



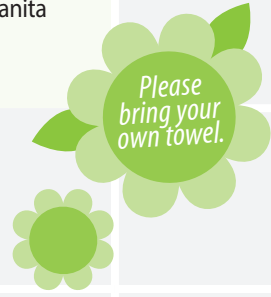
Rakow Center Group Exercise Schedule

Spring 2022 (Effective April 4-June 5)

Classes are held at the Rakow Center in the East/West Dundee Room.

www.dtpd.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Zumba™ 9:00-10:00 am Pam	Spin/Abs* 8:15-9:15 am Susanne	Spin* 6:00-7:00 am Amy	Power Hour* 9:30-10:30 am Susan L.	Spin* 6:00-7:00 am Susanne	Zumba™ 9:30-10:15 am Lauren	Sunday Stretch 8:45-9:15 am Lauren
Pilates 11:30 am-12:30 pm Susan L.	Power Hour* 9:30-10:30 am Susan L.	Forever Strong 8:45-9:30 am Cacey	Senior Aerobics/ Stretch & Strength 10:45-11:45 am Reada	Gentle Flow Yoga 8:00-9:00 am Juanita		Zumba™ 9:30-10:30 am Lauren
PM			PM			
Spin/Sculpt* 6:00-7:00 pm Dena	Senior Aerobics/ Stretch & Strength 10:45-11:45 am Reada	Pilates 11:30 am-12:30 pm Susan L.	Classic Cardio 5:30-6:15 pm Colleen			
	PM	PM				
MixedFit® 7:15-8:00 pm Donna	Yoga Sculpt 5:30-6:15 pm Colleen	Line Dance Fitness 12:45-1:45 pm Barbara	Yoga Sculpt 6:30-7:15 pm Lisa			
	REFIT® 6:30-7:15 pm Colleen					
				Group Exercise Classes - 12 Years & Older Visit www.dtpd.org for a current schedule. FREE^ for Fitness Members! ^Excluding Water Fitness		



- Beginner**
- Dance**
- Fusion**
- Mind & Body**
- Resistance**
- Spin**

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

Drop-in Fee \$7
 3 Month Unlimited Pass \$110(R)/\$130(NR)
 (Valid from date of purchase)
 Location Classes are held at the Rakow Center in the
 East/West Dundee Room.



Mondays
5:00-5:45 pm
Rakow Center



May 2-23
 Program: 20111-00
 Fee: \$25(Resident)/\$35(Nonresident)

Sweat. Sculpt. & ROCK in this cardio jam session inspired by drumming.

In POUND® you won't just listen to music, you'll become the music! This exhilarating full-body workout combines cardio, conditioning and strength training with Yoga and Pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and Rockin' out!!



Beginner

Classic Cardio

Come join the fun in this high-energy, low-impact cardio class! Enjoy the music without the fancy footwork - there may be a few "retro" steps, too! All fitness levels welcome - especially beginners!

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!

Senior Aerobics/ Stretch & Strength

Join us for 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!



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? Grab your Yoga mat and join us for a 30-minute stretch class that will leave you feeling refreshed and ready for the workout week ahead!

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.

Resistance

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

Power Hour

Strengthen and shape your body with this challenging workout that uses a variety of equipment and resistance movements. For all levels of fitness.

Spin

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

Spin

This indoor cycling program is for participants of all fitness and skill levels. Control your own intensity while being challenged with overall body conditioning.

Spin/Abs

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

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 combined with muscle specific toning and strength exercises.

Rakow Fitness Center

665 Barrington Ave.
Carpentersville, IL 60110
(847) 428-7131 x1400

www.dtpd.org     

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.

REFIT®

REFIT® is a "feel good" cardio-based fitness format tailored for every Body! Each class is an experience with uplifting music and fun, easy to follow choreography. REFIT® nurtures a sense of community and acceptance. Come join the REFIT® Revolution!

Zumba™

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



RANDALL OAKS RECREATION CENTER | SUNDAY, JUNE 12

- Avid and casual participants welcome
- The course is paved, limestone and grassy
- Running and walking strollers welcome
- Guaranteed T-shirt for all pre-registered runners
(while supplies last for race day registration runners)

	Program #	Time	FEES	
			May 1-June 6	Day Of
5k	30100-00	8:00-9:30 am	\$40	\$50
Kids 1 Mile Run	30100-01	9:00-9:30 am	\$20	\$30
Kids 1/2 Mile Run	30100-02	9:15-9:45 am	\$20	\$30

- Preregistration closes on June 6 at 11:59 pm
- Race day registration is from 7:00-7:45 am