



# Weekly Fitness Class Schedule

SUNDAY-AM	MONDAY-AM	TUESDAY-AM	WEDNESDAY-AM	THURSDAY-AM	FRIDAY-AM	SATURDAY-AM
		<b>GENTLE YOGA</b> 10:00 AM	<b>NIA</b> 9:00 AM		<b>CARDIO + CORE (CSC)</b> 8:00 AM	<b>HATHA FLOW YOGA</b> 10:00 AM  <b>DRUE'S BOOT CAMP</b> 11:00 AM
SUNDAY-PM	MONDAY-PM	TUESDAY-PM	WEDNESDAY-PM	THURSDAY-PM	FRIDAY-PM	SATURDAY-PM
		<b>TERRY'S BOOTCAMP</b> 6:00 PM	<b>WERQ</b> 6:00 PM <b>STRETCH-FLEX-SUCCESS</b> 7:00PM			

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

5:30 am - 10:00 pm

Friday

5:30 am - 9:00 pm

Saturday & Sunday

7:00 am - 6:00 pm

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

### 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.

### Drue's 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.

### Gentle Yoga

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

### Hatha Flow Yoga

Encompasses slow paced stretching suitable for all levels. Promotes relaxation and well-being. Flow through a series of floor based and standing poses that allow students time needed to focus on breathing and form. Props will be used to help support posture and soft music will be played to foster a peaceful environment.

### 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!

### Pop-Up Pilates

Only here for the summer! A mat-based pilates classed focused on strength, stability, flexibility, and stamina. Starting July 8th and ending on August 28th.

### 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!

### Terry's Boot Camp

Tired of having to spend hours in the gym to feel like you had a good strength and cardio workout? Wanting to reinvigorate your routine and challenge yourself at the same time? If so, then you need to join Terry's Boot Camp! Our class is designed for you to experience a fun and interactive full body workout that will focus on SEB (strength, endurance, balance).. Our circuit will challenge your mind, body, and spirit..

### WERQ

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