

## SPLEX REX FITNESS FOR KIDS

Toddlers and preschool age children will have fun while learning the importance of exercise, healthy eating, good sportsmanship and a healthy lifestyle. They will learn exercise and nutritional words of the week and be encouraged to use them at home.

<b>INSTRUCTOR:</b>	Kelly Kenny
<b>DAY:</b>	Thursday
<b>TIME:</b>	9:00 AM to 9:55 AM
<b>AGE:</b>	4 to 6
<b>LOCATION:</b>	Sportsplex—Fitness Center
<b>FEE:</b>	Resident \$45.00 / Non-resident \$68.00 Sportsplex Member \$40.00
<b>PROGRAM#:</b>	<b>DATE:</b>
81534	Jan 12 to Feb 16
81535	Feb 23 to Mar 30
81536	Apr 13 to May 18

## BOOT CAMP FOR KIDS & TEENS

Challenge yourself to improved health & fitness! A certified personal trainer will lead you through drills and obstacle courses to get you in shape. These workouts will incorporate weights, tubes, cardio machines, jumpropes, BOSU's and more. *No class April 3 & 5.*

<b>INSTRUCTOR:</b>	Kelly Kenny
<b>DAY:</b>	Monday & Wednesday
<b>TIME:</b>	5:00 PM to 5:55 PM
<b>AGE:</b>	8 to 14
<b>LOCATION:</b>	Sportsplex—Fitness Center
<b>FEE:</b>	Resident \$85.00 / Non-resident \$128.00 Sportsplex Member \$80.00
<b>PROGRAM#:</b>	<b>DATE:</b>
81537	Jan 9 to Feb 15
81538	Feb 20 to Mar 29
81539	Apr 10 to May 17

## ROLL WITH THE PEANUT FOR KIDS

Do you want to concentrate on your core? The peanut is our new tool to get you toned and fit. Balance, strength and ab work will be the focus in this class. Light free weights will also be incorporated. *No class April 5.*

<b>INSTRUCTOR:</b>	Laura Mulhall
<b>DAY:</b>	Wednesday
<b>TIME:</b>	4:30 PM to 5:25 PM
<b>AGE:</b>	6 to 10
<b>LOCATION:</b>	Sportsplex—Fitness Center
<b>FEE:</b>	Resident \$60.00 / Non-resident \$90.00 Sportsplex Member \$55.00
<b>PROGRAM#:</b>	<b>DATE:</b>
81540	Jan 4 to Feb 8
81541	Feb 15 to Mar 22
81542	Mar 29 to May 10

## DRUMS ALIVE WORKOUT

Pound your way to a fit and toned physique. Use drum sticks to workout to a fun beat. This workout will tone arms, abs and more!



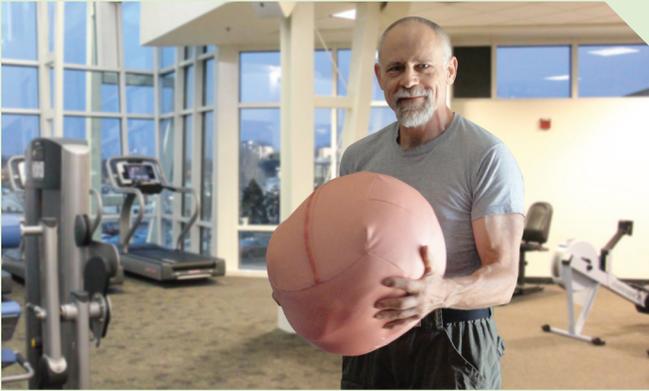
<b>INSTRUCTOR:</b>	Laura Mulhall
<b>AGE:</b>	14 & up
<b>FEE:</b>	Resident \$30.00 / Non-resident \$45.00 Sportsplex Member: \$25.00
<b>DAY/TIME:</b>	Wednesday / 7:30 PM to 8:00 PM
<b>LOCATION:</b>	Sportsplex—Gymnastics Studio
<b>PROGRAM#:</b>	<b>DATE:</b>
81973	Jan 4 to Feb 8
81974	Feb 15 to Mar 22
81975	Mar 29 to May 3
<b>DAY/TIME:</b>	Thursday / 9:30 AM to 10:00 AM
<b>LOCATION:</b>	Sportsplex—Gym 3
<b>PROGRAM#:</b>	<b>DATE:</b>
81528	Jan 5 to Feb 9
81530	Feb 16 to Mar 23
81532	Mar 30 to May 4
<b>DAY/TIME:</b>	Friday / 10:30 AM to 11:00 AM
<b>LOCATION:</b>	Sportsplex—Gym 3
<b>PROGRAM#:</b>	<b>DATE:</b>
81529	Jan 6 to Feb 10
81531	Feb 17 to Mar 24
81533	Mar 31 to May 5



## FITNESS FUSION

Young girls & teens will participate in the fusion of exercise classes which include yoga, kickboxing, spin cycling, and strength training in the fun environment of the fitness center.

<b>INSTRUCTOR:</b>	Kelly Kenny
<b>DAY/TIME:</b>	Friday/4:15 PM to 5:00 PM
<b>AGE:</b>	7 to 13
<b>LOCATION:</b>	Sportsplex—Fitness Center
<b>FEE:</b>	Resident \$47.00 / Non-resident \$71.00 Sportsplex Member \$42.00
<b>PROGRAM#:</b>	<b>DATE:</b>
81967	Jan 13 to Feb 17
81968	Feb 24 to Mar 31
81969	Apr 21 to May 26



## UGI BALL

Unique exercise class using a squishy medicine ball incorporating push-ups on the ball, ball balance, tosses, throws, and more. Get 30 exercises in 30 minutes for a total body workout with the UGI ball.

**INSTRUCTOR:** Laura Mulhall  
**AGE:** 14 & up  
**LOCATION:** Sportsplex—Fitness Center  
**FEE:** Resident \$30.00 / Non-resident \$45.00  
 Sportsplex Member \$25.00

**SESSION I:** Jan 3 to Feb 9  
**PROGRAM#:** **DAY:** **TIME:**  
 81490 Tu 8:30 AM to 9:00 AM  
 81491 Tu 9:00 AM to 9:30 AM  
 81492 W 7:00 PM to 7:30 PM  
 81493 Th 5:30 PM to 6:00 PM

**SESSION II:** Feb 14 to Mar 23  
**PROGRAM#:** **DAY:** **TIME:**  
 81494 Tu 8:30 AM to 9:00 AM  
 81495 Tu 9:00 AM to 9:30 AM  
 81496 W 7:00 PM to 7:30 PM  
 81497 Th 5:30 PM to 6:00 PM

**SESSION III:** Mar 28 to May 4  
**PROGRAM#:** **DAY:** **TIME:**  
 81498 Tu 8:30 AM to 9:00 AM  
 81499 Tu 9:00 AM to 9:30 AM  
 81500 W 7:00 PM to 7:30 PM  
 81501 Th 5:30 PM to 6:00 PM

## ROWING TO TONE

Rowing is one of the best workouts! The movement will strengthen the core, arms and back, as well as build cardiovascular endurance. This workout will incorporate stations with weights to burn out the muscles until fatigued.

**INSTRUCTOR:** Laura Mulhall | **AGE:** 14 & up | **LOCATION:** Sportsplex—Rowers  
**FEE:** Resident \$60.00 / Non-resident \$90.00 / Sportsplex Member \$55.00  
**SESSION I:** Jan 3 to Feb 11 | **SESSION II:** Feb 14 to Mar 25 | **SESSION III:** Mar 28 to May 6

SESS I PROG#:	SESS II PROG#:	SESS III PROG#:	DAY:	TIME:
81502	81506	81510	Tu	9:30 AM to 10:25 AM
81503	81507	81511	Tu	6:00 PM to 6:55 PM
81504	81508	81512	W	6:00 PM to 6:55 PM
81505	81509	81513	Sa	10:00 AM to 10:55 AM

## BEACH BOD WORKOUT

This class is for exercise and weightlifting enthusiasts of all levels whose goal is to build lean, shapely beach worthy muscles. Beach Bod will focus on optimizing muscle tone and growth with maximum efficiency. It will include continuously implementing innovative, alternative, and productive body sculpting workouts for ideal results. *No class April 5 & 16.*

**INSTRUCTOR:** John Olson  
**DAY:** Sunday & Wednesday  
**TIME:** 10:00 AM to 11:00 AM  
**AGE:** 16 & up  
**LOCATION:** Sportsplex—Fitness Center  
**FEE:** Resident \$85.00 / Non-resident \$128.00  
 Sportsplex Member \$80.00

**PROGRAM#:** **DATE:**  
 81526 Jan 11 to Mar 5  
 81527 Mar 8 to May 7

## FITNESS BOOT CAMP

Looking to lose weight in a safe and fun way? This class is for you! Participants will go through drills, weight stations and cardio circuits to burn calories. Measurements and body fat analysis will be taken during the course of the program on request. All fitness levels welcome. *No class April 3-6 & May 29.*

**INSTRUCTORS:** Kelly (M & W)/Adam & Jordan Tu & Th  
**AGE:** 16 & up  
**LOCATION:** Sportsplex—Fitness Center  
**FEE:** Resident \$125.00 / Non-resident \$175.00  
 Sportsplex Member \$120.00

**SESSION I:** Jan 9 to Mar 16  
**PROGRAM#:** **DAY:** **TIME:**  
 81515 M & W 6:00 PM to 6:55 PM  
 81516 Tu & Th 7:00 PM to 7:55 PM

**SESSION II:** Mar 20 to June 5  
**PROGRAM#:** **DAY:** **TIME:**  
 81517 M & W 6:00 PM to 6:55 PM  
 81518 Tu & Th 7:00 PM to 7:55 PM

## CORE, TRX & WEIGHTS

This class will keep you moving while training your whole body and working every muscle. Class will use the suspension training system (TRX), free weights and the BOSU for some core work. Get ready to get in the best shape ever.

<b>INSTRUCTOR:</b>	Laura Mulhall
<b>DAY:</b>	Monday
<b>TIME:</b>	9:30 AM to 10:25 AM
<b>AGE:</b>	14 & up
<b>LOCATION:</b>	Sportsplex—Fitness Center
<b>FEE:</b>	Resident \$60.00 / Non-resident \$90.00 Sportsplex Member \$55.00
<b>PROGRAM#:</b>	<b>DATE:</b>
81546	Jan 2 to Feb 6
81547	Feb 13 to Mar 20
81548	Mar 27 to May 1

## KETTLEBELLS & MORE

Get into the best shape of your life using the kettlebells. This is one of the most effective tools to help lose weight or gain strength & endurance. This program will involve training the body with functional movements in timed intervals. *No class April 4.*

<b>INSTRUCTOR:</b>	Adam Hoornaert
<b>DAY:</b>	Tuesday
<b>TIME:</b>	6:00 PM to 6:55 PM
<b>AGE:</b>	14 & up
<b>LOCATION:</b>	Sportsplex—Fitness Center
<b>FEE:</b>	Resident \$60.00 / Non-resident \$90.00 Sportsplex Member \$55.00
<b>PROGRAM#:</b>	<b>DATE:</b>
81549	Jan 3 to Feb 7
81550	Feb 14 to Mar 21
81551	Mar 28 to May 9

## CROSS CHALLENGE

Burn maximum calories while working in high burst intervals. This is a tough intermediate to advanced level workout combining cardio, strength, gymnastics, ab work, and functional training. Excuses or results—YOU decide!

<b>AGE:</b>	16 & up
<b>LOCATION:</b>	Sportsplex—Soccer Arena
<b>FEE:</b>	Resident \$90.00 / Non-resident \$135.00 Sportsplex Member \$85.00
<b>DAYS/TIMES:</b>	Tuesday & Friday / 9:00 AM to 9:55 AM Thursday / 8:00 AM to 8:55 AM
<b>PROGRAM#:</b>	<b>DATE:</b>
81556	Jan 10 to Feb 3
81557	Feb 7 to Mar 3
81558	Mar 7 to Mar 31
81559	Apr 11 to May 5

## COMMIT TO FIT

### BODY TRANSFORMATION CONTEST



Commit to Fit is a 12-week transformation program. Participants will learn to eat right, train right, and transform their body. This program will include an eating and workout plan that will help you change your body to become stronger and leaner.

<b>PROGRAM#:</b>	81978
<b>DATE:</b>	Jan 9 to Apr 1
<b>DAY/TIME:</b>	Monday, 6:00 AM to 6:55 AM Saturday, 10:00 AM to 10:55 AM
<b>AGE:</b>	16 & up
<b>LOCATION:</b>	Sportsplex—Fitness Center
<b>FEE:</b>	Resident \$160.00/ Non-resident \$200.00 Sportsplex Member \$150.00

## BOOTY BARRE

Join the dance party that tones the body and helps with stretching. This 55 minute class is a combination of ballet, Pilates and toning at the ballet barre. These exercises will condition the total body including belly, booty, and thighs. *No class April 5 & 7.*

<b>AGE:</b>	14 & up
<b>LOCATION:</b>	Sportsplex—Aerobics/Dance Studio
<b>FEE:</b>	Resident \$73.00 / Non-resident \$110.00 Sportsplex Member \$68.00

<b>PROGRAM#:</b>	81552
<b>DATE:</b>	Jan 11 to Mar 1
<b>DAY/TIME:</b>	Wednesday / 7:00 PM to 7:55 PM
<b>INSTRUCTOR:</b>	Heather

<b>PROGRAM#:</b>	81553
<b>DATE:</b>	Jan 13 to Mar 3
<b>DAY/TIME:</b>	Friday / 9:00 AM to 9:55 AM
<b>INSTRUCTOR:</b>	Johanna

<b>PROGRAM#:</b>	81554
<b>DATE:</b>	Mar 8 to May 3
<b>DAY/TIME:</b>	Wednesday / 7:00 PM to 7:55 PM
<b>INSTRUCTOR:</b>	Heather

<b>PROGRAM#:</b>	81555
<b>DATE:</b>	Mar 10 to May 5
<b>DAY/TIME:</b>	Friday / 9:00 AM to 9:55 AM
<b>INSTRUCTOR:</b>	Johanna



## YOGA & FITNESS FOR KIDS

Children get a chance to learn basic yoga moves incorporated with stretching & strength exercises, kickboxing, cycle, aerobics and more. This is an all around fun fitness class!

**INSTRUCTOR:** Kelly Kenny  
**DAY:** Friday  
**TIME:** 3:30 PM to 4:15 PM  
**AGE:** 6 to 12  
**LOCATION:** Sportsplex—Aerobics/Dance Studio  
**FEE:** Resident \$47.00 / Non-resident \$71.00  
 Sportsplex Member \$42.00

**PROGRAM#:** **DATE:**  
 81566 Jan 13 to Feb 17  
 81567 Feb 24 to Mar 31  
 81568 Apr 14 to May 19

## FITNESS YOGA

Focus on fundamentals such as alignment, breathing, flexibility, balance awareness, and action in yoga poses. Core stabilization and strength will be emphasized. *No class the week of April 5 - 7.*

**INSTRUCTOR:** Mary Dempsey  
**AGE:** 14 & up  
**LOCATION:** Sportsplex—Aerobics/Dance Studio  
**FEE:** Resident \$73.00 / Non-resident \$110.00  
 Sportsplex Member \$68.00

**SESSION I:** Jan 11 to Mar 17

<b>PROGRAM#:</b>	<b>DAY:</b>	<b>TIME:</b>
81560	W	10:30 AM to 11:25 AM
81561	Th	7:00 PM to 7:55 PM
81562	F	10:00 AM to 10:55 AM

**SESSION II:** Mar 22 to Jun 2

<b>PROGRAM#:</b>	<b>DAY:</b>	<b>TIME:</b>
81563	W	10:30 AM to 11:25 AM
81564	Th	7:00 PM to 7:55 PM
81565	F	10:00 AM to 10:55 AM

## SUNSET YOGA

Give yourself a "time-in" with this all level moving meditation fusing yoga, pranayama (breath work) and relaxation techniques in a softly candlelit room. It's been said disease stems from dis-ease, so let's give stress and tension the boot with techniques that have been used for thousands of years to invite peace and happiness. Please bring mat & props to class. *No class April 3 & May 29.*

**INSTRUCTOR:** Gina Arakelian  
**DAY:** Monday  
**TIME:** 8:00 PM to 9:10 PM  
**AGE:** 14 & up  
**LOCATION:** Cultural Center—Room 201  
**FEE:** Resident \$110.00 / Non-resident \$160.00  
 Sportsplex Member \$105.00

**PROGRAM#:** **DATE:**  
 81569 Jan 9 to Mar 13  
 81570 Mar 20 to Jun 5

## FLY YOGA, BOOTY BARRE & ZUMBA parties

Looking for something unique and fun to do with your friends? Why not get together for a fun fitness party! Great for a bachelorette party, girl scout troupe outing or a ladies night out. Fees include 1 hour & 15 minutes of fitness fun and 45 minutes of private party space. For more details and available dates & times, please contact Deborah at 708.403.6285.

**FEES:** Resident \$150.00 / Non-resident \$200.00  
 Sportsplex Member \$145.00

## FLY YOGA

Stretch further and hold challenging poses longer using a flowing fabric yoga hammock. One can gain strength, flexibility, and focus thru this class. This is as fun as fitness can get! Private classes are available upon request.

**INSTRUCTOR:** Heather Barrett (W)/Tricia Baker (Sa)  
**AGE:** 14 & up  
**LOCATION:** Sportsplex—Aerobics/Dance Studio  
**FEE:** Resident \$90.00/Non-resident \$135.00  
 Sportsplex Member \$85.00

<b>PROG#:</b>	<b>DATE:</b>	<b>DAY:</b>	<b>TIME:</b>
81573	Jan 11 to Feb 15	W	8:00 PM to 8:50 PM
81983	Jan 14 to Feb 18	Sa	10:00 AM to 10:50 AM
81574	Feb 22 to Mar 29	W	8:00 PM to 8:50 PM
81984	Feb 25 to Apr 1	Sa	10:00 AM to 10:50 AM
81575	Apr 12 to May 17	W	8:00 PM to 8:50 PM
81985	Apr 15 to May 20	Sa	10:00 AM to 10:50 AM

## GENTLE YOGA

Less rigorous stretches with easy yoga poses will be stressed to increase flexibility.

**INSTRUCTOR:** Mary Dempsey  
**DAY:** Monday  
**TIME:** 12:00 PM to 12:45 PM  
**AGE:** 18 & up  
**LOCATION:** Sportsplex—Aerobics/Dance Studio  
**FEE:** Resident \$70.00/ Non-resident \$105.00  
 Sportsplex Member \$65.00

**PROGRAM#:** **DATE:**  
 81571 Jan 9 to Mar 13  
 81572 Mar 20 to May 22

## PILATES REFORMER GROUP TRAINING

Pilates is a non-impact, full-body exercise that works the deep intrinsic muscles of the core and helps coordinate mind, body, and breath. The exercises are performed on mats or specialized equipment to strengthen muscles, flexibility, and improve coordination. New participants must take an intro class or five private classes before enrolling in another class. Intermediate students should have taken at least five beginner sessions. *No class the week of April 3 - 8.*

**INSTRUCTOR:** Terri Randolph  
**AGE:** 14 & Up | **LIMIT:** 6 | **LOCATION:** Sportsplex—Fitness Center  
**FEE:** Resident \$85.00 / Non-resident \$128.00 / Sportsplex Member \$80.00  
**SESSION I:** Jan 3 to Feb 11 | **SESSION II:** Feb 14 to Mar 25 | **SESSION III:** Mar 28 to May 13

SESS I PROG#:	SESS II PROG#:	SESS III PROG#:	COURSE:	DAY:	TIME:
81614	81615	81616	Beginner	Tu	9:00 AM to 9:55 AM
81620	81621	81622	Intermediate	Th	9:00 AM to 9:55 AM
81623	81624	81625	Intermediate	Sa	10:00 AM to 10:55 AM

## PILATES REFORMER GROUP TRAINING—8 WEEK SPECIAL

**DATE:** Jan 4 to Feb 24  
**FEE:** Resident \$192.00 / Non-resident \$242.00  
 Sportsplex Member \$187.00  
**PROGRAM#:** 81626  
**DAY:** W & F  
**TIME:** 9:00 AM to 9:55 AM

## PILATES REFORMER GROUP TRAINING—10 WEEK SPECIAL

**DATE:** Mar 1 to May 12 (*no class April 5 & 7*)  
**FEE:** Resident \$240.00 / Non-resident \$290.00  
 Sportsplex Member \$235.00  
**PROGRAM#:** 81627  
**DAY:** W & F  
**TIME:** 9:00 AM to 9:55 AM



**GIVE THE GIFT  
OF FITNESS!**

Monthly and yearly memberships available, see back cover for details.

**Sportsplex**  
VILLAGE OF ORLAND PARK

## PILATES CHAIR/TOWER WORKOUT

Pilates Chair/Tower Combo workout includes various exercises for stretching and lengthening of the muscles. Over 100 exercises can be done on the Pilates equipment involving both chair and tower. These classes will work all muscle groups with accent on core. Great workout for all levels.

**INSTRUCTORS:** Heather (W) / Terri (Sa)  
**AGE:** 14 & up  
**LOCATION:** Sportsplex—Reformers  
**FEE:** Resident \$85.00 / Non-resident \$128.00  
 Sportsplex Member \$80.00

PROG#:	DATE:	DAY:	TIME:
81603	Jan 4 to Feb 8	W	6:00 PM to 5:55 PM
81604	Jan 7 to Feb 11	Sa	11:00 AM to 11:55 AM
81606	Feb 15 to Mar 22	W	6:00 PM to 6:55 PM
81608	Feb 18 to Mar 25	Sa	11:00 AM to 11:55 AM
81609	Mar 29 to May 3	W	6:00 PM to 6:55 PM
81610	Apr 1 to May 6	Sa	11:00 AM to 11:55 AM

## FLY YOGA AND PILATES PERSONAL TRAINING ON THE REFORMER, TOWER, AND CHAIR

Looking for a new exercise routine? A certified instructor will work with you to show you how to safely increase your strength and endurance thru the unique Fly Yoga or Pilates training sessions. This opportunity is exclusively available at the Sportsplex. For a free 20 minute Pilates Reformer trial session, call Deborah at 708.403.6285. Duo & Trio Pilates Personal Training also available at reduced rates. Call for details 708.645.7529.

	MEMBER	RESIDENT	NON-RESIDENT
<b>1 SESSION</b>	\$43.00	\$48.00	\$72.00
<b>5 SESSIONS</b>	\$190.00	\$215.00	\$335.00
<b>10 SESSIONS</b>	\$350.00	\$400.00	\$640.00
<b>20 SESSIONS</b>	\$660.00	\$760.00	\$1240.00

## PILATES JUMP REFORMER

Looking to boost your routine and kick it up a notch? Our brand new jump boards will be used to add in plyometric sports performance training on the reformer.

**INSTRUCTOR:** Terri Randolph  
**AGE:** 14 & up  
**LOCATION:** Sportsplex—Reformers  
**FEE:** Resident \$85.00 / Non-resident \$128.00  
 Sportsplex Member \$80.00

DAY:	TIME:
Tuesday	11:00 AM to 11:55 AM

PROGRAM#:	DATE:
81588	Jan 3 to Feb 7
81590	Feb 14 to Mar 21
81592	Mar 28 to May 2

DAY:	TIME:
Thursday	6:00 PM to 6:55 PM

PROGRAM#:	DATE:
81589	Jan 5 to Feb 9
81591	Feb 16 to Mar 23
81593	Mar 30 to May 4

## CARDIO REFORMER PILATES

Get your heart rate pumping while doing our cardio Pilates class. Participants will do intervals of cardiovascular training, flexibility, and strength exercises on the reformers and cardio equipment. Come enjoy an exhilarating workout.

**INSTRUCTOR:** Terri Randolph  
**AGE:** 14 & up  
**LOCATION:** Sportsplex—Reformers  
**FEE:** Resident \$85.00 / Non-resident \$128.00  
 Sportsplex Member \$80.00

PROG#:	DATE:	DAY:	TIME:
81594	Jan 3 to Feb 7	T	6:00 PM to 6:55 PM
81595	Jan 5 to Feb 9	Th	5:00 PM to 5:55 PM
81596	Jan 7 to Feb 11	Sa	9:00 AM to 9:55 AM
81597	Feb 14 to Mar 21	T	6:00 PM to 6:55 PM
81598	Feb 16 to Mar 23	Th	5:00 PM to 5:55 PM
81599	Feb 18 to Mar 25	Sa	9:00 AM to 9:55 AM
81600	Mar 28 to May 2	T	6:00 PM to 6:55 PM
81601	Mar 30 to May 4	Th	5:00 PM to 5:55 PM
81602	Apr 1 to May 6	Sa	9:00 AM to 9:55 AM



## IN-HOUSE CERTIFICATION

We offer the chance to use the Pilates Reformers on your own when you receive an in-house certification. In-house certification requires a prerequisite of 1 private session a week for 12 months, or 10 class sessions consecutively. Certified members may use the equipment whenever there are no classes using them. Members can maintain their certification by taking one private session a month. For more information, call Deborah at 708.403.6285.



## WEIGHT TRAINING FOR MEN & WOMEN OVER 50

Don't be intimidated by free weights. A personal trainer will set up a program with your needs in mind that will help you build, tone, and streamline your muscles. These exercises can help prevent osteoporosis, build strength & stamina, tone and firm muscles while improving our daily living.

**INSTRUCTOR:** Laura Mulhall  
**TIME:** 7:00 PM to 7:55 PM  
**AGE:** 50 and up  
**LOCATION:** Sportsplex—Fitness Center A  
**FEE:** Resident \$65.00 / Non-resident \$98.00  
 Sportsplex Member \$60.00

### MEN—MONDAY

**PROGRAM#:** **DATE:**  
 81582 Jan 2 to Feb 6  
 81583 Feb 13 to Mar 20  
 81584 Mar 27 to May 1

### WOMEN—THURSDAY

**PROGRAM#:** **DATE:**  
 81585 Jan 5 to Feb 9  
 81586 Feb 16 to Mar 23  
 81587 Mar 30 to May 4

## ACTIVE STRETCH

Active Stretch will consist of helping clients build general balance of flexibility, stability, and mobility. Many people focus on strength and cardio, but ignore the pre and post workout stretch which can open them up to potential injuries.



**INSTRUCTOR:** Adam Hoornaert  
**DAY:** Wednesday  
**TIME:** 6:30 PM to 7:25 PM  
**AGE:** 14 & up  
**LOCATION:** Sportsplex—Fitness Center  
**FEE:** Resident \$73.00 / Non-resident \$110.00  
 Sportsplex Member \$68.00

**PROGRAM#:** **DATE:**  
 81628 Jan 4 to Feb 8  
 81629 Feb 15 to Mar 22  
 81630 Mar 29 to May 3

## WORKOUT MORNING MIX

Class will consist of an all-around workout to build strength and burn fat. Components will include low impact exercise along with light weight training. *No class April 4 & 6.*

**INSTRUCTOR:** Christa Abramowicz  
**TIME:** 9:15 AM to 10:10 AM  
**AGE:** 18 & up  
**LOCATION:** Franklin Loebe Center—Dance Studio  
**FEE:** Resident \$82.00 / Non-resident \$123.00  
 Sportsplex Member \$77.00

**PROGRAM#:** **DATE:** **DAY:**  
 81578 Jan 10 to Mar 14 T  
 81579 Jan 12 to Mar 16 Th  
 81580 Mar 21 to May 30 T  
 81581 Mar 23 to Jun 1 Th

## PARKINSON'S EXERCISE CLASS

The focus of this exercise class is to improve mobility of individuals with Parkinson's and other neurodegenerative diseases. When you've been diagnosed with Parkinson's, it is very important to stay moving and keep active in order to maintain optimal function. Exercise has been shown to be helpful in maintaining mobility throughout the lifespan. This class provides safe strengthening exercises with an emphasis on postural awareness, breathing, balance and rhythmical movement. These exercises aim to increase joint mobility, range of motion, improve balance recovery, gait mechanics, prevent joint deformation and elevate overall strength and stamina. *No class April 3 & 5.*

**INSTRUCTOR:** Christa Abramowicz  
**DAY:** Monday & Wednesday  
**TIME:** 11:30 AM to 12:30 PM  
**AGE:** 16 and up  
**LOCATION:** Sportsplex—Gym 3  
**FEE:** Resident \$99.00/ Non-resident \$150.00  
 Sportsplex Member \$94.00

**PROGRAM#:** **DATE:**  
 81522 Jan 9 to Mar 1  
 81523 Mar 6 to May 3

## SENIOR FITNESS BOOT CAMP



This class will focus on building strength, stamina and balance while working at your own pace and ability. No class April 6.

**INSTRUCTOR:** Kelly Kenny  
**DAY:** Thursday  
**TIME:** 10:00 AM to 10:50 AM  
**AGE:** 55 & up  
**LOCATION:** Sportsplex—Fitness Center  
**FEE:** Resident \$55.00 / Non-resident \$83.00  
 Sportsplex Member \$50.00  
**PROGRAM#:** **DATE:**  
 81524 Jan 12 to Mar 2  
 81525 Mar 9 to May 4

## STRENGTH & STRETCH FOR SENIORS

Need a little help with getting items into and out of those hard to reach places? Strengthening and stretching all those everyday muscles is key to a happy and healthy lifestyle. Participants will learn the techniques of safely lifting light weights and stretching the muscle groups as well. No class April 6.

**INSTRUCTOR:** Kelly Kenny  
**DAY:** Thursday  
**TIME:** 11:00 AM to 11:50 AM  
**AGE:** 55 and up  
**LOCATION:** Sportsplex—Aerobics/Dance Studio  
**FEE:** Resident \$73.00 / Non-resident \$110.00  
 Sportsplex Member \$68.00  
**PROGRAM#:** **DATE:**  
 81576 Jan 12 to Mar 2  
 81577 Mar 9 to May 4

## SPORTSPLEX SENIOR CLUBS

### SPORTSPLEX MEMBERS FREE

*Registration is required.*

Senior Clubs are open to those age 55 & better. Groups will meet each week at the Sportsplex to utilize the fitness center, track, play volleyball, bocce ball, and finish with some camaraderie with fellow Senior Club members.

This is a great way to meet friends, be active and stay fit. Club enrollment includes use of locker rooms and towel service during the club meeting time.

**WOMEN'S CLUB:** Thursday

**MEN'S CLUB:** Friday  
**TIME:** 10:00 AM to 12:00 PM weekly  
**AGE:** 55 & up  
**LOCATION:** Sportsplex  
**FEE:** \$25.00(R)/\$35.00(N) semi-annually  
 Sportsplex Members Free



## INDOOR TRACK RULES

The indoor track areas are open for use by the general public (see rule #6 & #7) for walking and jogging during building hours. Sixteen revolutions around the track equal one mile at the Franklin Loebe Center, ten revolutions at the Sportsplex. The track area will be closed on official village holidays, special events and hours may be shortened at the administration's discretion. Signs will be posted on the information boards throughout the facility indicating closures.

### RULES AND REGULATIONS

- 1) Only walkers and joggers on the track. The track is not to be utilized for viewing activities in the gymnasium.
- 2) Strollers, roller blades, or any wheeled mechanisms are not allowed on track, other than wheelchairs and walkers.
- 3) Food or beverages are not allowed on track.
- 4) Track users must bring a separate pair of running shoes to change into prior to entering track area. No street shoes allowed.
- 5) Slower moving users shall stay on the inner side of the track, faster moving users stay to the outside. Only two side by side users allowed. Users may not be three abreast across the track.
- 6) At Franklin Loebe Center children nine years old and under must be accompanied by an adult at all times. We ask that all children are properly supervised to abide by the two abreast rule.
- 7) Track usage at the Sportsplex is open to members and residents ages 14 years & up. Ages 8 to 13 must be accompanied by a parent.

## GROUP EXERCISE CLASSES

Group exercise classes are open to Sportsplex members and Activity Pass holders on a drop-in basis. The appropriate amount of credits will be deducted from the Resident Activity Pass. These classes are also available for a daily fee. This fee must be paid in advance at the administrative office or Sports Central. The classes listed under the Group Exercise category are the only classes this applies to.

*Pick up a current exercise schedule at the Sportsplex listing the days, times, and other classes offered, or sign-up to 'Notify Me' on our website [OrlandPark.org](http://OrlandPark.org). to receive a copy of the schedule. Schedules are subject to change.*

### BUNS AND GUNS

Tone your arms and butt in this strength training class.

### CARDIO HOOP & STRENGTH

Gain strength as well as core muscles with cardio intervals and hula-hoop moves. Cardio machines, strength training and hoola hooping allow for a fun and spontaneous workout.

### CARDIO SCULPT & BURN

Get your heart rate up while burning calories. This combination class of cardio & weights will really get you moving.

### CHISEL

Designed to help chisel your body, with major emphasis on strength and cardio using secondary items such as dumbbells, benches, bosu and your body weight. This class is adaptable for everyone.

### CYCLE-N-ABS

This unique class uses a combination of cycling and abdominal work to yield the ultimate in fitness.

### CYCLING

Enjoy riding through plains, hills and other areas while on a stationary bike. This class is sure to get your heart pumping.

### FAT BURNER STEP

This bench stepping class will have you working in your fat burning heart rate zone.

### INTERVELOCITY AEROBICS

A fat-burning workout for every muscle group in your body while strengthening your heart and lungs.

### JELLY BELLIES

This 30 minute class is designed to help tighten and firm the midsection!

### KICKBOXING

Build a strong core as you burn a ton of calories in this intense cardio kickboxing class. You will be punching & kicking your body into shape with easy to follow combinations while making contact with a bag and paddle work.

### LIGHT & HEALTHY MOVES

Fitness & fun is combined in this all around conditioning class. Move at your own pace through a mild cardiovascular workout, followed by strength and flexibility exercises.

### MONDAY MORNING MIX

Mix up your fitness routine with cardio exercise and light weights. This is a great class for all fitness levels!

### MORNING AEROBICS

This all around workout includes low and high impact exercises performed at your own pace. Weight training utilizing free weights and elastic dynabands will be included.

### POWER UP/CORE-POWER CYCLE

A workout for all levels. Participants will work at their own pace while building strength & endurance.

### STRAIGHT UP STRENGTH

Strength training and toning are the focus of this class. Free weights, body bars, tubes and balls are used to develop every muscle group in the body. Stretching is also incorporated into this class.

### SPLEX45

Modeled after P90X, this revolutionary workout will transform your body using weights, bands & your own body weight to constantly introduce new moves that challenge your muscles and give you extraordinary results.

### TOTAL FITNESS

Is your routine getting too routine? This cross training class combines cardiovascular conditioning, strength training, and flexibility exercises. You will enhance your energy, gain strength, improve flexibility, and burn calories. This is a "total fitness" workout adaptable for all fitness levels.

### TRI-PLEX

This class has everything—20 minutes of cycle for cardio, 20 minutes of weights for strength & toning, and 20 minutes of yoga for strength & flexibility.

### ZUMBA

It's the hottest fitness craze, combining aerobic exercise with Latin dance moves. It's the "feel happy" workout that really gets your heart pumping and body moving!

### ZUMBA TONING

Dance your way to a toned body with this Latin dance style class. Light weights will be incorporated throughout the class.