

BARBELL EXPRESS - Just like Barbell Strength only half the time and half the muscles. Come in for a quick 30 minute pump were 3-4 major muscles will be worked to the extreme. Get in, workout and get on with your day.

BARBELL STRENGTH - A strength training workout using barbells and adjustable weights. The class is designed to work every major muscle group in your body by also incorporating the use of hand weights, tubing and body bars.

BASIC YOGA - Great class for beginners or anyone who wants a slower paced yoga class. We focus on basic classic yoga postures, alignment and breathing techniques. We explore ways to increase strength, increase range of motion and improve balance. At the end of each class we offer a relaxing recovery. Any necessary props will be provided.

CORE CENTRIC - Combining the principles of Pilates and Yoga with the use of weights, bands, balls and barre. An emphasis is placed on strengthening the core and more. Variety makes this cross-training class challenging in a different way each week. Look forward to improved balance, strength and flexibility!

CIZE® - A professional dance for everyday people! Created by Shaun T, world famous choreographer and fitness trainer, CIZE breaks down professionally choreographed routines, step-by-step. Before you know it, you'll be bustin' out hip moves to the hottest music around. It's so fun, you'll forget you're working out!

EXPLOSIVE CIRCUIT - High energy class using a variety of simple but heart pumping step, plyometric and toning moves. A great class for burning those extra calories and toning ALL of those muscles.

GENTLE EXERCISE - Improve your strength, flexibility, balance and mobility. Gentle exercise is a primarily seated class that will give you all the health benefits of exercise in a relaxed and motivating setting. This is a great workout for pre-rehab/rehab individuals and for those who want to increase strength and range of motion.

HIGH INTENSITY FUSION - In this high-intensity total body workout, we will be performing a variety of strength and bodyweight exercises along with intense periods of cardio drills with short recovery segments. We will be using a mixture of equipment such as, ropes, kettlebells, dumbbells, and more to increase your strength and stamina. This type of training helps you give maximum intensity while still maintaining your exercise form and will keep your body burning fat long after you leave the gym.

INSTRUCTOR CHOICE - Are you a weekend warrior? Come and enjoy the fun on Saturdays. This class will be taught by a different instructor almost every week, but all instructors are planning a fat blasting workout to shake up your body. Please call or check the group fitness calendar in the aerobics room for monthly class schedule.

KICK, STRIKE & H.I.I.T. - Intervals of kickboxing, martial arts styled movements using a body bar and High Intensity Interval Training are sure to get your heart rate up and muscles burning during this 60 minute class!

LITE N' LIVELY - A gentle workout with low impact activities and light weight bearing exercises to build strength, stimulate bone growth and improve balance/posture.

LINE DANCING - Have you ever wanted to be able to join the fun at weddings or clubs when you saw people line dancing? In this program you will learn a variety of line dances that will let you join in the fun.

MIXED FIT® - A perfect blend of explosive dancing and bootcamp inspired toning. Come have fun with this exciting and easy to follow dance workout!

MULTI - LEVEL YOGA - Experience a variety of teaching styles in this multi-level yoga class. Yoga offers improved flexibility, strength, balance and the means to learn relaxation techniques to relieve stress. Modifications make this class accessible to all and appropriate props are provided.

MUSCLE IN THE MORNING - Balance out your training with a morning devoted to building strength. This class is low impact and focused on form. Stronger bones, reduced stress and greater fat loss are just a few of the awesome benefits of strength training. All levels welcome!

PILATES FIT - A deep toning total body workout focusing on correct alignment, flexibility, core strength and a beautiful posture. Pilates Fit combines original Pilates exercises with innovative fitness moves creating an exciting and fun workout.

PILOXING® - Piloxing is a unique blend of muscle sculpting standing Pilates, the cardio of boxing and the sensuality of dance all to give you a fun and high energy interval workout.

PIYO® - There's no time to stop and chant in this class because you won't pose you'll push it! We crank up the music, the speed, and the fun to give you an intense, yet low-impact workout that will burn crazy calories for a long, lean, beautiful physique. This dynamic fusion workout combines the core benefits of Pilates and flexibility of flowing yoga movements. **PIYO STRENGTH®** You'll sweat, stretch, and strengthen—all in one PiYo workout!

RIP BARBELL STRENGTH - a high rep pre-choreographed barbell routine, using weights and a barbell. Each movement is matched to the music. It integrates functional orthopedic exercises, and uses plyometrics and power for program variety and training effect. RIP stands for REPS, INTEGRATION, and POWER.

STEP - Old is new again in this intense step workout that offers the latest in step choreography. This class combines a variety of moves, intervals and creative use of the step to provide you with an amazing workout! Some basic knowledge of step is helpful.

STEP UP AND POWER DOWN - A high energy class full of fun and easy "step combos" designed to increase your cardiovascular fitness. Be ready for a great workout! Class winds down with resistance training, core strengthening, and/or stretching.

GROUP FITNESS/LAND CLASSES *Continued*

STRENGTH AND FLEXIBILITY - Strengthen and lengthen your muscles in a yoga class where we will warm up by flowing through poses, then hold poses to build strength. We'll increase flexibility by passively holding floor postures for several minutes in order to enter a safe release of the deep tissues of the body and end with final relaxation.

TRX TOTAL BODY STRENGTH - A complete full body strength workout using the TRX suspension straps, tubing, body bars and more!

TURBO KICK® - Ultimate cardiovascular challenge utilizing kickboxing and hip hop style moves, complete with bouts of intense intervals and specially designed strength and toning sections. Burn LOTS of calories, while having FUN with great moves and awesome music!

VINYASA FLOW - Vinyasa is a translation from Sanskrit meaning "connection". In this class we'll connect the breath with movement as we flow through the poses. Lots of variations will be shown throughout the class so the class becomes your own. Props may be used including straps, blocks and the wall. A vinyasa flow class will improve your strength, flexibility and also release toxins from the body and reduce tension. All levels are welcome.

YOGA - A variety of yoga will be offered in this class. We will be flowing through poses to create heat and holding poses to build strength. Balance, stretching, and sometimes a challenge pose added into the mix! Modifications are always offered as well as ways to advance in the poses.

ZUMBA® - Zumba is a fusion of Latin and International music. The routine features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements with easy to follow dance moves.

ZUMBA® GOLD - This class will appeal to those younger or older, who are new to Zumba. We have fun learning moves at a level which anyone can be comfortable with. "Ditch the workout, join the party!"



**SATURDAY
JUNE 11, 2016**

*Emricson
Park*

For more information regarding the Woodstock Challenge, contact the Recreation Department at 815.338.4363 or dzinnen@woodstockil.gov.

Registration Available at
www.signmeup.com/111917



The 6th Annual
we.CAN.tri
TRIATHLON
Youth & Adult Sprint Events

**SUNDAY
AUGUST 7, 2016**

Registration Online Only at
www.signmeup.com/111554