

## Community Pavilion Fitness Classes

Please register early! Registration deadline is 1 week before class starts. Classes will be cancelled if the minimums are not met.

**IMPORTANT INFORMATION:** Fitness classes will not be held on holidays. Please bring your own mat for floor exercises.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM Classes</b>						
		Active Adults 8:30-9:30A		Active Adults 8:30-9:30A		
	No Jump 9:00-9:55A	Zumba 10:30A-11:25A		Zumba 11:00A-11:55A	Toned & Strong 9:00-9:55A	
Zumba 11:00A-11:55A						Actively Fit 11:00A-12:00P
<b>PM Classes</b>						
PIYO 12:00-12:55P						
	Total Body Workout 6:00-6:55P	Yoga Sculpt 7:30-8:30P		Barre 6:30-7:30P		
	Cardio Blast & Strength 7:30-8:25P		Tabata 6:45-7:45P			

Sign up for two or more classes at the same time and you will receive **\$5 off every class after the first!**  
*(Some exclusions apply such as Active Adults because it is already discounted.)*



**DROP IN RATES AVAILABLE FOR ALL OF YOUR FAVORITE CLASSES:**

207100

\$8 Resident

\$9 Non Resident

Active Adult Only Res/NR: \$3/\$4

### Active Adults (Age: 50 & up)

Join us and meet new friends while you get in shape and have some fun. Get going and get fit for life. **No class 11/25.** (dh)

**Location:** Community Pavilion

**Instructor:** Rhonda Allan

<u>Code</u>	<u>Days</u>	<u>Date</u>	<u>Time</u>	<u>Res/NR</u>
207109-01	Tu,Th	09/14-12/02	8:30-9:30A	\$42/\$54

### Actively Fit (Age: 18-99)

You don't need high-impact to have intensity. Enjoy a combination of basic, simple, low-impact moves to energizing music. In this class, you will have a complete warm-up, low-impact aerobics, then get on your mat to use your own body weight to work core & major muscle groups. Class will end with an extensive cool-down to properly stretch every muscle worked so you will feel better than when you walked in. **Cancelled**

**Location:** Community Pavilion

**Instructor:** Catherine Roccaforte-Probasco

<u>Code</u>	<u>Days</u>	<u>Date</u>	<u>Time</u>	<u>Res/NR</u>
107103-01	Tu	10/12-12/07	11:00a-12:00P	\$56/\$68
107103-02	Th	10/14-12/09	12:00-1:00P	\$56/\$68

### Barre

Barre is a fun, effective, and safe ballet-inspired workout. Intensity levels can increase depending on each student. The class is formatted to work the entire body using a variety of exercises for the arms, core & legs. This workout will increase flexibility, lean muscle mass, and protect bone health. It also improves balance and posture to increase physical stability. (dh)

**Location:** Community Pavilion

**Instructor:** Brenna Joyce

<u>Code</u>	<u>Days</u>	<u>Date</u>	<u>Time</u>	<u>Res/NR</u>
207135-01	Th	10/14-12/09	6:30-7:30P	\$56/\$68

### Actively Fit (Age: 18-99)

This class is geared for anyone who wants a more gentle, less strenuous format. We will enjoy a full warm-up, both standing and seated, followed by a series of fun exercises incorporating a chair, light hand weights, a resistant band, and small air-filled ball. We will strengthen our bones & muscles, work on balance, agility, & coordination, learn about injury & fall prevention, and end with a final stretch, relaxation, and meditation. We might even sing along with some oldies music, all while wearing our masks & keeping our distance to stay safe. We will leave the room feeling better than when we came in! (dh)

**Location:** Community Pavilion

**Instructor:** Catherine Roccaforte-Probasco

<u>Code</u>	<u>Days</u>	<u>Date</u>	<u>Time</u>	<u>Res/NR</u>
207104-01	Sa	10/16-12/11	11:00A-12:00P	\$56/\$68

### Cardio Blast and Strength (Age: 18 & up)

Feel better about yourself and manage your stress. This class combines rhythmic aerobic exercise with stretching and strength training routines. You will burn fat with the goal of improving flexibility, muscular strength and cardio vascular fitness while preventing illness. (dh)

**Location:** Community Pavilion

**Instructor:** Rhonda Allan

<u>Code</u>	<u>Days</u>	<u>Date</u>	<u>Time</u>	<u>Res/NR</u>
207102-01	M	10/11-12/06	7:30-8:25P	\$56/\$68

**No Jump Aerobics** (Age: 18 & up)

If you find other exercise classes too difficult, too fast, or too intimidating, bad back, bad knees this class is for you! Feel better about yourself and manage your stress. This class combines rhythmic aerobic exercise with stretching and strength training routines. You will burn fat with the goal of improving flexibility, muscular strength and cardiovascular fitness. Emphasis on injury prevention while preventing illness. (dh)

Location: Community Pavilion

Instructor: Rhonda Allan

Code	Days	Date	Time	Res/NR
207106-01	M	10/11-12/06	9:00-9:55A	\$56/\$68

**PIYO** (Age: 18 & up)

A blend of Pilates and Yoga, you will strengthen core muscles; improve balance, and increase flexibility and endurance. Challenge your current fitness level while relaxing your mind yet leave feeling energized and refreshed. (dh)

Location: Community Pavilion

Instructor: Rhonda Allan

Code	Days	Date	Time	Res/NR
207107-01	Su	10/10-12/05	12:00-12:55P	\$56/\$68

**Tabata** (Age: 18 & up)

This multi-circuit workout focuses on using weights, cardio, abs, and whole body movements in 20 second intervals. This get in shape class will tone the entire body while blasting fat and calories. (dh)

Location: Community Pavilion

Instructor: Mary Casey

Code	Days	Date	Time	Res/NR
207128-01	W	10/13-12/08	6:45-7:45P	\$56/\$68

**Toned & Strong** (Age: 18 & up)

Become stronger and leaner than ever by challenging muscles, core stability and balance with and weights, fitness tubes, balls, and Pilate training. A fun co-ed class! Please bring your own mat to class. (dh)

Location: Community Pavilion

Instructor: Mary Casey

Code	Days	Date	Time	Res/NR
207110-01	F	10/15-12/10	9:00-9:55A	\$56/\$68

**Total Body Workout** (Age: 18 & up)

Get ready to pump up the weights and sweat off the rest! This class combines cardiovascular kickboxing with weight training to really shape and tones up your body. (dh)

Location: Community Pavilion

Instructor: Rhonda Allan

Code	Days	Date	Time	Res/NR
207111-01	M	10/11-12/06	6:00-6:55P	\$56/\$68

**Yoga Sculpt** (Age: 18 & up)

Yoga Sculpt incorporates hand weights and high-intensity cardio bursts for a maximum calorie-burning effect. It also incorporates cardio exercises to get your heart pumping and your blood flowing. (dh)

Location: Community Pavilion

Instructor: Brenna Joyce

Code	Days	Date	Time	Res/NR
207131-01	Tu	10/12-12/07	7:30-8:30P	\$56/\$68

**Zumba** (Age: 18 & up)

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be FUN AND EASY TO DO allowing Zumba participants to stick to the Zumba fitness program and achieve long-term health benefits. Zumba is a feel-happy workout that is great for both the body and the mind. (dh)

Location: Community Pavilion

Instructor: Rhonda Allan

Code	Days	Date	Time	Res/NR
207113-01	Su	10/10-12/05	11:00-11:55A	\$56/\$68
207113-02	Tu	10/12-12/07	10:30-11:25A	\$56/\$68
207113-03	Th	10/14-12/09	11:00-11:55A	\$56/\$68

**Personal Training at the Community Pavilion**

If you want to lose weight, get healthy and/or build muscle, meet with our Personal Trainer. Our trainer can help setup a program to provide:

- Guidance on reaching your goals
- Education about strength training, cardio and basic nutrition
- A reason to show up at the gym each week
- Accountability
- Ways to help track your progress

**1/2 Hour**

\$20 Member

\$25 Non-Member

**1 Hour**

\$32 Member

\$38 Non-Member

**PACKAGES**

Member:

5 – 1 hour sessions \$148

10 – 1 hour sessions \$285

**PACKAGES**

Non-member:

5 - 1 hour sessions \$168

10 - 1 hour sessions \$335

Trainer: Tom Coti

Email our trainer at  
Pavpersonaltrainer@olparks.com




Join the new GO OAK LAWN movement, sponsored by Advocate Christ Medical Center! This campaign is designed to increase community health through activity, education, and collaboration and is FREE! The GO OAK LAWN movement initiative is simple: everyone makes a commitment to be active every day for at least 30 minutes in their own neighborhoods, through Park District programs, events, services or at a park/trail. This free initiative offers an opportunity to encourage everyone in our community to take part in improving our health and wellness. Each registered participant will receive a free shirt. The Oak Lawn Park District will offer a variety of free to low cost activities throughout the year for GO OAK LAWN participants. Register for free today using code #510000- 01 and join our new GO OAK LAWN Facebook group!

# Oak View Center Fitness Classes

This sign:  means sign up for two or more Oak View Fitness classes at the same time to receive \$5 off every class after the first! Some exclusions apply. **Check out our Oak View Fitness Classes! Most classes are \$6/class or less.**


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM Classes</b>						
Zumbini 11:00A-12:00P	Four Pillars Fusion 8:30-9:25A		Strength & Flexibility Training 8:30-9:25A			
BollyX 10:30-11:30A	Slimnastics 9:00-10:00A	Active Adults 10:00-11:00A	Slimnastics 9:00-10:00A	Active Adults 10:00-11:00A	Slimnastics 9:00-10:00A	
	Senior Yoga 10:00-11:00A	Barre Fitness 10:30-11:15A	Senior Yoga 10:00-11:00A	Barre Fitness 10:30-11:15A	Senior Yoga 9:00-10:00A	Yoga for Kids 11:30A-12:30P
Tai Chi & QiGong 12:15-1:15P			Barre Fitness 9:15-10:00A		Barre Fitness 9:15-10:00A	Tai Chi & QiGong 12:35-1:35P
<b>PM Classes</b>						
Jungshin Fitness 1:30-2:30P	Zumbini 2:00-3:00P		Strength & Flexibility Training 5:45-6:40P			Jungshin Fitness 1:45-2:45P
			Peace Yoga Beginners 6:45-7:30P	Barre Fitness 5:15-6:00P		
	Barre Fitness 6:00-6:45P	Yoga for Weightloss 7:30-8:30P		Fitness for Beginners 6:30-7:30P	Yoga for Weight Loss 7:00-8:00P	
	Fitness for Beginners 6:50-7:50P		Peace Yoga Advanced 7:35-8:30P			
	Mindful Yoga 6:50-8:05P					


**\*Active Adults** (Age: 60 & up)  
Join us and meet new friends while you get in shape and have fun. Get going and get fit for life! **No class 10/21 & 11/25.** PDNA (mf)  
Location: Oak View Center  
Instructor: Gloria Thomas  
Code    Day    Dates    Time    Res/NR  
207209-01    Tu,Th    10/15-12/16    10:00-11:00A    \$38/\$48


**Barre Fitness** (Age: 16 & up)  
Low impact, high intensity workout utilizing a ballet barre and body weight to strengthen and tone. **No class 9/18, 10/21, 10/22, 10/23, 11/25, 11/26 & 11/27.** (mf) \*\$5 off applies  
Location: Oak View Center  
Instructor: MaryAnn Blackburn, Certified Barre Fitness & Brenna Joyce, Certified Barre Fitness Instructor (Th, pm)  
  
Code    Day    Dates    Time    Res/NR  
207240-01    M    9/13-12/06    6:00-6:45P    \$78/\$91  
207240-02    Tu    9/07-12/07    10:30-11:15A    \$84/\$98  
207240-03    W    9/08-12/08    9:15-10:00A    \$84/\$98  
207240-04    Th    9/09-12/09    10:30-11:15A    \$72/\$84  
207240-05    F    9/10-12/10    9:15-10:00A    \$72/\$84  
207240-06    Th    9/09-12/09    5:15-6:00P    \$72/\$84

**BollyX** (Age: 16 & up)  
Come try out the newest fitness trend that is sweeping the nation! BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. This cardio workout will get you moving, sweating, and motivated, while burning between 500-800 calories each session! **No class 10/24 & 11/28.** (mf) \*\$5 off applies  
Location: Oak View Center  
Instructor: Laina VanDyke, Certified BollyX Instructor  
Code    Day    Dates    Time    Res/NR  
207230-01    Su    9/12-12/12    10:30-11:30A    \$72/\$84

*\*Classes are already priced with a discount. Therefore, no further discounts will be applied.*

**\*Fitness for Beginners** (Age: 15 & up)  
This class is designed to work on each part of the body. No-impact aerobics will be the focus, which will help burn off excess body fat. No further discounts can be applied to this class. **No class 10/21 & 11/25.** PDNA (mf)  
Location: Oak View Center  
Instructor: Judy Bol  
  
Code    Day    Dates    Time    Res/NR  
207202-01    M    9/13-12/13    6:50-7:50P    \$63/\$77  
207202-02    Th    9/09-12/09    6:30-7:30P    \$54/\$66

**Four Pillars Fusion Class** (Age: 16 & up)  
This class will focus on the Four Pillars of Fitness: Cardio, Strength, Balance, and Flexibility. Short bursts of cardio intervals (ranging from very low to medium impact) will be combined with muscle strengthening and core conditioning exercises using body weight, hand weights, exercises balls, resistance bands, and gliders. This class will also draw on Pilates and Yoga to develop muscle endurance, flexibility, and balance. The diversity of options keeps the class both challenging and fun. The class is designed for all fitness levels; exercises will begin at a basic level focusing on correct form and alignment with options to make the exercises more challenging as the student advances. PDNA (mf) \*\$5 off applies  
Location: Oak View Center  
Instructor: Kathy Turney  
  
Code    Day    Dates    Time    Res/NR  
207201-01    M    9/13-12/06    9:15-10:10A    \$84/\$96  
207201-02    M    9/13-12/06    5:45-6:40    \$84/\$96

**Jungshin Fitness- The Warrior Workout** (Age: 12 & up)  
This is a fun, basic martial arts workout using a wooden sword. This class incorporates basic blocks, kicks, and punches with sparring, while also utilizing cardio and plyometric exercises. This is a sword-focused, high energy, total body workout. The sword will build up your arm muscles, shoulders, and core so that you can get a true warrior body. If you are tired of doing the same old workouts and want to be challenged while relieving your daily stresses, this fitness class is for you! **No class 9/18, 10/23, 10/24, 11/27 & 11/28.** (mf) \*\$5 off applies  
Location: Oak View Center  
Instructor: Marion Hunt  
  
Code    Day    Dates    Time    Res/NR  
207226-02    Sa    9/11-12/11    1:45-2:45P    \$66/\$77  
207226-03    Su    9/12-12/12    1:30-2:30P    \$72/\$84

**Peace Yoga** (Age: 16 & up)

Treat and challenge yourself to the yoga experience. Let the yoga mind and body connection of deep stretching exercise bring the harmony of fitness and wellness to your life. Enhance your energy as these fun stretches bring flexibility, muscle strength and great posture. Create serene relaxation with yoga breathing & imagery. This class is 10 weeks. **No class 10/20 & 11/24.** PDNA (mf)

**Location:** Oak View Center

**Instructor:** The Peace School

Code	Day	Dates	Time	Res/NR
<b>Advanced</b>				
207207-02	W	9/22-12/08	7:35-8:30P	\$80/\$90
<b>Beginner</b>				
207207-01	W	9/22-12/08	6:45-7:30P	\$80/\$90

**\*Senior Yoga** (Age: 60 & up)

This safe and slower-moving class is designed for seniors and people of all ages with physical challenges, or those who might be recovering from an injury. Incorporated in this class is range of movement, alignment, stretching, awareness, balance, breathing and relaxation. We work gently to increase both strength and range of motion in all areas of the body, increase flexibility and develop better balance with a focus on proper alignment and breath awareness. Poses are offered sitting in a chair, standing, and lying down on the floor. The entire class can be done sitting in a chair. Bring a yoga mat with you to class. **No class 9/24, 10/22, 11/22, 11/24 & 11/26.** PDNA (mf)

**Location:** Oak View Center

**Instructors:** Jen Dawson Michon (M & W)

Cathy Nolan (F) Fitness Specialist & Certified Yoga Instructor

Code	Day	Dates	Time	Res/NR
207210-01	M	9/13-12/06	10:00-11:00A	\$54/\$66
207210-02	W	9/08-12/08	10:00-11:00A	\$54/\$66
207210-03	F	9/10-12/03	9:00-10:00A	\$45/\$55

**Slimnastics** (Age: 18 & up)

Learn the components of a good and safe workout. You will burn fat, become more flexible, and strengthen your bones. **No class 10/22 & 11/26.** (mf) \*\$5 off applies.

**Location:** Oak View Center

**Instructor:** Judy Bol

Code	Days	Date	Time	Res/NR
207211-01	M	9/13-12/13	9:00-10:00A	\$67/\$81
207211-02	W	9/08-12/08	9:00-10:00A	\$67/\$81
207211-03	F	9/10-12/10	9:00-10:00A	\$57/\$69

**Strength & Flexibility Training** (Age: 16 & up)

You will build both muscle strength and muscle endurance by incorporating exercises that train the entire body using functional exercises, weights, gliders, exercise balls, and resistance tubing. Flexibility training will incorporate static, active, and dynamic stretching. Flexibility exercises can improve posture, prevent muscular imbalances, and reduce stiffness. This class is designed for all fitness levels; with a focus on proper technique and form. Exercises will begin at a basic level with options to make the exercises more challenging as the student advances. PDNA (mf) \*\$5 off applies

**Location:** Oak View Center

**Instructor:** Sue McGovern, Ace Certified Personal Trainer

Code	Days	Date	Time	Res/NR
207212-01	W	9/08-12/08	9:15 - 10:10A	\$98/\$112

**T'ai Chi & QiGong** (Age: 12 & up)

Functional training that involves standing and balancing movements. These movements incorporate the upper and lower body and the respiratory system. Many health benefits include: lowering your blood pressure, cholesterol, stress, and pain. T'ai Chi will also help reduce your waistline and improve your balance and coordination. T'ai Chi can improve your memory and reduce symptoms associated with depression. Practicing T'ai Chi has even been known to stimulate and enhance the immune system and remove toxins from the body. Everyone can and should practice T'ai Chi, a system that works on the mind and the body. **No class 9/18, 10/23, 10/24, 11/27 & 11/28.** (mf) \*\$5 off applies

**Location:** Oak View Center  
**Instructor:** Marion Hunt

Code	Day	Dates	Time	Res/NR
207213-01	Sa	9/11-12/11	12:35-1:35P	\$66/\$77
207213-02	Su	9/12-12/12	12:15-1:15P	\$72/\$84
207212-01	W	9/08-12/08	5:45-6:40P	98/\$112

**Yoga for Kids** (Age: 8-14)

This class is designed for children to learn fun yoga poses like frog, pigeon, crane, crow, duck, peacock, and many other animals! Participants will exercise by jumping from one pose to another in order to build flexibility, strength, and balance. Your child will learn how to relax and let go of tension caused by daily life stresses. After a fun and vigorous workout, your child will cool down at the end of class so that they are calm and ready for the rest of their day! Please bring a yoga mat to class. **No class 9/18, 10/23, & 11/27.** (mf)

**Location:** Oak View Center

**Instructor:** Marion Hunt

Code	Days	Date	Time	Res/NR
107231-01	Sa	9/11-12/11	11:30A-12:30P	\$54/\$63

**Yoga for Weight Loss** (Age: 12 & up)

This class is based on Kundalini Yoga and Pilates. We move continuously throughout the class in different positions from 1 minute to 5 minutes to burn calories. We work a lot on the core, stomach, and reducing the waistline. This class speeds up the metabolism so that you can burn calories more efficiently. The positions are not complicated, and if you cannot do a certain position I will show you how to modify it! After we work out the body, we relax the body for the last 15 minutes of class. So if you want your waistline, stomach, and core to reduce and look good, this is your class. You will relax and unwind so much at the end of class so that you will feel like a million dollars! Space is limited so please sign up as soon as possible.

**No class 10/22 & 11/26.** (mf) \*\$5 off applies

**Location:** Oak View Center

**Instructor:** Marion Hunt

Code	Days	Date	Time	Res/NR
207215-01	F	9/10-12/10	7:00-8:00P	\$72/\$84
207215-02	Tu	9/07-12/07	7:30-8:30P	\$84/\$98

\$5  
off

We are bring Yoga Outdoors! Check out our  
Yoga After Dark event on page 14.

\*Classes are already priced with a discount.  
Therefore, no further discounts will be applied.

## GO OAK LAWN

Join the new GO OAK LAWN movement, sponsored by Advocate Christ Medical Center! This campaign is designed to increase community health through activity, education, and collaboration and is FREE! The GO OAK LAWN movement initiative is simple: everyone makes a commitment to be active every day for at least 30 minutes in their own neighborhoods, through Park District programs, events, services or at a park/trail. This free initiative offers an opportunity to encourage everyone in our community to take part in improving our health and wellness. Each registered participant will receive a free shirt. The Oak Lawn Park District will offer a variety of free to low cost activities throughout the year for GO OAK LAWN participants. Register for free today using code #510000- 01 and join our new GO OAK LAWN Facebook group!