

FALL 2023

FALL SCHEDULE • AUGUST 21 - DECEMBER 17



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6 am Studio A Sunrise Yoga Paulina	5:40 am Studio B Les Mills THE TRIP™ Ann	5:40 am Studio A Les Mills BODYPUMP™ Ann	5:40-6:10 am Studio B Les Mills SPRINT™ Mitch	5:40 am Studio A Les Mills CORE™ 45 Ranin	8 am Studio A Les Mills BODYPUMP™ Ranin	
7:30 am Studio C Muscle Work Josh	8:30 am Studio B Cyclone Cycle Annette	7:30 am Studio C Muscle Work Josh	7 am Studio C Sculpt Yoga Paulina	8:30 am Shallow Pool Aqua Medley Tom/Margie	8:30 am Shallow Pool Aqua Medley Liz	
8:30 am Deep Pool Aqua Deep Dawna	9 am Studio A Hatha Yoga Beth	8:30 am Shallow Pool Aqua Medley Ellen	8:30 am Studio B Les Mills THE TRIP™ Erin A.	8:30 am Studio C Cardio Fusion Viviana	9 am Studio B SPINPower® Mary	
8:30 am Studio C Lengthen to Strengthen Jana	9:30 am Shallow Pool Aqua Fusion Leah	8:30 am Synrgy 360 Synrgy 360 Jana	9 am Studio A Restorative Yoga Beth	9-10 am Fitness Floor Power Hour Erin A.	9:30 am Studio A Zumba® Mariah	
9-10 am Fitness Floor Power Hour Viviana	9:30 am Studio C Pilates Fusion Annette	9 am Studio C Zumba® Gold Dawna	9:30 am Shallow Pool Aqua Fusion Leah	9:30 am Deep Pool Aqua Deep Ewan	SUNDAY 8:20-8:50 am Studio B Les Mills SPRINT™ Ann 9 am Studio A Core Fusion Renee 9-10 am Studio C Vinyasa Yoga Erin S. 10 am Shallow Pool Aqua HIIT Dawna	
9:30 am Shallow Pool Aqua HIIT Dawna	10 am Studio A Muscle Work Ellen	9:30 am Shallow Pool Aqua Strength Amanda	9:30 am Studio C Lengthen to Strengthen Jana	9:30 am Studio C Pilates Barre Viviana		
9:30 am Studio A Cardio Fusion Beth	11 am Studio C Sit & Fit Melanie	9:30 am Studio A Les Mills BODYPUMP™ Erin A.	10 am Studio A Zumba® Gold Dawna	10 am Studio A Chair Yoga Beth		
10:30 am Studio A Pilates Mat Melanie	12 pm Studio C Lengthen to Strengthen Melanie	10 am Studio C Pilates Mat Sharon	11 am Studio A Sit & Fit Dawna	10:30-11 am Studio C Les Mills CORE™ Erin A.		
11 am Studio C Chair Yoga Beth	5:30 pm Studio A Core Fusion Renee	11 am Studio C Lengthen to Strengthen Erin	12-12:30 pm Studio A Les Mills CORE™ Erin A.	11 am Studio B Les Mills THE TRIP™ Agnes		
12 pm Studio A Muscle Work Josh	6 pm Studio C Vinyasa Yoga Paulina	12 pm Studio B Les Mills THE TRIP™ Erin	5:20-5:50 pm Studio B Les Mills SPRINT™ Ann	5:30-6:20 pm Studio B Les Mills SPRINT™ Alejandra		
5:30 pm Studio A Les Mills BODYPUMP™ Renee	6:30 pm Studio A Zumba® Mariah	5:30 pm Studio C Fitness Fusion Francisco	6 pm Studio C Hatha Yoga Vanessa	MODIFIED GROUP FITNESS SCHEDULE: • No classes on Sept. 4 for Labor Day and Nov. 23 for Thanksgiving Day • Modified class schedule on Oct. 28 due to Halloween 5K • Modified class schedule from Wed., Nov. 22-Sun., Nov. 26 for Thanksgiving Weekend • Early closure on Fri., Nov. 24 at 6 pm		
6 pm Studio C BollyX Laina	7 pm Studio B Les Mills SPRINT™ Mitch	6 pm Studio B SPINPower® Amy	6 pm Studio A Dance Fusion Alejandra			
7 pm Studio C Hatha Yoga Vanessa		6 pm Studio A Les Mills BODYPUMP™ Ewa	6:30 pm Shallow Pool Aqua Medley Margie			
		6:30 pm Shallow Pool Aqua Boot Camp Ewan				

HOW TO REGISTER
& CHECK-IN

GROUP FITNESS GUIDELINES

All Classes Are 50-Minutes In Length Unless Noted. Advance Registration And Check-In For Classes Is Required.

Classes must be reserved via the MVCC FitRec New app or at Membership Services before start of class. Classes are subject to minimums/ maximums, instructor/location changes, and/or cancellation at supervisor's discretion. Participants must adhere to current facility guidelines at all times. For the safety of all participants, it is at the instructor's discretion whether participants are allowed into studio after start of class. Please refrain from private conversations and the use of cell phones during classes. Guests must be 16 years of age to participate. 12-15 year old members must complete an orientation to attend. See FitRec app for current schedule and up-to-date changes.

LEARN MORE AT [MORAINEvalley.edu/FITREC](https://morainevalley.edu/fitrec)

LAND CLASS DESCRIPTIONS

BollyX • Multi-Level - This dance-fitness program combines dynamic choreography with the hottest music from around the world. It is 50-minute cardio workout cycles between higher and lower intensity dance sequences to get you moving, sweating and smiling.

Cardio Fusion • Multi-Level - A variety of low impact cardio movements that are fun for the mature adult or novice exerciser. Effective resistance, balance and core training using various equipment to keep you challenged and interested.

Core Fusion • Multi-Level - This class strengthens the abs, hips, butt and lower back for a stronger core, while also engaging in stability work; followed by stretching to promote mobility and strength for the whole body.

Cyclone Cycle • Multi-Level - You will experience a variety of cycling conditions including hill climbs, fast flats and exhilarating finishes while focusing on speed, power, intensity & technique. Arrive early for bike set up and do not forget a towel and water bottle.

Dance Fusion • Multi-Level - This class pairs Latin & Hip Hop dance styles to get your heart pumping!

Fitness Fusion • Multi-Level - If it makes us fitter, we will use it. This class combines strength and cardiovascular training with mobility drills to build stronger and healthier bodies.

Lengthen to Strengthen • Multi-Level - A stretch class to promote mobility, stability and flexibility for the whole body. Using a variety of props, including mats, foam rollers and trigger balls; you will learn how to incorporate myofascial release and muscle lengthening to promote strength and endurance in your other workouts.

Les Mills BODYPUMP™ • Multi-Level - This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

Les Mills CORE™ • Multi-Level - Using resistance tubes and weight plates, this challenging 30-minute workout works the abs, hips, butt and lower back for a stronger core to make you better at all things you do.

Les Mills SPRINT™ • Intermediate/Advanced - This 30-minute high intensity workout is designed using an indoor bike to achieve fast results. This workout is short and intense, offers faster cardio results, trains the body to burn fat and build lean muscle, and burns calories for hours after completion. Join our internationally certified instructors to learn how to smash your goals faster.

Les Mills THE TRIP™ • Multi-Level - THE TRIP™ is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally created worlds. With its cinema-scale screen and sound system, this IMMERSIVE FITNESS workout takes motivation and energy output to the next level, burning serious calories. If you want to get fit faster, with less discomfort, THE TRIP™ is the way to go.

Muscle Work • Multi-Level - If it can make you stronger, we will use it! Build lean muscle mass and drop inches by using hand weights, bands, body bars and med balls to make you stronger than ever!

Power Hour • Multi-Level - In this 60-minute weightlifting class, we will use fitness floor equipment to build lean muscle and lose fat. Using barbells, dumbbells, cable machines and other strength equipment; everything in the weight room is fair game for this instructional class.

Sit & Fit • Beginner/Mature Adult - Get fit from your seat instead of your feet! This class targets those needing assistance with balance while seeking increased strength, endurance and flexibility.

SPINPower® • Multi-Level - Innovative, power-based cycling and power meter technology to train the body more efficiently and effectively in this powerful spin class. Please come 5-10 minutes early for bike set up.

Synrgy 360 • Multi-Level - A good mix of cardio, strength and agility exercises, this interval circuit training will leave you feeling exhilarated and expending calories for the day.

Zumba® • Multi-Level - Zumba® is a dance-fitness class that incorporates Latin rhythms with easy-to-follow moves. The class format combines fast and slow rhythms that tone and sculpt the body. All dance levels are welcome.

Zumba® Gold Toning • Beginner/Mature Adult - Zumba® Gold Toning offers a traditional Zumba® class, an exhilarating, Latin-inspired, calorie-burning dance fitness party, but at a pace that is just a little easier. Add in the lightweight maraca-like toning sticks to enhance the sense of rhythm and coordination of Zumba® toning. If you love to move to upbeat, fun music, while toning target areas, including arms, core and lower body, then this is the class for you!

MIND BODY CLASS DESCRIPTIONS

Chair Yoga • Beginner/Mature Adult - Get fit from your seat instead of your feet! This class targets those needing assistance with balance and stability while seeking the benefits of gentle movement to increase strength, endurance and flexibility of the body.

Hatha Yoga • Multi-Level - Hatha yoga uses body postures, breathing techniques, and meditation with the goal of bringing about a sound, healthy body and a clear, peaceful mind. Use this class to manage stress, while improving your flexibility.

Pilates Barre • Multi-Level - Enjoy this barre workout combining Pilates, fitness and dance-based moves while using small movements and high repetition at the barre and on the mat. A strength class that will tone and lengthen muscles, plus strengthen core while improving posture and balance.

Pilates Fusion • Multi-Level - Fusion style workout combining Pilates Mat and Pilates Barre that provides the benefits of both formats.

Pilates Mat • Multi-Level - The Pilates method of body conditioning is a unique system of stretching and strengthening exercises developed to tone muscles, strengthen core and improve posture and flexibility.

Restorative Yoga • Multi-Level - Restorative flow integrate moving sequences that have gentle restorative poses. During the class the use of props such as blocks and straps will be used to help students get into positions that will ultimately help them realign their bodies in their original positions. This class is open to all levels.

Sculpt Yoga • Multi-Level - Composed of Vinyasa Yoga, traditional strength and cardio training, these sequenced moves will help stretch your muscles while strengthening them through a light-weight workout. Use of weights is optional in this full-body workout.

Sunrise Yoga • Multi-Level - Rise and energize with Sunrise Yoga. This class features a fusion of Hatha & Vinyasa style practice with continuous movements, sun salutations, dynamic breathing and deep exploration of the body. It strengthens, tones and detoxifies, while being fun and creative. Suitable for all levels with modifications provided.

Vinyasa Yoga • Multi-Level - Vinyasa means "breath-synchronized movement," and Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling. Vinyasa movements flow smoothly, incorporating seamless transitions between postures.

AQUA CLASS DESCRIPTIONS

Aqua Boot Camp • Multi-Level - A series of functional exercises in a circuit format around the shallow end of the pool. Some of the exercises will be athletic in nature and require the participant to perform a variety of movements. This class is a unique alternative to a traditional aqua aerobics class.

Aqua Deep • Multi-Level - A medium-to-high intensity deep water body workout to improve strength and endurance. This deep water class combines water resistance with no impact and uses a variety of exercises and equipment to improve overall fitness.

Aqua Fusion • Multi-Level - a blend of dance styles with traditional aqua fitness techniques. This safe, challenging, water-based workout focuses on cardio-conditioning and body toning. No dance skills are needed, just come to join the fun without the impact!

Aqua HIIT • Multi-Level - This Aqua HIIT class will strengthen and tone your muscles with High Intensity Interval Training (HIIT) to effectively burn calories, increase your endurance and strengthen your heart to a whole new level.

Aqua Medley • Multi-Level - This shallow water class will keep you guessing! Your instructor will create different cardio, interval or circuit workouts while you enjoy the low-impact aquatic environment.

Aqua Strength • Multi-Level - Use water resistance to strengthen your upper and lower body in this fun, yet challenging, class.

Aqua Tabata • Multi-Level - Increase your aerobic and anaerobic fitness through this interval training class that combines high intensity exercise followed by bouts of rest. Spend the rest of the day expending energy recovering from this challenging workout.

INTENSITY

Beginner/Mature Adult Level - Class designed for new exercisers, older adults or individuals with movement challenges. Format may be suitable for seated activity.

Multi-Level - Class designed for a range of fitness levels. Instructor will offer modifications to accommodate fitness abilities.

Intermediate/Advanced Level - Class designed for higher fitness levels and/or prior exercise experience in similar format.

CONTACT PERSON

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