



Randall Oaks Recreation Center Group Exercise Schedule

Spring 2022 (Effective April 4-June 5)

Classes are held in the Group Exercise Studio at the Randall Oaks Recreation Center (unless otherwise noted).

www.dtpd.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Total Body Blast 8:00-9:00 am Dena	Core Express 5:45-6:30 am Lauren	Circuit Fit 6:00-7:00 am Laura	Pilates Mix 8:00-9:00 am Cinde	Barre Sculpt 8:00-9:00 am Dena	BODYPUMP* 8:00-9:00 am Charles/Pam	Spin* 8:30-9:30 am Christie/Cacey
RIP* 9:15-10:15 am Dena	Fusion Yoga 8:00-9:00 am Cinde	Multi Step 8:00-9:00 am Dena	Total Body Spin* 9:15-10:15 am Laura	Cardio Kickbox Power 9:15-10:15 am Dena	Spin* 9:15-10:15 am Charles/Staff	
Fitness Pilates 10:45-11:45 am Pam PM	Total Body Spin* 9:15-10:15 am Laura	BODYPUMP* 9:15-10:15 am Pam	Pure Strength 10:30-11:30 am Laura	Zumba™ 10:30-11:30 am Elix	PILOXING® 10:30-11:30 am Pam	
Zumba™ 4:20-5:15 pm Katie	TabataFit 10:30-11:30 am Laura	Tai-Chi QiGong 11:00-11:45 am Cinde PM	Yoga Body & Mind 11:45 am-12:45 pm Colleen PM			
Spin* 5:30-6:15 pm Charles	Yoga Body & Mind 11:45 am-12:45 pm Colleen PM	Happy Hour Yoga 4:15-5:10 pm Cathy	BODYPUMP* 5:30-6:30 pm Pam			
BODYPUMP* 6:30-7:30 pm Charles	PILOXING® 4:15-5:10 pm Pam	Spin* 5:25-6:15 pm Christie	Vinyasa Yoga 6:00-7:00 pm Multi-Purpose Room Susan L.			
	BODYPUMP* 5:30-6:30 pm Erin/Pam	BODYPUMP* 6:30-7:30 pm Amber	MixedFit® 6:45-7:45 pm Courtnee			
	Slow Yoga 6:45-7:45 pm Cinde	Vinyasa Yoga 7:45-8:45 pm Sandy	BODYPUMP* 8:00-9:00 pm Erin/Pam			

Beginner	Dance	Fusion
Mind & Body	Resistance	Spin

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

Group Exercise Classes - 12 Years & Older

Visit www.dtpd.org for a current schedule.

FREE^ for Fitness Members! ^Excluding Water Fitness

Drop-in Fee	\$7
3 Month Unlimited Pass	\$110(R)/\$130(NR) (Valid from date of purchase)
Location	Group Exercise Studio at the Randall Oaks Recreation Center (unless otherwise noted).

Meditation Workshop

Learn to let go of all the "extra stuff" cluttering your mind in our Meditation Workshop. Explore several meditation styles from a scientific and psychological perspective allowing you to decide which style is best for you. Chairs will be provided; however, if you prefer to sit on the floor, please bring a comfortable cushion. Also, bring a blanket or pillow as we will end the session lying on the floor for a "sound bath meditation."



30120-00 June 5 Su/11:45 am-1:15 pm \$20 RORC



**Dundee Township
Park District**

Randall Oaks Fitness Center

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

www.dtpd.org



Mind & Body

Please bring a yoga mat.

Fitness Pilates

A core-centered workout where the movements are challenged by changes in tempo, range of motion or by adding resistance thru the use of fitness equipment.

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 and 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.

Vinyasa Yoga

This dynamic and flowing style of Yoga will increase strength, flexibility and bring you to a place of total relaxation.

Yoga Body & Mind

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



Resistance

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

BODYPUMP™

BODYPUMP™ is the original barbell-based workout that's specifically designed to help you get lean, toned and fit. It uses a combination of motivating music and scientifically proven moves to help you achieve these targets more quickly than you would working out on your own.



Pure Strength Bring the weight room into the studio! You will use heavier weights and 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 and matches movements to music to create a simple, fun, and effective way to strength train.



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.

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!



Fusion



Barre Sculpt

Get a great full body workout combining elements of Pilates, Yoga, strength and dance with varied levels of cardio intensity. Lighter weights, more repetitions, larger ranges of motion are used to tone, sculpt, and stretch those muscles.

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 and stamina! High and low impact options make this a great class 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 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.

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

This class incorporates fat burning cardio drills, muscular strength and endurance training using a variety of equipment or body weight, balance challenges and core work, ending 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!



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