



Rakow Center Group Exercise Schedule

Fall 2023 Effective September 5-December 30



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Zumba® 9:00-10:00 am Pam	Power Hour* 9:30-10:30 am Susan L.	Forever Strong 8:45-9:30 am Cacey NEW	Power Hour* 9:30-10:30 am Susan L.	Gentle Flow Yoga 8:00-9:00 am Juanita	Zumba® 10:00-11:00 am Sarah	Zumba® 10:00-11:00 am Lauren
Pilates 11:30 am-12:30 pm Susan L.	Senior Aerobics/ Stretch & Strength 10:45-11:45 am Reada PM	Spin/Abs* 9:45-10:30 am Susanne	Senior Aerobics/ Stretch & Strength 10:45-11:45 am Reada PM	Spin/Abs* 9:15-10:00 am Susanne		
	Yoga Sculpt 5:30-6:15 pm Colleen	Pilates 11:30 am-12:30 pm Susan L.	Yoga Sculpt 6:30-7:15 pm Lisa	Fitness Members • FREE (Excluding Water Fitness) Non Fitness Members • Drop-in Fee = \$7 3 Month unlimited pass = \$125(R)/\$145(NR) <i>(Valid from date of purchase)</i>		
	Classic Cardio Drumming 6:30-7:15 pm Colleen NEW					
				Download the Fall Group Exercise Schedule @ https://www.dtpd.org/group-exercise-class-schedules		

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!

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.

Spin

Arrive 10 minutes early for set up.

Spin/Abs

An indoor cycling program for all fitness and skill levels! Control your own intensity while being challenged with overall body conditioning. Combines 30-minutes of Spin followed by 15-minutes of Core work and stretching.

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!"

Beginner

Dance

Fusion

Mind & Body

Resistance*

Spin*

50+ Years & Older

*Please arrive at least 10 minutes before class for equipment set up. Please bring your own towel.



www.dtpd.org



Rakow Fitness Center • 665 Barrington Ave.
Carpentersville, IL 60110 • (847) 428-7131 x1400

12 Years & Older • Classes are held at the Rakow Center in the East/West Dundee Room.