



Exercise & Fitness

Fitness Punch Passes

LV

Now personalize and diversify your fitness program! Purchase a "punch pass" at Dole Center (255 Augusta) which can be used for Basic Fitness and Strong & Long. Each time you visit, the instructor will punch your pass. These classes are continuous (unless dates are given), but will not take place on major holidays.

Fitness Punch Pass expires 6 months after the date of purchase and is non-transferable and non-refundable. Code: FITNESPP

Pass Type:	10	20	35
Current Active Adult Member (see pg. 60)			
(Ages 50 & up)	\$35	\$65	\$105
O.P. Resident	\$48	\$90	\$149
Non-Resident	\$72	\$135	\$224

Basic Fitness (Adult & Senior)

LV

Build strong bones and muscles while developing cardiovascular endurance and flexibility. Individual modifications provided as needed. Bring a towel.

Instructor: Fitness Staff

Location: Dole Center, Studio 1

M, W, F from 11am-Noon

Fee: See Fitness Punch Pass above.

Strong & Long (Adult & Senior)

LV

Learn safe, effective strength-training exercises to acquire muscular endurance for everyday activities. You can build lean, strong muscles without bulk.

Learn how to stretch properly for improved range of motion as well as for relaxation. Optional light resistance equipment is provided. Bring your own towel.

Instructor: Fitness Staff

Location: Dole Center, Studio 1

Tu & Th, 8:15-9:15am

Fee: See Fitness Punch Pass above.

Personal Fitness

Personal Training (Teens & Adults)

LV

Want to get in shape with the help of a personal trainer, but don't want to join a health club? Let the Park District of Oak Park help. We offer personal training for individuals or groups of 2 or more. Days & times vary depending on room availability. All ages and levels welcome. Call (708)725-2155 for details. Location: Dole Center

Instructor: Janice Enloe, ACE certified personal trainer, ACE certified Lifestyle & Weight Management Consultant

Group Exercise (Aerobics/Cardio)

Some Like it Light (Ages 15+)

LV

This class is designed for men and women not currently involved in an exercise program as well as for older adults. We exercise with hand-held weights which help prevent and reduce osteoporosis. This class is a great choice for cross-training with an emphasis on stretching, toning, strength, flexibility and endurance.

Location: Ridgeland Common

Instructor: Judy Neumann

M & W, 6:15-7:15pm \$50/\$75

Sep 8 - Oct 20 #443110-01

Nov 3 - Dec 17 (No class 11/26) #443110-02

of weeks: 7 Min 8/Max 20

Fit Fun for Everyone

LV

It's all about variety in this cardio-strength class.

Get your heart rate up with low-to-medium impact aerobics; strengthen your muscles with weights, tubes and balls; and top it off with a good stretch. There's something for everyone from the beginning exerciser to the fitness enthusiast!

Location: Dole Center, Studio 1

Instructor: Janice Enloe (AFAA Certified), Al Tischina

M,W,F, 9-10am \$72/\$108

Sep 3 - Oct 22 (No class 10/1, 10/2) #443130-01

Oct 29 - Dec 15 (No class 11/28) #443130-03

of weeks: 7 Min 6/Max 19

M & W, 6:15-7:15pm \$54/\$81

Sep 8 - Oct 22 #443130-02

Oct 29 - Dec 17 (No class 11/26) #443130-04

of weeks: 7 Min 6/Max 19

Kickboxing (Ages 15+)

LV

This program is designed for both men and women. Bob, weave, jab, cross, and roundhouse kick...you'll learn all the techniques and more! Kickboxing works every muscle group of the body and is highly effective for developing cardiovascular fitness and body fat reduction - an overall workout that is fun for everyone.

Location: Stevenson Center

Instructor: Katie Klimansky

Tu & Th, 6:30-7:30pm \$70/\$105

Sep 9 - Oct 16 #443000-01

Oct 28 - Dec 9 (No class 11/27) #443000-02

of weeks: 6 Min 8/Max 18

Over 50 and Fall-Proof

LV

Loss of strength, balance and mobility among older adults makes it tough to accomplish the activities of daily living and to remain independent, and a fall can be devastating. A recent study by the American Council on Exercise (ACE) proved that active adults participating in a simple program of functional fitness training saw significant improvements in just four weeks. Join us for a 30-minute circuit workout, based on the ACE study, and improve your balance, agility and cardiovascular fitness, as well as flexibility and strength in your upper and lower body. For best results, follow this workshop with Basic Fitness class!

Location: Dole Center, Studio 1

Instructor: Janice Enloe

F, 10:15-10:45am \$25/\$38

Sep 12 - Oct 24 (No class 10/3) #443050-11

Oct 31 - Dec 12 (No class 11/28) #443050-27

of weeks: 6 Min 6/Max 14

Body Celebration (Ages 15+)

LV

Celebrate the "New You" with Body Celebration!

Energize your body with stretching and warm-ups, followed by exercising major muscles for strength and better body definition. We use free weights for muscle conditioning. Open for men and women.

Location: Carroll Center

Instructor: Annelie Palmer-Jeselski

Tu & Th, 7-8pm \$54/\$81

Sep 9 - Oct 23 #443140-01

Nov 4 - Dec 23 (No class 11/27) #443140-02

of weeks: 7 Min 8/Max 18

LOTTERY!

Lottery Deadline is Noon, Aug 14.
Please read lottery info on page 75.

Oak Park Boot Camp

(Women Only)

LV

Join the fun! A women-only boot camp designed just for you. Choose either 4 days/week or 3 days/week.

Exercises include calisthenics, short distance running/walking, jumping rope, abdominal exercises, hill running/walking, power and agility drills, strength training with various equipment, and much more.

You will need to bring a set of dumbbells and a fitness mat (or towel). Location: Program is outdoors (unless inclement weather)

- Tu & F @ Fox Park
- W @ Oak Park River Forest High School Track (on Lake St, between Scoville & East)
- Th @ Barrie Park Sled Hill

of weeks: 6

CLASS MEETS 6-7AM WEEKDAYS (Tu-Fri) ONLY!

Program	Fee	Code
Session 1: Tu-F, Sep 16 - Oct 24		
4x/week	\$264/\$396	#343050-15
3x/week	\$198/\$297	#343050-16
Session 2: Tu-F, Nov 4 - Dec 12 (No class 11/27)		
4x/week	\$247/\$371	#343050-31
3x/week	\$181/\$272	#343050-32

Sports Performance Boot Camp For Men & Women!

LV

Sports inspired drills and high intensity cardio intervals designed to challenge agility, quickness, reactivity, functional strength and overall fitness. This fun, dynamic and intense circuit workout will provide conditioning for the athlete you are or unleash the athlete you want to be!

Location: Dole Center, Studio 1

Instructor: Janice Enloe

Tu, 6-7:15am	\$43/\$65
Sep 9 - Oct 14	#443050-02
Oct 28 - Dec 9 (No class 11/25)	#443050-18
# of weeks: 6	Min 6/Max 14

45-Minute Afternoon

Fitness Circuit

LV

A circuit class alternating cardio and strength. Each of the 16 stations are 2 minutes and allow participants to work at their own level of fitness. Class will include a warm-up and ending stretch. Different fitness equipment will be used, including hand weights, bars, tubing, BOSUs and gliding discs. No machines.

Location: Dole Center, Studio 1

Instructor: Liddie Murray

M & W, 1-1:45pm	\$52/\$78
Sep 8-Oct 15	#443050-33
Oct 27-Dec 10 (No class 11/24, 11/26)	#443050-34
# of weeks: 6	Min 6/Max 14

Exercise & Fitness



Group Exercise (Aerobics/Cardio) continued

NIA - The Technique

LV

NIA stands for Neuromuscular Integrative Action. Discover integrated movements that blend dance, martial arts and healing arts to tone your body, relieve your stress and leave you feeling invigorated, renewed and alive!

This gentle, graceful yet powerful cardiovascular fitness program focuses on awakening and empowering your physical, emotional and spiritual self through the joy of movement! NIA is a grounded aerobic workout for all fitness levels and ages. Come experience for yourself this barefoot movement class. Visit www.nia-nia.com

Location: Dole Center, Studio 1

Sa, 11am-12pm	\$62/\$93
Sep 13 - Oct 18	#443050-12
Nov 1 - Dec 13 (No class 11/29)	#443050-28
# of weeks: 6	Min 6/Max 14

Strength On The Ball

LV

Discover how the stability ball and the BOSU can enhance your strength workout by challenging core strength and balance while training the upper and lower body. Develop the stabilizing muscles that affect posture, sports performance and daily life! Great conditioning for runners, cyclists, skiers and snowboarders.

Location: Dole Center, Studio 1

Instructor: Janice Enloe, AFAA Certified Group Fitness

Instructor

W, 6-7:15am	\$43/\$65
Sep 10 - Oct 22 (No class 10/1)	#443050-13
Oct 29 - Dec 10 (No class 11/26)	#443050-29
# of weeks: 6	Min 6/Max 14

Body Sculpt/Fab Abs (Ages 16 & up)

LV

This class uses weighted barbells for a muscle conditioning workout. We'll focus on the upper body, lower body, and abdominal muscle groups, working each muscle to exhaustion. Designed to meet your fitness goals, it is recommended to register for 1-3 sessions per week, giving your muscles at least one day to rest in between classes. Make up classes only if a class has less than 14 students.

Location: Dole Center, Studio 1

Instructors: Liddie Murray, Janice Enloe, and Al Tischina

of weeks: 6 Min 6/Max 14

Day/Time	Dates	Instructor	Fee	Code
M, 6-7:15am	Sep 8 - Oct 13	Enloe	\$43/\$65	#443050-01
	Oct 27 - Dec 8 (No class 11/24)	Enloe	\$43/\$65	#443050-17
Tu, 9:30-10:45am	Sep 9 - Oct 14	Murray	\$43/\$65	#443050-03
	Oct 28 - Dec 9 (No class 11/25)	Murray	\$43/\$65	#443050-19
Tu, 6:30-7:45pm	Sep 9 - Oct 14	Tischina	\$43/\$65	#443050-04
	Oct 28 - Dec 9 (No class 11/25)	Tischina	\$43/\$65	#443050-20
Th, 6-7:15am	Sep 11 - Oct 23 (No class 10/2)	Enloe	\$43/\$65	#443050-05
	Oct 30 - Dec 11 (No class 11/27)	Enloe	\$43/\$65	#443050-21
Th, 9:30-10:45am	Sep 11 - Oct 16	Murray	\$43/\$65	#443050-06
	Oct 30 - Dec 11 (No class 11/27)	Murray	\$43/\$65	#443050-22
Th, 6:30-7:45pm	Sep 11 - Oct 16	Tischina	\$43/\$65	#443050-07
	Oct 30 - Dec 11 (No class 11/27)	Tischina	\$43/\$65	#443050-23
Sa, 7-8:15am	Sep 13 - Oct 25 (No class 10/4)	Enloe	\$43/\$65	#443050-08
	Nov 1 - Dec 13 (No class 11/29)	Enloe	\$43/\$65	#443050-24
Sa, 8:30-9:45am	Sep 6 - Oct 18 (No class 10/4)	Murray	\$43/\$65	#443050-09
	Nov 1 - Dec 13 (No class 11/29)	Murray	\$43/\$65	#443050-25
Su, 8:30-9:45am	Sep 7 - Oct 19 (No class 10/5)	Murray	\$43/\$65	#443050-10
	Nov 2 - Dec 14 (No class 11/30)	Murray	\$43/\$65	#443050-26