will use heavier weights & fewer reps to increase muscular strength rather than muscular endurance. This class is appropriate for all fitness levels.

RIP

If you love BODYPUMP™ then you will love RIP. Incorporates exercises from both traditional and non-traditional strength training & matches movements to music to create a simple, fun, and effective way to strength train.

Mind & Body

Please bring a yoga mat.

Fusion Yoga

This class is a mix of different Yoga styles intended to challenge, relax and strengthen your body.

Happy Hour Yoga

Take time between your work day and evening to clear your mind, de-stress, recharge your body and have some fun in our multi-level class of Yoga postures.

Pilates Mix

Incorporating traditional Pilates movements with barre combinations using equipment such as weights, balls & bands.

Slow Yoga

This class encourages deep relaxation via the slow release of tension in the muscles and spine in order to sustain inner contentment amidst the stressors of life.

Tai-Chi QiGong

Tai-Chi QiGong involves slow, gentle movements synced with deep breathing and mental awareness to strengthen and stretch the body to increase fluid movement, improve balance and heighten your awareness of how your body moves thru space.

Yoga Body & Mind

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

Spin

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

Spin

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

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!

