



# Rakow Center Group Exercise Schedule

## Winter 2024 *Effective January 2-March 30*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Zumba®</b> 9:00-10:00 am Pam	<b>Power Hour*</b> 9:30-10:30 am Susan L.	<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>Zumba®</b> 10:00-11:00 am Sarah	<b>Zumba®</b> 10:00-11:00 am Lauren
<b>Pilates</b> 11:30 am-12:30 pm Susan L.	<b>Senior Aerobics/ Stretch &amp; Strength</b> 10:45-11:45 am Reada	<b>Pilates</b> 11:30 am-12:30 pm Susan L.	<b>Senior Aerobics/ Stretch &amp; Strength</b> 10:45-11:45 am Reada			
	<b>Senior Aerobics</b> 11:45 am-12:15 pm Reada		<b>Senior Aerobics</b> 11:45 am-12:15 pm Reada	<b>Fitness Members • FREE (Excluding Water Fitness)</b> <b>Non Fitness Members • Drop-in Fee = \$7</b> <b>3 Month unlimited pass = \$125(R)/\$145(NR)</b> <i>(Valid from date of purchase)</i>		
	<b>PM Yoga Sculpt</b> 5:30-6:15 pm Colleen		<b>PM Yoga Sculpt</b> 6:30-7:15 pm Lisa			
	<b>Classic Cardio Drumming</b> 6:30-7:15 pm Colleen					



**Download the Winter Group Exercise Schedule**  
@ <https://www.dtpd.org/group-exercise-class-schedules>

- Beginner**
- Dance**
- Fusion**
- 50+ Years & Older**

- Mind & Body**
- Resistance\***
- Spin\***

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

12 Years & Older • Classes are held at the Rakow Center in the East/West Dundee Room. Please bring your own towel.

### Beginner

#### Classic Cardio Drumming

This 50/50 class combines two fan favorites: Classic Cardio and Different Drummer. Half of the class will be cardio intervals with weight training. The other half will be cardio drumming set to upbeat music.

#### Forever Strong

Work your major and minor muscle groups with movements addressing strength, muscle endurance, flexibility, balance and coordination. Great for all levels of experience – especially beginners!

### 50+ Years & Older

#### Senior Aerobics/Stretch & Strength

Join us for easy-to-follow, low-impact aerobics in a casual and friendly atmosphere! Strength movements follow and the class ends with stretching for the entire body. You are encouraged to work at your own pace with modifications offered throughout the class. Come join the fun and be challenged at the same time! Non Fitness Member Punch Passes are available for this class. Ten half-hour sessions for \$20(R)/\$25(NR).

### Resistance

\*Arrive 10 minutes early for set up.

#### Power Hour

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

### Dance

#### Zumba®

Combine low and high intensity moves for an interval-style, calorie-burning Dance Fitness Party! As you feel the Latin and World rhythms, you'll see why Zumba® is often called "exercise in disguise!"

### Mind & Body

#### 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 which focuses on breathing and strengthening the power-house muscles (abdominals and lower back). Pilates rings will be used.

#### 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.



[www.dtpd.org](http://www.dtpd.org)

