

# Fitness Classes . . .

## Hatha Yoga

Come and enjoy the multiple benefits of Yoga and regain your youthful flexibility in muscles and joints. Yoga teaches strength, flexibility, relaxation, self awareness and better concentration. This is an exercise for both the body and mind. Yoga is noncompetitive; work at your own pace and level with our certified instruction. Participants must provide their own yoga mat. Instructed by Liz Brush.

Ages: 18+

Code	Days	Dates	Time	Loc.	R/NR Fee
11-5142	Mon.	9/13-10/25	9:30-10:30am	CC	\$54/\$74
11-5143	Tues.	9/7-10/19	6:00-7:00pm	PC	\$54/\$74
11-5144	Mon.	11/1-12/13	9:30-10:30am	CC	\$46/\$66
11-5145	Tues.	10/26-12/14	6:00-7:00pm	PC	\$54/\$74

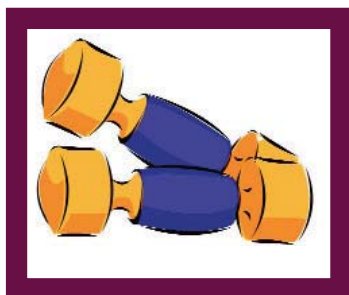


## Zumba!

Ditch the workout and join the party! The Zumba program is a dance-fitness class that is Latin-inspired and combines fast and slow rhythms to tone and sculpt the body. The cardio-based dance movements are easy-to-follow so you don't have to have any dance experience to get moving in class. You won't even realize you're working out because you'll be having so much fun! The Zumba fitness-party is great for the mind, body, and soul.

Ages: 16+

Code	Days	Dates	Time	Loc.	R/NR Fee
11-5138	Tues.	9/7-10/19	7:30-8:30pm	CC	\$49/\$69
11-5139	Tues.	10/26-12/7	7:30-8:30pm	CC	\$49/\$69
11-5140	Sat.	9/11-10/23	8:30-9:30am	CC	\$49/\$69
11-5141	Sat.	10/30-12/11	8:30-9:30am	CC	\$49/\$69



## Indoor Aquasize

Everyone can enjoy a workout in the water. The pace is slower and calmer than land aerobics. Class includes a warm up followed by 20-30 minutes of cardiovascular training and finishing with toning exercises. Limited enrollment. This class meets both Mondays and Wednesdays at 3201 Campbell Rd. in Rolling Meadows, also known as Clearbrook.

Ages: 18+

Code	Days	Dates	Time	Loc.	R/NR Fee
11-5146	Mon.&Wed.	9/13-10/27	8:30-9:15am	LC	\$53/\$73
11-5147	M,W,F	9/13-10/29	8:30-9:15am	LC	\$80/\$100
11-5248	Mon.&Wed.	11/1-12/15	8:30-9:15am	LC	\$53/\$73
11-5149	M,W,F	11/1-12/17	8:30-9:15am	LC	\$77/\$97

No class 11/26

## Location Abbreviations:

CC: Community Center Dance Room  
 PC: Park Central Banquet Hall  
 PGP: Plum Grove Park  
 LC: Latoff Commons

# jazzercise®



	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
8:10a			M	M	M	M	
4:45p	P	P		P			

M: Megle School of Dance, 2639 Kirchoff Road  
 P: Plum Grove Park, 4001 Park Drive

Check our website below or call in advance for pricing information and a special registration offer. 847-971-5177 or stacisullivan@gmail.com

For more information on these classes, other classes in the area or general Jazzercise info:

**jazzercise.com or (800)FIT-IS-IT**

