

Fall/Winter Group Fitness Class Schedule

September 8 – December 19, 2020

All Fitness levels welcome. Modifications made per individual needs.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CSI Esther 10-11 am Zoom Only	Zumba® Silvia 8:45-9:45 am Zoom for now	CSI Esther 10-11 am Zoom Only	Zumba® Silvia 8:45-9:45 am Zoom for now	Line Dancing 9-10 am Linda *Zoom for now	

*Call 630-834-8970 to request a registration form or, Click [HERE](#) to register/reserve one of 7 in-person class spots at the Iowa Community Center (ICC) and Ruggard Gazebo. First come, first served.

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.

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. Bring your own yoga mat and blocks.

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.

Group Fitness 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	\$65 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.

If you have purchased a punch card or registered previously, you have an online account.

- Click [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, Janet or Sam will help you get set up and help you register for fitness classes: 630-834-8970.
- Request a class Zoom link by sending an email to SEarl@InVillaPark.com.

If you have any questions about registering online, or if you prefer us to manage your registration, please don't hesitate to call the office any time between 9am and 4:45pm Monday to Friday at 630-834-8970.

If you are interested in teaching fitness classes, please contact Sue Earl at SEarl@invillapark.com.

COVID19 Pandemic Mitigation Guidelines

- The Village of Villa Park requests that you do not participate in programs or attend events if you have been exposed to or have experienced symptoms of the COVID -19 novel virus within the last 14 days.
- Everyone must wear a face mask that covers the mouth and nose when in the common areas of all village buildings, including the gym at the Iowa Community Center and the Upper Level at the Community Recreation Building per the Illinois Department of Public Health (IDPH) RESTORE ILLINOIS plan.
- While exercising and maintaining a social distance of more than 6 feet, face coverings may be removed.
- Wash hands before and after activities.
- Keep track of your belongings and clearly mark water bottles and all personal belongings.
- Do not use or borrow equipment, water bottles or anything of a personal nature from another person.
- Village buildings, including the Iowa Community Center and the Community Recreation Building receive regular sanitizing throughout the day as recommended by IDPH.