

### Aqua Fitness/Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 – 8:50 am AQUA	8:00 – 8:50 am AQUA	8:00 – 8:50 am AQUA	8:00 – 8:50 am AQUA	8:00 – 8:50 am AQUA	8:00 – 8:50 am AQUA
	12:00 – 12:50 pm AQUA		12:00 – 12:50 pm AQUA			

### Studio 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15 – 6:00 am S.O.S.		5:15 – 6:00 am A.C.T.		5:15 – 6:00 am STRENGTH & STRETCH	
		6:30 – 7:15 am S.O.S. ★				
	7:30 – 8:20 am REV & RELEASE	7:30 – 8:20 am COMPLETE CORE	7:30 – 8:20 am STRENGTH & STRETCH	7:30 – 8:20 am TRIPLE FIT	7:30 – 8:20 am GENTLE YOGA	
8:00 – 8:50am YOGA						8:00 – 8:50 am H.I.T. ★
	8:30 – 9:20 am A.C.T.		8:30 – 9:20 am S.O.S.		8:30 – 9:20 am H.I.T.	
						9:00 – 9:50 am S.O.S.
	9:30 – 10:20 am YOGA	9:30 – 10:20 am S.O.S.	9:30 – 10:20 am COMPLETE CORE	9:30 – 10:20 am F.I.T.	9:30 – 10:20 am S.O.S.	
						10:00 – 10:30 am FLEX & STRETCH
		12:00 – 1:00 pm 50+ FITNESS FUSION		12:00 – 1:00 pm 50+ FITNESS FUSION		
	5:00 – 5:50 pm TRIPLE FIT	5:00 – 5:50 pm A.C.T.	5:00 – 5:25 pm COMPLETE CORE			
	6:00 – 6:50 pm S.O.S.	6:00 – 6:50 pm STRENGTH & STRETCH		6:00 – 6:50 pm YOGA		
	7:00-7:50 pm ZUMBA		7:00-7:50 pm ZUMBA			

### Cycle Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:15 – 6:00 am CYCLE		5:15 – 6:00 am CYCLE		
			6:30 – 7:15 am CYCLE ★			
7:00 – 7:45 am CYCLE						7:00 – 7:45 am CYCLE
		8:30 – 9:15 am CYCLE		8:30 – 9:15 am CYCLE		
			5:30 – 6:15 pm CYCLE ★	5:30 – 5:55 pm CYCLE		



# Group Exercise Class Descriptions

Classes are designed for all fitness levels.  
Participants are encouraged to bring water.

<b>50+ Fitness Fusion</b>	Focus on form, function + lifelong wellness. Learn use of strength machines. Check-in for class in Studio 1.
<b>Aqua</b>	Cardio, strength, and core training in the shallow end of the pool.
<b>A.C.T.</b>	(Athletic Conditioning and Training) Develop strength, cardiovascular fitness, and mobility using various intensities and timing protocols.
<b>Complete Core</b>	Three-dimensional strength training for your core (abs, chest, back, shoulders and glutes) with Pilates-inspired moves and more.
<b>Cycle</b>	Hill climbs, jumps, and racing speeds adaptable to your fitness level through cadence and resistance.
<b>F.I.T.</b>	Combining the metabolic boosting effects of interval training w/ functional exercises to increase strength, endurance, & mobility.
<b>Flex &amp; Stretch</b>	A 30 min stretching program designed to relieve muscle tension and complement high impact workouts.
<b>H.I.T.</b>	(High Intensity Training) Advanced circuit-based training utilizing cardio and strength drills for the entire body.
<b>Rev &amp; Release</b>	The best of all-levels metabolic burning cardio drills paired with tension releasing moves inspired by yoga, Pilates, foam rolling and more.
<b>S.O.S.</b>	Continuous strength building workout using studio equipment.
<b>Strength &amp; Stretch</b>	Strength and flexibility training for the total body focusing on functionality.
<b>Triple Fit</b>	This all-inclusive workout incorporates the three main components of fitness (cardio, strength and flexibility).
<b>Yoga</b>	Learn foundational yoga poses essential to a yoga practice. Classes range through various regressions (Gentle Yoga) through progressions (Yoga).
<b>Zumba</b>	A fun, energetic, aerobic fitness class featuring movements inspired by various styles of Latin dance.



## **specialty fitness**

- jan IAC Boot Camp: Resolution
- apr IAC Boot Camp Spring
- jul Stadium Training
- aug IAC Boot Camp Fall
- nov Studio 2X: Studio Training

## **quarterly challenges**

- Q1 ALL IN
- Q2 IRON MAY
- Q3 OM-POSSIBLE
- Q4 CLUB STRONG

**more info: [jolietpark.activityreg.com](http://jolietpark.activityreg.com)**