

Village of Orland Park Sportsplex Fitness Classes

Village of Orland Park Sportsplex Offers Group Fitness Classes

Orland Park, IL – The Village of Orland Sportsplex is offering a variety of group fitness classes to kick-start your health. Each class requires a minimum age and varying fees for Village of Orland Park residents, non-residents and Sportsplex Members.

“We have a number of great fitness classes available this season, helping everyone get in shape for the spring and summer months ahead,” said Sportsplex Fitness Manager Deborah Graham-Geghen.

The Core, TRX, and Weights class trains your whole body and works every muscle while staying on the move. A suspension training system (TRX), free weights, and BOSU will be utilized to strengthen core muscles. This class is sure to get participants in great shape. Classes begin in April 1 and run through September 18.

The **Booty Barre** class provides a dance party experience that tones the upper body and helps with stretching. During this 55 minute class, participants will mix ballet, Pilates and toning at the ballet barre. This is a total body workout will help condition the belly, booty, and thighs. Classes begin April 3 and run through July 26, on Tuesdays and Thursdays.

The One Step at a Time/Rehab & Recovery Program is geared towards helping those gain back strength that are coming off an injury or heart related surgery. This moderate program led by certified instructor, Erika Muszynski, will progress at a slow and safe pace and combine a mixture of weights and low impact cardio. A doctor’s clearance is required to register. Classes will be offered Tuesdays and Thursdays starting April 2 through June 13.

Kettlebells and More class will get you in the best shape of your life. This new tool is a highly effective method to help lose weight or gain strength and endurance. This program focuses on training the body with efficient movements in timed intervals. This class will be offered on Tuesdays, starting April 9 through August 20.

For moms looking to shed that extra baby weight, try **Lose Your Mommy Tummy – The Tupler Technique**. Whether you had a baby recently or several years ago, learn to get your midsection back. Bonnie Wayne will lead specifically designed abdominal workouts combined with upper and lower body exercises that will help tone muscles, correct posture, and shrink your waistline. Both pre and post-natal moms can benefit from this program. Classes will be offered on Mondays, starting April 15 through May 20.

Fitness in the Park – Boot Camp Style will improve your fitness level in four weeks flat with a combination of cardio, cross training and strength training. Participants will use their own body weight and small equipment to get a total workout. Classes will be offered Mondays, Wednesdays and Fridays, starting April 20 through August 2.

For more information about class fees and times, call the Village of Orland Park Sportsplex at 708/645-PLAY or visit the Village of Orland Sportsplex at 11351 West 159th Street.