Inwood Athletic Club
Fueled by emediate cure QUICK CARE

Group Exercise Class Schedule

Effective March 30 - July 5, 2026

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 ZUMBA		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 STRETCH & RESTORE
		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 – 5:25 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 CLUB CARDIO		7:00 – 7:50 pm CLUB CARDIO			

Join us for FIRST FRIDAYS in Studio 2X!
See reverse for details.

Cycle Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:15 – 6:00 am CYCLE		5:15 – 6:00 am CYCLE		
			6:30 – 7:20 am CYCLE			
7:00 – 7:50 am CYCLE						7:00 – 7:50 am CYCLE
		8:30 – 9:20 am CYCLE		8:30 – 9:20 am CYCLE		
	9:30 – 10:20 am ✸ CYCLE					
			5:30 – 6:20 pm CYCLE	5:30 – 5:55 pm CYCLE		

✸ NEW FORMAT and/or TIME CHANGE

SEE REVERSE FOR CLASS DESCRIPTIONS

Group Exercise Class Descriptions

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

50+ Fitness Fusion	Focus on form, function + lifelong wellness. Learn use of strength machines. Check-in for class in Studio 1.
Aqua	Cardio, strength, and core training in the shallow end of the pool.
A.C.T.	(Athletic Conditioning and Training) Develop strength, cardiovascular fitness, and mobility using various intensities and timing protocols.
Club Cardio	The best of Zumba, Hip Hop and more blended into this fun, upbeat and energizing dance-inspired cardio class.
Complete Core	Three-dimensional strength training for your core (abs, chest, back, shoulders and glutes) with Pilates-inspired moves and more.
Cycle	Climb, jump and race with our Coach by Color system - 5 training zones personalized to your fitness level.
F.I.T.	Combining the metabolic boosting effects of interval training w/ functional exercises to increase strength, endurance, & mobility.
H.I.T.	(High Intensity Training) Advanced circuit-based training utilizing cardio and strength drills for the entire body.
Rev & Release	The best of all-levels metabolic burning cardio drills paired with tension releasing moves inspired by yoga, Pilates, foam rolling and more.
S.O.S.	Continuous strength building workout using studio equipment.
Strength & Stretch	Strength and flexibility training for the total body focusing on functionality.
Stretch & Restore	A 30 min stretching program designed to relieve muscle tension and complement high impact workouts.
Triple Fit	This all-inclusive workout incorporates the three main components of fitness (cardio, strength and flexibility).
Yoga	Learn foundational yoga poses essential to a yoga practice. Classes range through various regressions (Gentle Yoga) through progressions (Yoga).

FIRST FRIDAYS in Studio 2X

Join us the first Friday of each month in Studio 2X! Participants will have access to exclusive equipment and formats not traditionally available in Studio 1.

First Fridays will occur on the following dates:

April 3 | May 1 | June 5 | July 3

during the following times / classes:

7:30a Gentle Yoga | 8:30a H.I.T. | 9:30a S.O.S.

Please join us in Studio 1 for our regular schedule on all other Fridays.
Questions? Contact Alison: areum@jolietpark.org

Inwood Athletic Club est 2006

jolietpark.org/inwood-athletic-club