



Group Fitness Classes

**FREE FITNESS WEEK
SEPTEMBER 21-26**



FALL/WINTER FITNESS SCHEDULE

**September 8 -
December 19, 2020**

(NO CLASS 11/25-28)

Fitness Class Punch Pass Pricing

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

\$45	10-Punch Pass	\$39 if purchased by September 30, 2020
\$62	14-Punch Pass	\$52 if purchased by September 30, 2020
\$77	18-Punch Pass	\$56 if purchased by September 30, 2020
\$91	22-Punch Pass	\$77 if purchased by September 30, 2020

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

FITNESS CLASS DESCRIPTIONS

Classes Located in the Iowa Community Center and Online

CSI (Cardio Strength Interval): This class utilizes a variety of equipment with alternating segments of cardiovascular and strength training to give you a total body workout.

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.

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.

Zumba®: This class incorporates Latin and international rhythms along with dance steps like salsa, merengue, cha cha and more in a class that is fun and easy to do. Zumba® brings a party atmosphere into your workout.

- All fitness levels welcome.
- Modifications made per individual needs.
- Classes and class times subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CSI Esther 10-11 am	Zumba® Silvia 8:45-9:45 am	CSI Esther 10-11 am	Zumba® Silvia 8:45-9:45 am	Line Dancing Linda 9-10 am	Zumba® Nicole 9-10 am
	Power Yoga Sharon 6:30-7:30 pm Starting in September TBD		Zumba® Nicole 6:30-7:30 pm		

Please see page 3 for the COVID19 pandemic mitigation guidelines.

