FitRec GROUP FITNESS SCHEDULE

FALL 2025

FitRec

FALL SCHEDULE • AUGUST 18 - DECEMBER 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:40-6:10 am Studio B **Les Mills SPRINT™** Marissa	5:40 am Studio A **Les Mills Strength Development™** Ranin	5:40 am Studio B **Les Mills THE TRIP™** Ann	5:40 am Studio A **Les Mills BODYPUMP™** Ann	5:40 am Studio A **Les Mills SHAPES™** Ewa	7-7:45 am Studio C **Les Mills PILATES™** Hope
7:30 am Studio C **Muscle Work** Josh	6:30 am Studio C **Les Mills CORE™** Ewa	7:30 am Studio C **Muscle Work** Josh	7 am Studio C **Pilates & Props** Ellen	6:30-7 am Studio B **Les Mills SPRINT™** Ann	8 am Studio A **Les Mills BODYPUMP™** Ranin
8:30 am Studio A **Les Mills SHAPES™** Viviana	8:30 am Studio B **Cyclone Cycle** Annette	8:30 am Shallow Pool **Aqua Medley** Margie	8:30 am Studio B **Les Mills THE TRIP™** Erin A.	8:30 am Shallow Pool **Aqua Medley** Margie/Tom	8:30 am Shallow Pool **Aqua Medley** Liz
8:30 am Deep Pool **Aqua Deep** Sara	9 am Shallow Pool **Aqua Strength** Sara/Ellen	8:30 am Synrgy 360 **Synrgy 360** Sara	9 am Deep Pool **Aqua Deep** Ewan	9-10 am Fitness Floor **Power Hour** Viviana	9 am Studio B **SPINPower®** Mary
9:30-10:30 am Fitness Floor **Power Hour** Viviana	9 am Studio A **Hatha Yoga** Beth	9 am Studio A **Les Mills Functional Strength™** Erin A.	9 am Studio A **Les Mills Strength Development™** Viviana	9-10 am Studio C **Vinyasa Yoga** Erin S.	9:10-9:40 am Studio A **Les Mills CORE™** Ranin
9:30 am Shallow Pool **Aqua HIIT** Sara	9:30 am Studio C **Pilates Fusion** Annette	9:30-10 am Shallow Pool **Aqua Tone** Margie	9 am Studio C **Restorative Yoga** Beth	10 am Studio A **Cardio Fusion** Andrea	9:30 am Studio C **Zumba®** Mariah
9:30 am Studio A **Cardio Fusion** Beth	10 am Studio A **Muscle Work** Ellen	9:30 am Treadmills **Tread & Shred** Sara	10 am Studio A **Dance Fusion Gold** Laina	10:30 am Studio C **Chair Yoga** Vanessa	10 am Studio A **STEP into Cardio** Chris
10 am Studio B **Spinyasa** Erin S.	11 am Studio C **Sit & Fit** Melanie	10 am Studio A **Chair Yoga** Preksha	10 am Studio C **Lengthen to Strengthen** Jana	5:30-6 pm Studio B **Les Mills SPRINT™** Lily	10:30 am Studio C **Slow Flow Yoga** Katie
10:30 am Studio A **Pilates Mat** Susan	12 pm Studio A **Les Mills Functional Strength™** Agnes	10 am Studio C **Pilates Barre** Viviana	11 am Studio A **Sit & Fit** Viviana		
11 am Studio C **Chair Yoga** Beth	5:10 pm Studio A **Les Mills Strength Development™** Ewa	11 am Studio A **Lengthen to Strengthen** Josh	12 pm Studio A **Les Mills CORE™** Erin A.		
5:30 pm Studio A **Les Mills BODYPUMP™** Renee	5:30 pm Studio C **Les Mills SHAPES™** Renee	11 am Studio C **Well Balanced** Ann	5:30 pm Studio A **Zumba®** Sharon		
5:30 pm Studio C **WERQ** Shania	6:10 pm Studio A **Vinyasa Yoga** Preksha	12 pm Studio A **Muscle Work** Josh	6 pm Studio C **Hatha Yoga** Vanessa		
7 pm Studio C **Hatha Yoga** Vanessa	6:30 pm Studio C **Zumba®** Mariah	5:30 pm Studio A **Les Mills BODYPUMP™** Ewa	6:30-7:15 pm Studio A **Les Mills PILATES™** Fatima		
		6:30 pm Studio B **Les Mills THE TRIP™** Elizabeth	6:30 pm Shallow Pool **Aqua Medley** Margie		
		6:30 pm Shallow Pool **Aqua Boot Camp** Ewan			

SUNDAY
8:20-8:50 am Studio B **Les Mills SPRINT™** Lily
9 am Studio A **Les Mills SHAPES™** Renee
9-10 am Studio C **Vinyasa Yoga** Erin S.
10 am Shallow Pool **Aqua Medley** Trecia

SCAN TO LEARN HOW TO REGISTER

LEARN MORE AT:
MORAINEVALLEY.EDU/FITREC

MODIFIED GROUP FITNESS SCHEDULE:

- **No classes on Sept. 1 due to Labor Day, Facility Closed**
- **Modified class schedule on Oct. 25 due to Halloween 5K**
- **Modified class schedule from Nov. 24-30 for Thanksgiving Week**

GROUP FITNESS GUIDELINES

All Classes Are 50-Minutes Unless Noted. Advance Registration 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 up-to-date changes.

LAND CLASS DESCRIPTIONS

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.
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 Gold • Beginner/Mature Adult - Dance Fusion Gold offers a low-impact, fun, cardio workout choreographed to music that makes you want to dance!
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 FUNCTIONAL STRENGTH • Multi-Level - This series of full-body workouts mixes multi-joint movements and loaded exercises to build athletic strength, increase muscle tone, and push you to get fitter and stronger for everyday life.
Les Mills PILATES™ • Multi-Level - Slow, simple movements tone your abs, glutes, back, and hips. Traditional Pilates meets the Les Mills experience, leaving you feeling strong, uplifted, and calm.
Les Mills SHAPES™ • Multi-Level - An invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility.
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 STRENGTH DEVELOPMENT • Multi-Level - Whether new to lifting or a seasoned pro, this class will build muscle, improve technique, and grow confidence so you can train more powerfully in the studio and on the gym floor.
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.
Pilates & Props • Multi-level- Strengthen the deep muscles of the core while using various props to keep the work exciting and fun!
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.
Spinyasa • Multi-Level - Spinyasa is a dynamic fitness class combining 30 minutes of high-energy cycling with 20 minutes of calming yoga, offering the perfect blend of cardio intensity and mindful recovery.
Step Into Cardio • Multi-level - 'Step up' your cardio by incorporating cardio movement while adding the STEPPER. All levels of fitness will be able to enjoy and progress to more advanced moves as they are ready.
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.
Tread & Shred • Multi-Level - Take it to the fitness floor for this full body conditioning workout that utilizes the treadmills, resistance bands, and weights. Please meet the instructor by the treadmills.

CONTACT PERSON
Ann Cook-Graver
Coordinator, Programs, ann.cook-graver@morainevalley.edu | 708-608-4015

Well Balanced • Beginner/Mature Adult - Designed to increase stability, balance and coordination, this class incorporates exercises that enhance the mind/body connection. While most of the class will be performed in a chair, there will be approximately 15 minutes of standing work during which we will use the ballet bar for balance work. Participants are welcome to sit as needed during this part of the class.
WERQ • Multi-level - WERQ is the wildly addictive cardio dance workout based on trending pop and hip hop music. Our mission is to create a judgement-free dance space built on good vibes, a great sweat, and a supportive community.
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.

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.
Slow Flow Yoga • Multi-Level - Gentle Yoga is held at a slower pace and focuses on stretching and extending the breath, while releasing stress and tension from joints and muscles. Class is structured around rejuvenating the body and managing stress through meditative concepts.
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 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 - We will use water resistance and weights to make us stronger and healthier in this full body strength workout.
Aqua Tone • Multi-Level - This 30-minute aqua workout will focus on strengthening and stabilizing your core. We will work our abs, hips, glutes, low back, and shoulders in a manner that will allow us to move through everyday life without pain or injury.

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.