

General Notes: Park Place FIT Pass System, Punchcard and Daily Fee, and Cancellation Policy

- Non-Registration Classes are for ages 14 and older, unless otherwise noted.
- FIT Pass offers unlimited group exercise classes and much quicker access into the class! You just swipe, band and go! The best part, because this is like our membership card with your picture on it, if you misplace it or lose it, we can honor what you have purchased! 10 Punch passes can be used for any, with the exception of Registration classes.
- Any group exercise class may be cancelled or altered due to low attendance. If less than three people attend a class, it may be canceled that day. Any class with an average of five or fewer participants will be flagged/watched for one month and may be cancelled or changed to registration class if the average does not increase.

**Group Fitness
FIT Pass**
*Please see page 14
for Daily, One Month
& Three Month rates.*

Aquatic *Participants do not need to know how to swim.
Aqua shoes are recommended.*



Aqua Belly Busters

Quick 15-minute aqua class, targeting your abdominals.

Aqua Fitness

Improve cardiovascular fitness with the water's resistance. All muscles get a workout and stress on joints is reduced!

Tai Chi Stretch Fusion

While in the soothing aquatic environment, enjoy dynamic flexibility, using traditional Tai Chi and Yoga postures. Challenge your balance and stability.

Water Arthritis Exercise

Working within Arthritis Foundation guidelines, this class addresses range of motion, joint mobility and circulation issues. Whirlpool is available for participants.

Aqua ZUMBA
FITNESS

Combine fitness and dance moves to upbeat Latin music with resistance of the water.

			<i>R/NR Fee</i>
8230-7	Thursday November 3-December 15	8 a.m.	\$35/\$52.50
8210-0	Thursday January 19-February 23	8 a.m.	\$35/\$52.50
8210-1	Thursday March 8-April 12	8 a.m.	\$35/\$52.50

Aqua Arthritis Strength Training

Exercises will target muscle tone and strength in the arms, legs as well as the core muscles. Geared toward seniors, participants use equipment in shallow and deeper water.

Wet n' Wild

Excellent water workouts with additional resistance equipment for a more intense workout. Focus: endurance and strength.

Aqua Boot Camp

Challenge yourself to a bootcamp in the pool! This is not a water aerobics class.

				<i>R/NR Fee</i>
8230-5	Monday November 7-December 12	6:30 a.m.		\$35/\$52.50
8210-2	Monday January 16-February 20	6:30 a.m.		\$35/\$52.50
8210-3	Monday March 5-April 9	6:30 a.m.		\$35/\$52.50

For all Aquatic, Spinning®, Step, and ZUMBA® Classes: ages 12 and older are welcome!

jazzercise®

Music, fresh moves, pure motivation. The world's leading dance fitness program offers a blend of dance and exercise choreographed to today's hottest music, including top 40s, jazz, country, funk, and classic. jazzercise® accommodates all fitness levels and combines a great cardio-vascular workout with resistance training and stretching to increase strength, muscle tone, flexibility and balance with easy to follow movements. Register for class 15 minutes before or after class at the jazzercise® table.



Free class and one month free (for new customer with auto-pay registration) during Open House days January 9-10 and May 7-8! Includes both your jazzercise® Easy Fitness Ticket and joining fee! Valid for new or former customers not previously enrolled. Valid only on day of FREE class.

Monday/Wednesday/Friday	5:15 p.m.	Joining Fee:	\$30
Tuesday/Thursday	8:40 a.m.	Easy Fitness Ticket:	\$37/month (Auto Deduction: Checking/Credit Card)
Sunday	10:45 a.m.	Eight Week Session:	\$94 (Cash/Check)
		Walk-Ins:	\$10

**Questions and
Registration
Call Jeaneen at
(847) 584-1969.
Check out
jazzercise.com**

Mind/Body

Participants are encouraged to bring their own mats for the Mind/Body classes!

Meet at Park Place Studio • 550 Park Boulevard, Streamwood

Pilates

This floor-based mat class is designed for everyone. Enjoy a non-impact, safe and effective exercise. Pilates will strengthen muscles as well as improve flexibility, joint mobility, balance and posture. This mind/body class reduces stress while toning all your core (powerhouse) muscles!

Vinyasa Flow Yoga

Poses flow from one to another, breath synchronizing the movements, creating heat in the body, improving flexibility and promoting muscle strength. Appropriate for all ages.

Meet at Hoosier Grove Barn • 700 West Irving Park Road, Streamwood

Hatha Yoga

Yoga is a spiritual practice that has been evolving for thousands of years. Many benefits can help with increasing stress and ailments that accompany our everyday lives. From stimulating the immune system and boosting self-esteem to improving muscle tone, flexibility, strength and stamina this class is definitely a favorite!

R/NR Fee

8360-0	Monday	January 9-February 13	6:15-7:30 p.m.	\$54/\$79
8360-1	Monday	February 27-April 2	6:15-7:30 p.m.	\$54/\$79
8360-2	Monday	April 16-May 21	6:15-7:30 p.m.	\$54/\$79

Vinyasa Yoga

In Vinyasa style yoga, poses flow from one pose to another, breath synchronizing the movements, creating heat in the body, improving flexibility and promoting muscle strength. Vinyasa allows for a variety of strength movements, in addition to many working stretches. Appropriate for all levels.

R/NR Fee

8360-3	Wednesday	January 4-February 15	7-8:15 p.m.	\$54/\$79
8360-4	Wednesday	February 29-April 4	7-8:15 p.m.	\$54/\$79
8360-5	Wednesday	April 18-May 23	7-8:15 p.m.	\$54/\$79

Restorative Yoga

Class will help recharge and restore the body, mind and soul. Combines elements of slow flow vinyasa, Yin Yoga, restorative yoga, deep relaxation, and guided meditation in a soothing stress-free environment, will use techniques shown to help strengthen the parasympathetic nervous system and the immune system. You will feel a deeper connection to yourself and your body. Doing this from time to time helps to build a reservoir of energy that normal busy lives deplete.

Registration Required! 8380-5 Friday November 18 7:30 p.m. R/NR Fee: \$6/\$8

Studio

Classes generally held at Park Place - please check at the fitness desk.

Spinning®


High motivation, mood lighting, good music and an incredible workout! This indoor cycling program is for participants of all fitness and skill levels.

15 Minute Abs

Target your trouble spot in this quick 15- minute session.

Muscle Pump

Barbells and weight plates give you a full-body workout you won't believe! People rave about the results they get from this style of class that puts traditional weight room exercises to music to create the ultimate in muscular endurance. All fitness levels are welcome!

 See what your friends and the rest of the country are raving about! It's a Latin dance and it's an exercise regimen, and it's a blast! Drop pant sizes dancing and have fun doing it! This class is fun even for non-dancers!

Step and Step & Sculpt

Cardiovascular fitness at its finest using the step bench. Pump up the music/pump up your moves and burn up the calories in these creatively layered step classes.

Max Interval

High intensity class that uses quick bursts and challenging exercises for an extreme and powerful workout.

Cardio Kickboxing

A fun, high energy cardiovascular workout combines elements of boxing and martial arts to improve coordination, flexibility and muscle tone for a total-body workout.

W.O.W. (Women on Weights)

Personal Trainer Lisa Breu introduces you to the world of dumbbells, barbells and free weight personal training in a small group setting. Take the intimidation out!

8420-0 Friday February 3-March 10 11:30 a.m.-12:30 p.m.
R/NR Fee: \$60/\$85

Location: Park Place Fitness Center Min/Max: 3/6