

# Fall Adult Fitness Classes

**Registration for fitness classes begins August 5 • Classes begin August 19**

## Adult Fitness Registration Options

### Option #1

#### Unlimited Class Pass:

Attend as many classes as you like with flexibility. The unlimited pass allows you to pick and choose which classes you want to attend from day to day and week to week. Try as many as you like and mix up your work outs. **The unlimited passes are already discounted therefore additional discounts will not be applied. No senior discount on fitness classes.**

- A.** Yearly Unlimited Pass\*: \$775/\$595ResDisc paid in full (includes all sessions)  
\*add a one year Dimensions Fitness Center membership for \$180/\$140ResDisc
- B.** Yearly EFT Unlimited Pass\*: \$65/\$50ResDisc per month (includes all sessions)  
\*add a fitness center membership for \$16.50/\$13ResDisc per month
- C.** Unlimited passes may be purchased by session. The session fees are:
- |               |                        |         |                    |
|---------------|------------------------|---------|--------------------|
| <b>Fall 1</b> | August 19-October 19   | 9 weeks | \$171/\$127ResDisc |
| <b>Fall 2</b> | October 21-December 21 | 9 weeks | \$171/\$127ResDisc |

### Option #2

#### Program Registration:

Simply register for the specific class or classes that you plan to attend. Fitness Center members will receive 20% off of their individual program registration. Not a member and registering for more than one full price class? Save \$5 per class after the first class is paid in full. Only one discount per person.

### Option #3

#### Walk In:

**Not sure of your schedule or which classes you prefer? Walk-ins are welcome and allow you to pick and choose which classes to attend. Fee for most classes \$6/\$5ResDisc. Walk-in fee for Indoor Cycling, Zumba, 1.25 hour Yoga classes and some occasional specials is \$8/\$7ResDisc. Fitness Members save \$1 on the walk in fee.**

**Cancellations** – We try very hard to avoid cancelling classes, however, occasionally we do need to cancel a class. We will send an e-mail to registered participants and to unlimited members whenever possible as soon as we are aware of the cancellation.

**Classes that consistently have less than 4 participants after the third week will be cancelled. If the decision is made to cancel a class, registered participants and unlimited participants will be notified and the website will be updated to reflect the change.**

**No classes August 31-September 2 and November 28-December 1**

## 50+ Fitness

### Ages 50 years & up

Get Strong and Fit!!! Light aerobic movement will get your blood flowing and body moving. Strength exercises build muscle and combat osteoporosis while stretching keeps you lean and flexible. Instructed by Teryl Lundeen.

**Location:** Arrowhead Community Center

**Drop In:** \$6/\$5ResDisc

Date	Day	Time	Fee/ResDisc
Aug 19- Oct 14	M	8:30-9:30 AM	\$39/\$31
Oct 21- Dec 16	M	8:30-9:30 AM	\$44/\$34

No class September 2

## Strictly Strength

### Ages 14 years & up

A more traditional approach to strength using tried and true exercises along with some new variety to get a total body workout. Instructed by Annmarie Anfield.

**Location:** Heritage Crossing Field House

**Drop In:** \$6/\$5ResDisc

Date	Day	Time	Fee/ResDisc
Aug 21-Oct 16	W	5:45-6:30 AM	\$35/\$25
Oct 23-Dec 18	W	5:45-6:30 AM	\$35/\$25



**Be Grateful! Be Generous! Get Fit!**

**November 28**

*Ages 5th grade & up*

@ Heritage Crossing Field House  
Visit [www.ChannahonPark.org](http://www.ChannahonPark.org) for details

**Class is FREE with a hygiene donation or \$5 cash donation for Chanooka Wish (soap, shampoo, conditioner, Kleenex, toilet paper, etc)**

# Fall Fitness at a Glance

Time/Loc	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 AM HCFH	Circuit Strength	Indoor Cycling*	Strictly Strength	Power Yoga	Circuit Strength	
6:45-7:30 AM HCFH		H.I.I.T - NEW!		H.I.I.T - NEW!		
8:30-9:15 AM ACC			Barre' Strength		Cardio Kickboxing w/ Intervals	Saturday Cardio Challenge
8:30-9:30 AM ACC	50+ Fitness	hareCORE YOGA		Vinyasa Yoga		
9:30-10:30 AM ACC			Kickbox and Step with Strength		Pilates Strength (930-1015am)	Yogalates
9:45-10:45 AM ACC	Gentle Yoga	Zumba - NEW!		Zumba - NEW!		
4:15-5:00 PM ACC	Pilates & Balance (4:15-5:15pm)	Vinyasa Yoga	Pilates	Full Body Tone		
5:15-6:15 PM ACC		Forever Fit				
5:30-6:15 PM ACC	Step, Sculpt & Glutes		Zumba with Toning <b>Indoor Cycling*</b> (HCFH)	Kickboxing/Tabata		
6:30-7:15 PM ACC	Pilates Strength		Barre' Strength			
6:30-7:30 PM ACC				Yoga Intensity		
6:30-7:45 PM ACC		Yoga				
7:00-8:00 PM HCFH	"Ab" Solution Ride*					

\*To reserve a bike for Indoor Cycling and "AB" Solutions call 815-467-8015

## H.I.I.T (High Intensity Interval Training) - NEW!

**Ages 14 years & up**

Combine aerobic exercises with strength training intervals to maximize metabolism in a fun, upbeat environment. Alternating between longer periods of high intensity exercise with brief periods of rest helps to improve cardiovascular and overall health. Low impact modifications will be made available allowing persons of intermediate to advanced fitness levels to benefit from the effective full body workout. Instructed by Meredith Bushnell.

**Location:** Heritage Crossing Field House

**Drop In:** \$6/\$5ResDisc

Date	Day	Time	Fee/ResDisc
Aug 20-Oct 15	TU	6:45-7:30 AM	\$35/\$25
Aug 22-Oct 17	TH	6:45-7:30 AM	\$35/\$25
Oct 22-Dec 17	TU	6:45-7:30 AM	\$35/\$25
Oct 24-Dec 19	TH	6:45-7:30 AM	\$31/\$23

No class November 28

## Step, Sculpt and Glutes - NEW!

**Ages 14 years & up**

45 minutes of super fun energetic cardio step incorporating weights and focusing on the gluteal muscles for an all around great workout for all ages. Instructed by Kim Gregory.

**Location:** Arrowhead Community Center

**Drop in:** \$6/\$5ResDisc

Date	Day	Time	Fee/ResDisc
Aug 19-Oct 14	M	5:30-6:15 PM	\$31/\$23
Oct 21-Dec 16	M	5:30-6:15 PM	\$35/\$25

No class September 2

## Zumba - NEW!

**Ages 14 years & up**

Zumba takes the "work" out of workout, by mixing low intensity and high intensity, easy-to-follow moves, with Latin rhythms, for a one-of-a-kind experience. Come join the party! Instructed by Sarah Short.

**Location:** Arrowhead Community Center

**Drop In:** \$8/\$7ResDisc

Date	Day	Time	Fee/ResDisc
Aug 20-Oct 15	TU	9:45-10:45 AM	\$62/\$49
Aug 22-Oct 17	TH	9:45-10:45 AM	\$62/\$49
Oct 22-Dec 17	TU	9:45-10:45 AM	\$62/\$49
Oct 24-Dec 19	TH	9:45-10:45 AM	\$55/\$43

No class November 28

## Zumba with Toning

**Ages 14 years & up**

A fun, energetic fusion of Latin inspired dance and fitness moves taught by a certified Zumba instructor. Class will also incorporate a variety of toning exercises. Instructed by Sonja DeGirolami.

**Location:** Arrowhead Community Center

**Drop In:** \$8/\$7ResDisc

Date	Day	Time	Fee/ResDisc
Aug 21-Oct 16	W	5:30-6:15 PM	\$62/\$49
Oct 23-Dec 18	W	5:30-6:15 PM	\$62/\$49

**Registration for fitness classes begins August 5**

## Barre' Strength

### Ages 14 years & up

A fun and challenging workout that fuses the principles and techniques of standing Barre' work. A total body workout with equal focus on range of motion and muscle strength with repetition and mind/body connection. Instructed by Annmarie Anfield.

**Location:** Arrowhead Community Center

**Drop In:** \$6/\$5ResDisc

Date	Day	Time	Fee/ResDisc
Aug 21-Oct 16	W	8:30-9:15 AM	\$35/\$25
Aug 21-Oct 16	W	6:30-7:15 PM	\$35/\$25
Oct 23-Dec 18	W	8:30-9:15 AM	\$35/\$25
Oct 23-Dec 18	W	6:30-7:15 PM	\$35/\$25

## Forever Fit

### Ages 14 years & up

Total body strength training and conditioning workout utilizing a variety of techniques and fitness equipment. This full body workout will include balance exercises, stretching, strength training and light cardio to challenge core strength, build without bulk and improve flexibility to be forever fit. Instructed by Chris McCabe.

**Location:** Arrowhead Community Center

**Drop in:** \$6/\$5ResDisc

Date	Day	Time	Fee/ResDisc
Aug 20-Oct 15	TU	5:15-6:15 PM	\$44/\$34
Oct 22-Dec 17	TU	5:15-6:15 PM	\$44/\$34

## Circuit Strength

### Ages 14 years & up

An early morning total body workout with timed stations using a variety of equipment and your own body weight. Instructed by Annmarie Anfield.

**Location:** Heritage Crossing Field House

**Drop in:** \$6/\$5ResDisc

Date	Day	Time	Fee/ResDisc
Aug 19-Oct 14	M	5:45-6:30 AM	\$31/\$23
Aug 23-Oct 18	F	5:45-6:30 AM	\$35/\$25
Oct 21-Dec 16	M	5:45-6:30 AM	\$35/\$25
Oct 25-Dec 20	F	5:45-6:30 AM	\$31/\$23

*No class September 2, November 29*

## Gentle Yoga

### Ages 14 years & up

A gentler form of yoga. A slower paced practice that makes it more accessible to participants of all ages and fitness levels. This class will remove all fears and challenges in doing yoga. Instructed by Teryl Lundeen.

**Location:** Arrowhead Community Center

**Drop In:** \$6/\$5ResDisc

Date	Day	Time	Fee/ResDisc
Aug 19-Oct 14	M	9:45-10:45 AM	\$39/\$31
Oct 21-Dec 16	M	9:45-10:45 AM	\$44/\$34

*No class September 2*

## hardCORE YOGA

### Ages 14 years & up

Focus on toning your abdomen, strengthening your back, and creating a stronger center. Then flow into detoxifying power yoga poses to build muscular strength, and increase balance and flexibility...of course ending class with final relaxation. Instructed by Angie Kapellas.

**Location:** Arrowhead Community Center

**Drop In:** \$6/\$5ResDisc

Date	Day	Time	Fee/ResDisc
Aug 20-Oct 15	TU	8:30-9:30 AM	\$44/\$34
Oct 22-Dec 17	TU	8:30-9:30 AM	\$44/\$34

## Yoga

### Ages 14 years & up

Enjoy an easy moving workout incorporating traditional yoga techniques to increase strength and flexibility. Participants will benefit from increased relaxation, reduced stress, improved focus and the release of tension. Instructed by Teryl Lundeen.

**Location:** Arrowhead Community Center

**Drop In:** \$8/\$7ResDisc 1.25 hr class

Date	Day	Time	Fee/ResDisc
Aug 20-Oct 15	TU	6:30-7:45 PM	\$53/\$42
Oct 22-Dec 17	TU	6:30-7:45 PM	\$53/\$42

## Yoga Intensity

### Ages 14 years & up

Enjoy a stronger, faster paced yoga, to take yourself a little further. Practice includes yoga and weight bearing challenges, arm balances and inversions in this strength plus yoga class. Instructed by Kim Gregory.

**Location:** Arrowhead Community Center

**Drop In:** \$6/\$5ResDisc

Date	Day	Time	Fee/ResDisc
Aug 22- Oct 17	TH	6:30-7:30 PM	\$44/\$34
Oct 24-Dec 19	TH	6:30-7:30 PM	\$39/\$31

*No class November 28*

## Vinyasa Yoga

### Ages 14 years & up

Vinyasa style yoga is a moderate flowing yoga suitable for all levels. Learn to connect breath to movement and to build heat and strength in the body while you increase flexibility and improve stress reduction. Instructed by Angie Kapellas.

**Location:** Arrowhead Community Center

**Drop In:** \$6/\$5ResDisc

Date	Day	Time	Fee/ResDisc
Aug 20-Oct 15	TU	4:15-5 PM	\$35/\$25
Aug 22-Oct 17	TH	8:30-9:30 AM	\$44/\$34
Oct 22-Dec 17	TU	4:15-5 PM	\$35/\$25
Oct 24-Dec 19	TH	8:30-9:30 AM	\$39/\$31

*No class November 28*

## Power Yoga

### Ages 14 years & up

A yoga class designed to build strength, endurance and flexibility. A class designed to flow at a pace to keep participants fluid and energized as you challenge your mind and body. Instructed by Annmarie Anfield.

**Location:** Heritage Crossing Field House

**Drop In:** \$6/\$5ResDisc

Date	Day	Time	Fee/ResDisc
Aug 22- Oct 17	TH	5:45-6:30 AM	\$35/\$25
Oct 24-Dec 19	TH	5:45-6:30 AM	\$31/\$23

*No class November 28*

## Yogalates

### Ages 14 years & up

Basic strong yoga moves incorporated with Pilates bases core movements for a relaxing yet toning and strengthening class. Instructed by Kim Gregory.

**Location:** Arrowhead Community Center

**Drop In:** \$6/\$5ResDisc

Date	Day	Time	Fee/ResDisc
Aug 24-Oct 19	SA	9:30-10:30 AM	\$39/\$31
Oct 26-Dec 21	SA	9:30-10:30 AM	\$39/\$31

*No class August 31, November 30*

## Kickbox and Step with Strength

### Ages 14 years & up

Kickbox and step for cardiovascular fitness combined with strength training. Instructed by Annmarie Anfield.

**Location:** Arrowhead Community Center

**Drop In:** \$6/\$5ResDisc

Date	Day	Time	Fee/ResDisc
Aug 21-Oct 16	W	9:30-10:15 AM	\$35/\$25
Oct 23-Dec 18	W	9:30-10:15 AM	\$35/\$25

## Kickboxing/Tabata

### Ages 14 years & up

Participants will kickbox for cardiovascular fitness followed by strength training and exercises to improve balance and core muscles. Instructed by Kim Gregory.

**Location:** Arrowhead Community Center

**Drop In:** \$6/5ResDisc

Date	Day	Time	Fee/ResDisc
Aug 22-Oct 17	TH	5:30-6:15 PM	\$35/\$25
Oct 24-Dec 19	TH	5:30-6:15 PM	\$31/\$23

No class November 28

## Pilates & Balance

### Ages 14 years & up

Focus on developing your core including abdominal muscles, oblique muscles and the muscles of your back. Participants will perform fundamental Pilate exercises and then extend their practice to include movements to enhance balance. Instructed by Sherri Mason.

**Location:** Arrowhead Community Center

**Drop In:** \$6/\$5ResDisc

Date	Day	Time	Fee/ResDisc
Aug 19-Oct 14	M	4:15-5:15 PM	\$39/\$31
Oct 21-Dec 16	M	4:15-5:15 PM	\$44/\$34

No class September 2

## Pilates

### Ages 14 years & up

Pilates, Pilates, nothin' but Pilates. Build your core including, abdominal muscles, oblique muscles and the muscles of your back while performing fundamental Pilate exercises. Instructed by Sherri Mason.

**Location:** Arrowhead Community Center

**Drop In:** \$6/\$5ResDisc

Date	Day	Time	Fee/ResDisc
Aug 21-Oct 16	W	4:15-5 PM	\$35/\$25
Oct 23-Dec 18	W	4:15-5 PM	\$31/\$23

No class November 27

## Pilates Strength

### Ages 14 years & up

Pilate movements incorporated with weights and apparatus to target the core and so much more. Instructed by Kim Gregory (M) and Annmarie Anfield (F).

**Location:** Arrowhead Community Center

**Drop In:** \$6/\$5ResDisc

Date	Day	Time	Fee/ResDisc
Aug 19-Oct 14	M	6:30-7:15 PM	\$31/\$23
Aug 23-Oct 18	F	9:30-10:15 AM	\$35/\$25
Oct 21-Dec 16	M	6:30-7:15 PM	\$35/\$25
Oct 25-Dec 20	F	9:30-10:15 AM	\$31/\$23

No class September 2, November 29

## Cardio Kickboxing with Intervals

### Ages 14 years & up

Participants will kickbox for cardiovascular fitness combined with strength training intervals. Instructed by Annmarie Anfield.

**Location:** Arrowhead Community Center

**Drop In:** \$6/5ResDisc

Date	Day	Time	Fee/ResDisc
Aug 23-Oct 18	F	8:30-9:15 AM	\$35/\$25
Oct 25-Dec 20	F	8:30-9:15 AM	\$31/\$23

No class November 29

## Full Body Tone

### Ages 14 years & up

Sculpt, tone and strengthen the entire body by weights, bodyweight and other studio equipment. Instructed by Sherri Mason.

**Location:** Arrowhead Community Center

**Drop In:** \$6/\$5ResDisc

Date	Day	Time	Fee/ResDisc
Aug 22-Oct 17	TH	4:15-5 PM	\$35/\$25
Oct 24-Dec 19	TH	4:15-5 PM	\$31/\$23

No class November 28

## Saturday Cardio Challenge

### Ages 14 years & up

Kick it up a notch with Kim each Saturday morning as you kick box or step your way to fitness. Improve cardiovascular fitness, while you burn up fat and calories with this weekend challenge. Instructed by Kim Gregory.

**Location:** Arrowhead Community Center

**Drop in:** \$6/\$5ResDisc

Date	Day	Time	Fee/ResDisc
Aug 24-Oct 19	SA	8:30-9:15 AM	\$31/\$23
Oct 26- Dec 21	SA	8:30-9:15 AM	\$31/\$23

No class August 31, November 30

## Indoor Cycling

### Ages 14 years & up

Indoor Cycling classes offer high energy stationary bike workouts that enhance cardiovascular endurance and muscular strength. Participants select personal intensity levels through cadence and resistance control. Instructed by Annmarie Anfield (TU) and Sherri Mason (W).

**Location:** Heritage Crossing Field House

**Drop In:** \$8/\$7ResDisc

**Max:** 10

**Bikes can be reserved 24 hrs in advance by calling 815-467-8015.**

Date	Day	Time	Fee/ResDisc
Aug 20-Oct 15	TU	5:45-6:30 AM	\$62/\$49
Aug 21-Oct 16	W	5:30-6:15 PM	\$62/\$49
Oct 22-Dec 17	TU	5:45-6:30 AM	\$62/\$49
Oct 23-Dec 18	W	5:30-6:15 PM	\$55/\$43

No class November 27

## Indoor Cycling "Ab" Solution Ride

### Ages 14 years & up

40 minute stationary bike ride followed by 20 minutes of abdominal work. Instructed by Sherri Mason.

**Location:** Heritage Crossing Field House

**Drop Ins:** \$8/\$7ResDisc

**Max:** 10

**Bikes can be reserved 24 hrs in advance by calling 815-467-8015**

Date	Day	Time	Fee/ResDisc
Aug 19-Oct 14	M	7-8 PM	\$63/\$51
Oct 21-Dec 16	M	7-8 PM	\$71/\$58

No class September 2

**Registration for fitness classes begins August 5**  
**Classes begin August 19**