



# Summer Online Fitness Class Schedule

July 16 - September 4, 2020

All Fitness levels welcome. Modifications made per individual needs.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10-11am <b>CSI</b> Esther	8:45-9:45am <b>Zumba®</b> Silvia	10-11am <b>CSI</b> Esther	8:45-9:45am <b>Zumba®</b> Silvia	9-10 am <b>Line Dancing</b> Linda	9-10am <b>Zumba®</b> Nicole
6:30 - 7:30pm		<b>Power Yoga</b> Sharon Starting in August TBD		<b>Zumba®</b> Nicole On ZOOM & at ICC Space limited to 7 participants (no masks during class)		

## Virtual Fitness Class Punch Pass Pricing

**Individual Fitness Classes** Residents: \$5/class. Non-residents: \$6/class

\$45.00	10-Punch Pass (\$4.50/class)	\$38.30 if purchased by May 31, 2020 (\$3.83/class)
\$61.32	14-Punch Pass (\$4.38/class)	\$52.08 if purchased by May 31, 2020 (\$3.72/class)
\$76.50	18-Punch Pass (\$4.25/class)	\$64.98 if purchased by May 31, 2020 (\$3.61/class)
\$90.86	22-Punch Pass (\$4.13/class)	\$77.22 if purchased by May 31, 2020 (\$3.51/class)

These are Villa Park **Resident Rates**. **Non-residents** Add \$3 to your Punch Pass total.

**Please register now** for summer fitness classes.

- Register [here](#). Your email is your username and your password is your **L**ast name (first letter capitalized).
- If you do not have a household account, please call the office Monday-Friday 9a-4:45p and Cathy or Sam will help you get set up and help you register for fitness classes: 630-834-8970.
- Step 1: Choose a [Virtual Punch Pass](#) or day pass. Step 2: [Choose your classes](#). Step 3: Check out.
- You will receive a Zoom Meeting link 24-48 hours before class. You will be required to go through a Zoom registration process that is free at the basic level. This will allow us to keep track of attendance.

Please don't hesitate to call the office with your questions 9am and 4:45pm Monday to Friday at 630-834-8970.

**CSI - Cardio Strength Intervals** - This class will utilize a variety of equipment with alternating segments of cardiovascular and strength training to give you a total body workout.

**Zumba®** - This class incorporates Latin and international rhythms along with dance steps like Salsa, Merengue, Cumbia, Reggaeton and more in a class that is fun and easy to do. Zumba® brings a party atmosphere into your workout.

- **Thursdays** from 6:30-7:30pm Nicole will hold Zumba® class at the Iowa Community Center, AND also on the Zoom platform. Virtual punches used for this class – you will sign-in in Room 11. Space is limited to 7 participants at ICC. No limit on Zoom!! **Wear masks in common areas, but not during Zumba!**

**Power Yoga** – This class will introduce you to the fundamentals of Power Yoga. Be prepared for a full body workout designed to build strength, mental focus and improve flexibility. Emphasis on core strength and mental wellness. No yoga experience necessary. Recommended to bring your own yoga mat and blocks

**Line Dance** - This class will bring your joy as you dance to some of the most popular line dances including the Electric Slide, Cha Cha Slide, Boot Scootin' Boogie and more.

**Iowa Community Center COVID19 prevention protocols:** Do not participate in recreation programs if you have been exposed to or have experienced symptoms of the COVID19 virus in the last 14 days. Wear a face mask that covers the mouth and nose in the common areas of the building: entrance/exit, halls and restrooms. Wash hands before entering the fitness room. During Zumba exercise participants will be socially distanced 10 feet and are not required to wear face mask. Clearly mark water bottle with your name.