

Belly Blaster	A 15 min. express core workout that will chisel & tone your midsection. Beginner/Intermediate/Advanced
Boot Camp	An intense, fun, fast-paced class designed to condition your body like an athlete. Includes sports drills & plyometric moves to target the entire body! Intermediate/Advanced
BOSU Boot Camp	Another intense boot camp workout utilizing the BOSU balance trainer to perform cardio & strength intervals. Intermediate/Advanced
Cardio Flex	A low-impact workout that moves at a slightly slower pace. 30 minutes of aerobic activity followed by flexibility training. Beginner/Intermediate
Chi Motion	This low-impact aerobic class will integrate mind/body fitness through Tai Chi, yoga, and dance inspired movements. Beginner/Intermediate/Advanced
Circuit Breaker	A fast-paced workout that will take you from station to station or exercise to exercise mixing cardio with toning so that your heart rate stays up to burn more calories! Beginner/Intermediate/Advanced
Cycling	A revolutionary cardio workout on a stationary bike! Cycle classes are designed around the style of music and/or riding technique. Athletic Cycling (60 min) Power (60 min) Beginner/Intermediate/Advanced
Flexibility	A stretching class designed to de-stress you & Increase your range of motion through a variety of stretches! Beginner/Intermediate/Advanced
Flexible Strength	This class is designed to increase your strength & flexibility. Light resistance may be used. Beginner/Intermediate/Advanced
Heart Healthy	This class is the next progression from Sit & Get Fit. It has 30 min. of low impact aerobics followed by 15 min. of balance & stretching. Beginner/Intermediate
Let It Go Hi-Lo	Let it go with high or low impact aerobics! May include abdominal exercises towards the end of class. Beginner/Intermediate/Advanced
Med Ball Mania!	Improve your strength & endurance in this challenging, fun class! A medicine ball will be used for your total body workout as you perform cardio drills and/or choreography. Other equipment may be used. Intermediate/Advanced
Muscle Madness	Looking for a good head to toe strength workout? This class is strength training at it's best. You will utilize various forms of resistance and reps to increase muscle mass, tone, and increase core strength. Beginner/Intermediate/Advanced
Pilates Mat	Lengthen & strengthen your limbs & spine. Focus on core strengthening exercises while increasing flexibility in this Pilates mat-based class. Small apparatus may be used. Beginner/Intermediate/Advanced

PiYo	This flowing class integrates Pilates exercises with various Yoga poses. Strengthen core, lengthen limbs, increase flexibility! Beginner/Intermediate/Advanced
S.O.S. (Seniors On Strength)	This class focuses on strengthening/toning using tubing & dumbbells for added resistance while alternating between sitting, standing, & walking to improve movement/balance. Beginner/Intermediate
Sit & Get Fit!	A cardiovascular conditioning class designed for participants with limitations. Seated & standing exercises to improve muscle tone & movement. Beginner
Six Pack Attack	30 minutes of core strength & balance exercises designed to improve muscle tone using varied equipment/body strength. Beginner/Intermediate/Advanced
Straight Up Step Step & Strength Pure Step	These step classes challenge both the aerobic and Anaerobic energy systems with the use of creative step choreography. <u>Straight Up Step</u> - Dbl. step may be used. Int./Adv. <u>Step & Strength</u> - Uses step choreography mixed with strength. Beginner/Intermediate/Advanced <u>Pure Step</u> - More basic step choreography. Beginner
Turbo Kick!	Turbo Kick is an addictive workout that combines shadow boxing, kickboxing, sports drills, & simple dance moves in one fun workout! Beginner/Intermediate/Advanced
Xtreme Pump	This ultimate weight training class strengthens your entire body! It will challenge all of your major muscle groups using popular weight-room type exercises with repetitions to your favorite music. Beginner/Intermediate/Advanced
Yoga	These classes integrate the postures, breathing exercises, & relaxation to harmonize you on every level; mind, body, spirit. This is a mindful & moving class, all levels are welcome. Beginner/Intermediate/Advanced
ZUMBA!	Feel the Latin rhythms as you dance your stress away with this easy-to-follow fun class! Burn calories & tone your core while moving to the beat as you dance Merengue, Salsa, Cumbia, Samba and more in this high energy fiesta! Beginner/Intermediate/Advanced
ZUMBA GOLD!	Designed for the older adult or beginner. Feel the Latin rhythms as you dance for exercise in this fun easy-to-follow class! This class is held every other week, see weekly Schedule posted on bulletin board. Beginner
NEW! Cardio Fusion	This class will get your body moving and your heart pumping! Cardio fusion blends cardiovascular exercise drills with strength training mixed with some Pilates and Yoga. Beginner/Intermediate/Advanced

Group Exercise Schedule

January 3 - March 13

2010



The Right Time.

The Right Place.

The Right Class.



The Wellness Center
 900 West Central Rd Arlington Heights, IL 60005
 847.618.3500

