

Get Fit to the CORE with LPD's Group Fitness Classes!

40-Minute Blast; Butts, Guts

& Arms! We will focus on muscles that shape your abdomen, lower back, hips, gluts, legs, upper body, shoulders & arms in this fun, 40-minute fast paced work out!

Better Class, Bar None!

This strengthening class is both challenging and satisfying! There's no better way to start the week. Body bars & tubes will be provided! All fitness levels welcome.

Boot Camp

Boot Camp is an interval class which incorporates cardio and strength training. In an inviting, motivating and inspiring group environment, this class is designed to get results in both speed and endurance, while tightening and toning the entire body! The workouts will have heart-pumping cardio drills for functional conditioning, amidst muscle conditioning exercises.

Suicide runs, relay races, virtual tire runs, and more! The strength training part of the class will be high-repetition, low-weight exercises, to tone, strengthen all the major muscle groups.

Cardio Box

This is a fusion class of martial arts and boxing movements that will not only tighten, define and shape your body, it will kick your cardio fitness to the next level. 45 minutes of punching and kicking—a fun and exciting way to get in shape!

Cycle Spin

This class is an invigorating way to blast off calories while listening to fun and motivating music. This class is designed to work leg muscles, strengthen your CORE and is a great workout for all!

Cardio Step Blast Improve your body's cardio fitness while burning fat and calories with 30-minutes of step and 30 minutes of strength and toning. This is a fun and challenging way to workout!

Fit Before Work Here's your chance to train your body with stretching, strength training & cardio before your workday begin! There's no better way to start your day!

Pilates Mat Pilates builds strength and flexibility, particularly of the abdomen and back muscles using your own body weight. Other benefits are improved posture, balance, leaner muscles and CORE strength. With proper breathing you will de-stress and increase weight loss. This class is for beginner – advanced. Join us for a night class with candles - a great way to end the day.

Step & Strength This combined weight training and cardio step class is a fun way is a great way to start your fitness program! Including a cardio step section with a sculpting section, interval classes can help increase cardiovascular endurance and muscle strength. Abdominal exercises and relaxed stretch ends the class.

Step it up! High-energy, fat-burning class for all levels of stepper! This 60-minute class uses choreography to add life to the basic step moves; each class being unique to the next. If you want to burn fat, tone the abs, legs and buttocks, this one is for you.



Total Body Conditioning

Sixty minutes of awesome cardio and strength training. This class will work a muscle group to the point of fatigue—really maximizing your potential! And then we'll move on to the next muscle group! Work the heart and lungs; tone the arms, legs, abs, and buttocks using steps, bands and weights.

Weekend Workout

Weekend Workout is a strength training class designed to burn fat and build muscle in an effective 60-minute workout session. You'll use body bars, dumbbells, stability balls and resistance bands to work all the major muscle groups. It's a great way to get in shape!

Weights on Wednesday = Fun!

Finally, a class in which your weight helps you! Strengthen your CORE by using hand weights as well as your own body weight. Abdominal exercises as well as others will be done.

Zumba

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

For more info call 630-257-6787 or visit www.LemontParkDistrict.org

The Lemont Park District

CORE

Fitness & Aquatic Complex



Group X Classes – Provided by Les Mills!

The Lemont Park District CORE Fitness and Aquatic Complex (The CORE) is home to world-renown Les Mills Group Fitness Classes. Promoting fitness in a fun, safe, and inspiring environment, Les Mills is a pioneer in the modern group exercise experience.

BODYFLOW™ will help you find yourself at The CORE.

BODYFLOW is the Yoga, Tai Chi and Pilates workout that leaves you feeling long, strong, centered and calm. It's your personal "time out" from the stress and strains of daily life – a 55-minute group exercise-to-music class that enhances your physical and mental well-being.

- Improve your joint flexibility and range of movement
- Increase your CORE strength
- Improve your cardio-vascular function
- Burn calories
- Reduce your stress levels
- Provide a lasting sense of well-being and calm
- Focus your mind and raise your level of consciousness through controlled breathing

BODYCOMBAT™ will reveal your maximum strength at The CORE.

BODYCOMBAT is a non-combat, martial arts-based fitness program with moves drawn from Karate, Tae Kwan Do, Kung Fu, KickBoxing, Muay Thai and Tai Chi. Each 55-minute BODYCOMBAT class is choreographed to 10 tracks of the latest music, providing an exhilarating exercise experience that delivers ultra-fast fitness results.

- Improves heart and lung function and reduces the risk of heart disease
- Tones and shapes key muscle groups
- Burns calories for a leaner body
- Improves co-ordination and agility
- Improves bone density
- Improves posture and CORE strength and stability
- Builds self-confidence

BODYPUMP™ will get you tone and fit at The CORE.

BODYPUMP is the fastest way to shape up and lose body fat. It's a toning and conditioning class with weights and is for just about everybody who wants to add strength training into their aerobic workout. The simplicity of the class makes BODYPUMP™ a great starting point to develop strength and confidence. Hot sounds and compelling choreography keep you going through each 45-minute or one-hour workout. You'll use a step platform, a bar and a set of weights.

- Burn up to 600 calories per class for fat loss
- Improve your strength
- Improve your general fitness
- Shape and tone your muscles
- Improve your bone density (helps ward off osteoporosis)
- Gives you a sense of achievement

RPM™ will get you spinning into shape at The CORE.

RPM is a 50-minute indoor cycling class based on outdoor riding. You ride to inspirational music over the equivalent of 20-25 kilometers of varied terrain, controlling the intensity of your workout with a resistance dial and pedal speed.

- Increase your cardiovascular fitness, burn fat and tone and shape your legs, hips, and butt
- Increase leg strength and muscular endurance without building bulk
- Burn up to 600 calories in a normal 50-minute structure. (*RPM™ has been proven to burn up to 800 calories in one hour*)
- Release endorphins to give you that natural high and leave you feeling fantastic

***Descriptions of Les Mills classes provided by Les Mills.*

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