



4500 FITNESS

DOWNERS GROVE PARK DISTRICT

GROUP EXERCISE CLASSES

WINTER 2026 • BEGINS 1.2.2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:45-8:45AM • L14 • Carmelo STEP & TONE	6-7AM • L12 • Michael TOTAL BODY CONDITIONING	7:45-8:45AM • L14 • Carmelo STEP & TONE	5:45-6:45AM • L21 • Amanda CYCLE	5:45-6:45AM • L21 • Amanda CYCLE/YOGA COMBO	7:15-8:15AM • L14 • Lynn LESMILLS BODYPUMP
9-10AM • L14 • Carmelo BODYPUMP	8-8:50AM • L12 • Nicole CARDIO STRENGTH	9-10AM • MPR • Luanne YOGA FUSION	7-8AM • L14 • Marie POWER PYRAMID	7:45-8:45AM • L12 • Nicole SCULPT	NEW! 8-8:45AM • MPR • Liz HATHA YOGA BEGINS 1/17
9-10AM • MPR • Vicki HATHA YOGA	8-8:45AM • L14 • Martine PILATES	9-10AM • L12 • Marie WERQ LIKE A BOSS	8-9AM • MPR • Beth HATHA YOGA	9-10AM • L12 • Xenia WERQ	8:15-9AM • L12 • Nicole BARRE
11:15AM-12PM • L14 • Denise BALANCE & STRENGTH	9-9:50AM • L12 • Nicole ZUMBA	9-10AM • L14 • Linda LESMILLS BODYPUMP	8-9AM • L21 • Jessica CYCLE	9-10AM • L14 • Linda LESMILLS BODYPUMP	8:30-9:30AM • L21 • Amanda CYCLE
5:30-6:30PM • L21 • Amanda CYCLE	9-10AM • L14 • Martine SCULPT	10-11AM • L21 • Chick CYCLING FOR EVERYONE	8-8:45AM • L12 • Martine PILATES	9-10AM • MPR • Vicki HATHA YOGA	NEW! 9:05-9:50AM • L12 • Nicole PILATES
6-7PM • MPR • Vicki YOGA FLOW	9-9:55AM • MPR • Vicki CHAIR YOGA	NEW! 11-11:45AM • L14 • Denise SILVER SNEAKERS CIRCUIT	NEW! 9:30-10:25AM • MPR • Liz CHAIR YOGA BEGINS 1/15	10:30-11:15AM • L12 • Michael SILVER SNEAKERS CLASSIC	SUNDAY
7:15-8:15PM • L14 • Xenia WERQ LIKE A BOSS	10-10:50AM • L12 • Nicole ZUMBA - GOLD	11:30AM-12:15PM • L12 • Michael LUNCH CRUNCH	9-9:45AM • L12 • Nicole BARRE		NEW! 8:30-9:30AM • L12 • Melanie BELLY + BUTT BLAST
	6-7PM • L14 • Xenia WERQ	5-5:45PM • L21 • Karissa CYCLE	9:50-10:20AM • L12 • Nicole CORE CRUSHER		NEW! 9:45-10:15AM • L12 • Melanie UPPER BODY BURNOUT
	7:15-8:15PM • L12 • Carrie HATHA YOGA	6-7PM • L12 • Lynn LESMILLS BODYPUMP	10:30-11:20AM • L12 • Nicole ZUMBA - GOLD		NEW! 10:15AM-10:45 • L12 • Melanie SUNDAY STRETCH
			11:15AM-12PM • L14 • Denise BALANCE & STRENGTH		
			6-7PM • L12 • Taisha ZUMBA		



GROUP FITNESS CLASS UPDATES

Receive updates for group fitness classes including class changes and cancellations by scanning the QR code on your phone, then subscribe via email and/or text.

GROUP EXERCISE CLASS DESCRIPTIONS • WINTER 2026

BALANCE & STRENGTH: Train and slow down the aging process by focusing on mental health, strength training, flexibility, fall prevention, and balance. Enjoy practical exercises and approaches for training brains and bodies. Use of a chair is optional for this class.

BARRE: Low impact moves with light weights, this variable intensity workout blends strength, balance, and cardio. Mindful movement exercises lengthen your muscles, strengthen your core, and safely reshape your entire body. Non-skid socks, bare feet, or gym shoes can be worn.

BELLY + BUTT BLAST: A targeted ab and glute workout designed to tighten your tummy and tone your booty. This class focuses on intentional strength training to build definition in all the right places while boosting overall strength and confidence.

CARDIO STRENGTH: This class incorporates both high- and low-impact cardio moves, intermingled with exercises that target and strengthen various muscle groups. This class may utilize different methods including HIIT, Tabata, and weight training.

CHAIR YOGA: Practice yoga in a chair. Gently strengthen your spine and core, while increasing flexibility and mobility. Takeaways from this class are relaxation and improved balance.

CORE CRUSHER: Attack your core from every angle along with upright movements and floor work. This combination of exercises requires your core muscles to work in all three planes of motion. Improve core strength to help your body move better!

CYCLE: A cardio endurance workout for both the novice bike riders and the hard-core bike riders! Simulate pedaling over flats, hills, and jumps that build leg and abdominal strength. You will sweat in this class and a water bottle should be on hand to keep you hydrated.

CYCLING FOR EVERYONE: A spin class designed for everyone! A perfect fit for those looking for a low-impact cardio fitness class. This class accommodates those new to indoor cycling, active adults, seniors, and athletes looking for a recovery ride. It's time to Ride!

LES MILLS BODY PUMP: A total-body workout that will burn calories, shape and tone your entire body, increase core strength, and improve bone health. World-leading instructors will coach you through the scientifically-backed moves and techniques, pumping out encouragement, motivation, and great music—helping you achieve much more than on your own!

LUNCH CRUNCH: Looking to get a quick workout in during your lunch hour? This full-body workout will include cardio moves with intervals of strength-building moves. This class is a convenient and efficient workout for all levels!

PILATES: Stand taller; learn the fundamentals of Pilates mat work. Based on the method of Joseph Pilates, this class works your powerhouse (your core) and makes gains in balance, strength, and flexibility for the entire body. Props may be included to assist in movements.

POWER PYRAMID: Eight exercises performed in an interval-style training that builds strength and power with a cardio boost. Modifications will be shown for all exercises.

SCULPT: Reshape your body and strengthen the musculoskeletal system. Calories will be burned hours after this class as the body goes through its process of rebuilding the muscle fibers! Learn proper form and execution and strengthen your body using body bars, dumbbells, flex-bands, and more!

SILVER SNEAKERS CIRCUIT: A dynamic workout designed for active older adults, combining cardio and strength training in a fun and supportive environment. This class alternates low-impact aerobic movements with upper-body strength exercises using hand-held weights, elastic tubing, and an exercise ball. Modifications are offered to accommodate all fitness levels, ensuring a safe and effective workout for everyone.

SILVER SNEAKERS CLASSIC: A foundational fitness class designed to improve overall strength, flexibility, balance, and coordination for active older adults. This low-impact class focuses on enhancing functional fitness through the use of light hand-held weights, resistance bands, and an exercise ball. Participants will engage in seated and standing exercises with modifications available, making it accessible to all levels.

SUNDAY STRETCH: A 30 minute recovery class focused on deep stretching, flexibility, and mobility. Explore different equipment to intentionally release tension and stiffness.

UPPER BODY BURNOUT: A 30 minute class that targets all the major muscles of the upper body. Strength focused exercises work your arms, shoulders, chest, and back to help build a tightened, toned, and stronger upper body.

WERQ: WERQ is the wildly addictive cardio dance workout based on trending pop and hip-hop music. Our mission is to create a judgment-free dance space built on good vibes, a great sweat, and a supportive community.

WERQ LIKE A BOSS: WERQ Like a Boss combines dance for cardio, resistance training for strength, and stretching for mobility. The first half of the workout is WERQ cardio dance, and the second half is dedicated to resistance training, core work, and flexibility. !

YOGA: Our diverse yoga offerings cater to all levels and abilities, from the deep relaxation of **Restorative** to the energizing flow of **Vinyasa**, each class supports strength, flexibility, and mindfulness. **Hatha** yoga, a traditional form, focuses on physical postures (asanas) and breath work (pranayama). **Fusion** blends elements of all three for a well-rounded experience.

ZUMBA: Ditch the workout and join the party! Take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Super effective? Check. Super fun? Check and check.

ZUMBA GOLD: Easy to follow low-impact moves for the beginner participant and the active older adult. Calorie burning dancing that emphasizes the basics of Latin and International dance rhythms. This class is friendly and fun for all!

GROUP EXERCISE OPTIONS

UNLIMITED PASS: \$22/MONTH OR \$264/YEAR

- Ask us about daily fees and punch passes.
- Group exercise classes are for individuals 15 years of age or older.

CHECK OUT OUR SEASONAL GUIDE FOR PREMIER CLASS OFFERINGS

Premier classes require pre-registration and are not included in the Unlimited pass, punch cards, or daily visit passes.