



Randall Oaks Recreation Center Group Exercise Schedule

Winter 2024 *Effective January 2-March 30*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Total Body Blast 8:00-9:00 am Dena	Zumba® 7:00-7:45 am Sandy	Mindful Yoga 5:05-5:50 am Maria	Pilates Mix 8:10-9:00 am Dena	Barre Sculpt 8:00-9:00 am Dena	BODYPUMP* 8:00-9:00 am Pam	Spin* 8:30-9:30 am Christie/Cacey
RIP* 9:15-10:15 am Dena	Spin* 8:00-9:00 am Christie	Circuit Fit 6:00-7:00 am Laura	Total Body Spin* 9:15-10:15 am Laura	Cardio Kickbox Power 9:15-10:15 am Dena	Spin* 9:15-10:15 am Diane/Staff	PM Bollywood Dance 3:45-4:30 pm Sarah
Fitness Pilates 10:45-11:45 am Pam	Total Body Spin* 9:15-10:15 am Laura	Multi-Step 8:00-9:00 am Dena	Pure Strength 10:30-11:30 am Laura	Zumba® 10:30-11:30 am Elix	PILOXING® 10:30-11:30 am Pam	
PM Chair Yoga 12:00-12:45 pm Juanita	TabataFit 10:30-11:30 am Laura	BODYPUMP* 9:15-10:15 am Pam	Yoga Body & Mind 11:45 am-12:45 pm Colleen	Different Drummer 11:45 am-12:30 pm Colleen		
Zumba® 4:20-5:15 pm Sarah V.	Yoga Body & Mind 11:45 am-12:45 pm Colleen	Tai-Chi QiGong 11:00-11:45 am Juanita	PM Classic Cardio 1:00-1:45 pm Colleen	PM Revitalizing Yoga 4:15-5:00 pm Sheri		
Spin* 5:30-6:15 pm Charles	PM PILOXING® 4:15-5:10 pm Pam	PM Vertical Pilates 12:00-12:45 pm Juanita	BODYPUMP* 5:30-6:30 pm Pam	Bollywood Dance 5:15-6:00 pm Sheri		
BODYPUMP* 6:30-7:30 pm Charles	BODYPUMP* 5:30-6:30 pm Jenn/Pam	Happy Hour Yoga 4:15-5:10 pm Cathy	MixedFit® 6:45-7:45 pm Courtnee			
	Slow Yoga 6:45-7:45 pm Sandy	Spin* 5:25-6:15 pm Christie	BODYPUMP* 8:00-9:00 pm Jenn/Pam			
		BODYPUMP* 6:30-7:30 pm Erin				
		Zumba® 7:45-8:30 pm Sarah V.				

Fitness Members • FREE (Excluding Water Fitness)
Non Fitness Members • Drop-in Fee = \$7
3 Month unlimited pass = \$125(R)/\$145(NR)
(Valid from date of purchase)

Beginner	Dance	Fusion
Mind & Body	Resistance*	Spin*
50+ Years & Older	<small>*Please arrive at least 10 minutes before class for equipment set up. Please bring your own towel.</small>	

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



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Randall Oaks Recreation Center • 500 N. Randall Rd. • West Dundee, IL 60118 • (847) 428-7131 x4260

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!!

50+ 50 Years & Older

Chair Yoga

Practice Yoga adapted to the needs of those with mobility issues. Be led through seated Yoga poses designed to enhance your overall physical fitness and control pain. You'll perform coordinated movements to improve your balance and reduce your chances of falling. All this leads to a greater sense of well-being during your normal daily activities!

Different Drummer


Different Drummer is a unique sensory/motor program using drumsticks to tone the body. Add energetic music and you can't help but have lots of fun! No previous drumming experience or skills are required. Participants may also be seated, if necessary.

Vertical Pilates

Would you like to strengthen your core without lying on the floor? Here's the class for you! Performing *standing* Pilates exercises will strengthen and tone your core muscles as well as improve your balance and stretch your body.

Resistance *Arrive 10 minutes early for set up.

BODYPUMP™

BODYPUMP™  is the original barbell-based workout specifically designed to help you get lean, toned and fit. Combines motivating music and scientifically proven movements to help you achieve these targets quicker than working out on your own.

Pure Strength

Bring the weight room into the studio! Use heavier weights and fewer reps to increase muscular strength rather than muscular endurance. Appropriate for all fitness levels!

RIP

If you love BODYPUMP™ then you will love RIP. Incorporates exercises from both traditional and non-traditional techniques and matches these movements to music to create a simple, safe, fun and effective method of strength training.

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, and 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 as well as strength and balance work while increasing your coordination and stamina! High and low impact options make this a great experience for all fitness levels.

Circuit Fit

Experience a variety of cardio sports-related drills to improve your overall fitness. Work at your own pace but be motivated to push your limits.

PILOXING®

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

TabataFit

Burn some serious calories by performing 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

Incorporates fat-burning cardio drills, muscular strength and endurance training using a variety of equipment or body weight, balance challenges, core work, and ends with a relaxing stretch. Multiple fitness level options are offered to create a challenging workout perfect for you!

Mind & Body

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.

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.

Mindful Yoga

In some translations, the word Yoga means to “unite” the body and the mind. The word Mindful can refer to the practice of “remembering” to be more present. This class may help you practice taking care of your body and your mind both on and off the mat.

Pilates Mix

Incorporates traditional Pilates movements with barre combinations using equipment such as weights, balls and bands.

Revitalizing Yoga

Wind down the week with a gentle Yoga class including breathwork, stretches, long Yin holds and ending with deep relaxation. Yoga massage balls may also be used.

Slow Yoga

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. Focus on how your body moves thru space to improve your balance and safely increase your body's ranges of motion.

Yoga Body & Mind

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

Spin *Arrive 10 minutes early for set up.

Spin

An indoor cycling program for all fitness and skill levels! Control your own intensity while being challenged with overall body conditioning.

Total Body Spin

Experience an energizing ride followed by strength work for the upper body and core. Great for all fitness levels, you'll leave feeling “totally” conditioned!

Dance

Bollywood Dance

This unique aerobic workout fuses traditional dance moves from India with modern Hip-Hop and Jazz! Pop Indian music will be used to enhance your **BOLLYWOOD DANCE** experience! All levels of fitness and dance are welcome.

MixedFit®

Work out to your favorite songs and add explosive and body toning movements making your workout more effective and challenging. The choreography is simple and easy to follow, allowing you to create your own intensity and focus on getting lost in the music.

Multi-Step

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

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!”



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