

Ab Lab—A class designed to tighten & firm the midsection in only 30 minutes!

Arms/Abs/Resistive Stretching—Upper and Lower Strength training and toning with a new kind of resistive stretching at the end.

Body Blaster—Class includes rubber bands, weights in circuit format.

Buns & Guns—Tone your arms and butt during this strength training session.

Cardio Combo—Mix up your fitness routine with cardio exercise and light weights. This is a great class for all levels of fitness.

Cardio Sculpt & Burn—Get your heart rate up while burning tons of calories. This combination class of cardio and weights will really get you moving.

Cycle Circuits—Cardio and cycle will be done to improve one's cardiovascular health. Enjoy the ride.

Cycle Sculpt—30 minutes of cardiovascular training on the Spinning bike and then moving to total body conditioning in bootcamp style format.

Cycle Wow—Get ready to be wowed by this new concept in Cycle. Great for all levels of fitness. Cardio and muscle collide Wow!

Cycling—Enjoy riding through plains, hills and other areas while on a stationery bike. This class is sure to get your heart pumping.

Fit Cross—Gain strength & core muscles doing cardio intervals along with hula hoop work. Adding cardio machines, strength training & hula hooping allows for a fun & spontaneous workout.

Fitness Movement—Move your way across the studio. Exercise is movement which is the key to a happy life. Let's get moving and tone and trim with various exercises and props.

HIIT Style—This workout is a form of high intensity interval training designed to get your heart rate up in that very hard anaerobic zone for short periods of time

Muscle Up—Build muscle, add cardio and have fun. Use dumbbells, tubes and more.

Power Cycle—Heart pounding ride through streets and hills. This intense cycle class will give you a great workout.

Power Push—Cycling class pop up- Spin fast and hard, cycle through hills, streets and more. Get a quick cardio burst in 20 minutes.

Recover and Tone—Low impact mix with exercise equipment including bands, balls, weights and barre. Stretching and strengthening exercises will be included.

Sculpt and Yoga Flow—Flowing from one pose to the next creating a yoga workout through poses. Breath and mind will connect and sculpt the body.

Step—This bench stepping class will have you working in your fat burning heart rate zone.

Step/Muscle Intervals—Weight training and cardio while using our classic steps. Intervals of body part toning with weights while using steps in between for a total body workout.

Step and Tone—Bench stepping and light weights will be incorporated for a total workout.

Strength/Tone—This all around workout includes low and high impact exercises performed at your own pace. Weight training utilizing free weights and elastic dyna-bands will be included.

Stretch/Core—Take time to stretch out all those muscle groups. Limber muscles are the key to preventing injury. Strengthening for the Core will be incorporated too.

Stretch Flex—These will be 25 minute stretching classes.

Strong—Combines body weight, muscle conditioning, cardio and plyometric moves synced to music.

Tone and Cycle—Spin to some funky beats while adding in arm weight exercises using light hand weights. Cardio and weight training in one workout.

Zumba—The hottest fitness craze, combining aerobic exercise with Latin dance moves. A fun, high-energy, calorie burning class.

Zumba Toning—Upbeat class is done to Latin music with added weights for strength and toning.



Sportsplex

VILLAGE OF ORLAND PARK

GROUP EXERCISE SCHEDULE

7.1.2024

11351 West 159th Street
Orland Park, IL 60467
Phone: (708) 403-5000

orlandpark.org

UPDATED 6.24.2024

VILLAGE OF ORLAND PARK BOARD OF TRUSTEES

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TRUSTEES: William R. Healy, Cynthia Nelson Katsenes,
Michael R. Milani, Sean Kampas,
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GROUP EXERCISE SCHEDULE

1. All classes will be 50 minutes 2. Class limit 16 for Cycle. Class limit for regular classes 34.
3. Please clean your equipment and put away neatly after the class exiting quickly.

MONDAY

MUSCLE UP
8-8:50am Kelly

HIIT STYLE
9-9:50am Johanna

CARDIO COMBO
10:30-11:20am Jeannie

***GENTLE YOGA**
11:30am-12:25pm

BUNS AND GUNS
4:30-5:30pm Erika

AB LAB
5:30-6pm Erika

STEP/MUSCLE INTERVALS
6-6:50pm Erika

THURSDAY

ARMS/ABS
INTERVAL TRAINING
8:30-9:20am Jan

TONE AND CYCLE
8-8:50am Kelly

CARDIO COMBO
10:30-11:10am Jeannie

ZUMBA TONING
5:10-6:00pm Melissa

TUESDAY

FIT CROSS
8-8:50am Kelly

STEP AND TONE
8:30-9:20am Jan

STRENGTH/TONE
9:30-10:20am Ghadir

***CHAIR YOGA**
1:30-2:20pm Erika

ZUMBA
5:10-6pm Melissa

BODY BLASTER
6-6:50pm Christa

FRIDAY

CYCLING
6-6:50am Jen

CYCLE SCULPT
8-8:50am Jamie

ZUMBA
10-10:50am Laura

ZUMBA
5:10-6:00pm Melissa

WEDNESDAY

ZUMBA
8-8:50am Laura

BODY BLASTER
9-9:50am John

***FITNESS YOGA**
10:30-11:25am Erika

FITNESS MOVEMENT
5:10-6pm Christa

BUNS & GUNS
6-6:50pm Erika

CYCLE WOW
7-7:50pm Erika

SATURDAY

BUNS & GUNS
8-8:50am Erika

ZUMBA
9-9:50am Melissa

POWER UP CYCLING
9-9:50am Erika

STRETCH FLEX
10-10:30am Erika

SUNDAY

CYCLE SCULPT
8:05-9:25am Jamie/Christa

***PLEASE NOTE:** Highlighted classes are an 8-10 week fee based program class (not included with Sportsplex membership).
Register for these classes at Sportsplex. Exercise Schedule subject to change without notice.