



Weekly Fitness Class Schedule

Starting 11/1/2022

MONDAY-AM	TUESDAY-AM	WEDNESDAY-AM	THURSDAY-AM	FRIDAY-AM	SATURDAY-AM	SUNDAY-AM
CARDIO + CORE 9:00 A	DRU'S BOOT CAMP 6:00 A YOGA 10:00 A	STRETCH-FLEX-SUCCESS 6:00 A GENTLE YOGA 10:00 A	DRU'S BOOT CAMP 6:00 A NIA 10:00 A		NIA 9:00 A DRU'S BOOT CAMP 11:00 A	
MONDAY-PM	TUESDAY-PM	WEDNESDAY-PM	THURSDAY-PM	FRIDAY-PM	SATURDAY-PM	SUNDAY-PM
WERQ 6:00 P		CHRIS' BOOT CAMP 6:00 P STRETCH-FLEX-SUCCESS 7:00 P				

CLASS SCHEDULE SUBJECT TO CHANGE.



Fitness Club

*Each of these classes is 60 minutes unless otherwise indicated.
All fitness levels welcome in every class! Instructors will provide adaptations to movements when needed.*

Club Hours

Monday - Thursday

6:00 am - 10:00 pm

Friday

6:00 am - 9:00 pm

Saturday & Sunday

8:00 am - 6:00 pm

**GYMNASIUM WILL BE
CLOSED DURING ALL
FITNESS CLASSES**

Boot Camp

This multi-level physical conditioning class is for the mind and body. These classes will safely and effectively burn calories and firm you up. You will perform strength exercise, stability exercises, calisthenics, cardiovascular exercise, speed work, and endurance.

Cardio + Core

Do you think cardio is boring? Give this class a shot! This interval and circuit style class will get your heart rate up and help increase your cardiovascular fitness and endurance. We will also dedicate time in each class on strengthening the core of the body. All fitness levels are welcome.

Gentle Yoga

Challenging poses to work up a sweat. Feel empowered in mind & body.

NIA

Looking for something different? Try connecting to yourself through mind, body and spirit. NIA is a holistic sensory awareness movement technique, consisting of just 52 movements. Choreography is taken from the Martial and Healing Arts, you'll feel a sense of empowerment like never before! Give yourself permission to discover your true authentic self through free dance and you'll step out after an hour, feeling renewed, strong and joyful! Discover this through the NIA technique! Every level of fitness is welcome!

Stretch-Flex-Success

Come out and join Drue for an intense session of stretching. Yes stretching! The focus will be 3 parts: 1. Common muscles that give us problems 2. Inferior muscles that we ignore 3. Injury prevention. We will also add in some proper foam rolling techniques as well. So bring your aches and pains & we will work them out together! Let's get healthy & improve our range of motion in a safe way!

WERQ

WERQ is the wildly addictive cardio dance workout based on trending pop & hip-hop music. Their instructor's mission is to create a judgement-free dance space built on good vibes, a great sweat & a supportive community. Founded by fitness professional Haley Struxness, they have been shaking up the fitness scene since 2011!

The Westmont Park District Fitness Club reserves the right to make changes to this schedule and/or cancel any class.