

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
AM Classes						
		Active Adults 8:30-9:30A	No Jump 9:00-9:55A	Active Adults 8:30-9:30A		
Zumba 11:00-11:55A	No Jump 9:00-9:55A	Beginner Yoga 10:00-11:00A	Beginner Yoga 10:00-11:00A	Slow Flow Yoga 10:00-11:00A	Toned & Strong 9:00-9:55A	Stroller Strides 9:00-10:00am
	Stroller Strides 10:00-11:00A	Zumba 10:30-11:25A	Stroller Strides 10:00-11:00A	Zumba 11:00-11:55A	Stroller Strides 10:00-11:00A	
		Chair Yoga 11:00A-12:00P	Chair Yoga 11:00A-12:00P	Restorative Yoga 11:00A-12:00P		
PM Classes						
PIYO 12:00-12:55P	Total Body Workout 6:00-6:55P					
	Body Back 7:30-8:30P		Tabata 6:45-7:50P			
	Cardio Blast & Strength 7:30-8:25P		Body Back 7:30-8:30P		Body Back 7:30-8:30P	

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.)

Active Adults (formerly known as Seniorcise) (Age: 50 & better)

Join us and meet new friends while you get in shape and have some fun. Get going and get fit for life! (ds)

Location: Community Pavilion

Instructor: Gloria Thomas

Code	Days	Date	Time	Res/NR
307109-01	Tu,Th	1/08-3/28	8:30-9:30A	\$44/\$56

Beginner Yoga (Age: 18 & up)

Get ready to fall in love with yoga! This class will move at a slower pace and will focus on proper alignment and form. You don't need to be able to touch your toes; you just have to be willing to try. PDNA (ds)

Location: Community Pavilion

Instructor: Cari Trenhaile

Code	Days	Date	Time	Res/NR
307125-01	Tu	1/08-3/05	10:00-11:00A	\$65/\$79
307125-02	W	1/09-3/06	10:00-11:00A	\$65/\$79

Body Back

Body Back® Transformation is an 8-week result based journey. You will focus on your mind and body improving your overall health and well being. The experience includes two 60-minute high-intensity interval workouts (HIIT) per week designed to challenge, empower, and recharge you. Additionally, pre and post fitness assessments are completed allowing you to see your progress and celebrate your accomplishments. Nutrition guidance is provided to educate and guide you toward healthy eating habits. The program also includes supplemental online workouts, accountability, and support. This eight-week journey will reconnect you to your inner strength and encourage you to believe in personal transformation. **Class will be M,W up until Thanksgiving week. Starting in December, classes will switch to W,F to accommodate the holidays.** PDNA (ds)

Code	Days	Date	Time	Res/NR
307130-01	M,W	11/22-11/28	7:30P-8:30P	\$299/\$299
	W,F	12/05-1/04	7:30P-8:30P	\$299/\$299

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. (ds)

Location: Community Pavilion

Instructor: Rhonda Allan

Code	Days	Date	Time	Res/NR
307102-01	M	1/07-3/04	7:30-8:25P	\$52/\$61

Chair Yoga (Age: 50 & up)

Chair yoga uses carefully modified movements for those with osteoporosis, osteoarthritis and back injuries. The focus of the class is on improved breath and lung capacity; improved posture and core strength; joint flexibility and range of motion expansion. PDNA (ds)

Location: Community Pavilion

Instructor: Cari Trenhaile

Code	Days	Date	Time	Res/NR
307124-01	Tu	1/08-3/05	11:00A-12:00P	\$65/\$79
307124-02	W	1/09-3/06	11:00A-12:00P	\$65/\$79





No Jump Aerobics (Age: 18 & up)

If you find other exercise classes too difficult, too fast, or too intimidating, or you have a bad back or 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. (ds)

Location: Community Pavilion

Instructor: Rhonda Allan / Gloria Thomas

Code	Days	Date	Time	Res/NR
307106-01	M	1/07-3/04	9:00-9:55A	\$52/\$61
307106-02	W	1/09-3/06	9:00-9:55A	\$52/\$61

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. (ds)

Location: Community Pavilion

Instructor: Rhonda Allan

Code	Days	Date	Time	Res/NR
307107-01	Su	1/06-3/03	12:00-12:55P	\$52/\$61

Restorative Yoga (Age: 18 & up)

You will be taken through each pose slowly and mindfully, even the transitions from pose to pose is like one long slow graceful dance. Build a stronger body while releasing tension and flow your way into a more blissful state. All yoga levels are welcome. PDNA (ds)

Location: Community Pavilion

Instructor: Cari Trenhaile

Code	Days	Date	Time	Res/NR
307127-01	Th	1/10-3/07	11:00A-12:00P	\$65/\$79

Slow Flow (Age: 18 & up)

You will be taken through each pose slowly and mindfully, even the transitions from pose to pose is like one long slow graceful dance. Build a stronger body while releasing tension and flow your way into a more blissful state. All yoga levels are welcome. PDNA (ds)

Location: Community Pavilion

Instructor: Cari Trenhaile

Code	Days	Date	Time	Res/NR
307126-01	Th	1/10-3/07	10:00-11:00A	\$65/\$79

Stroller Strides

Stroller Strides® is a functional, total-body conditioning workout designed for moms with kids in tow. Each 60-minute workout is comprised of strength training, cardio and core restoration, all while entertaining little ones with songs, activities and fun! Each Stroller Strides instructor is skilled to meet you where you are mentally and physically. You'll leave class feeling connected, successful and energized! No more mama guilt! This class is all about self-care in a supportive and encouraging environment. Children are required to remain in a stroller throughout the class. Fee includes M/W/F/Sa classes. **No class on 12/24, 12/31, 1/01**

Code	Days	Date	Time	Res/NR
307129-01	M,W,F	11/01-11/30	10:00A-11:00A	\$65/\$65
	Sa		9:00A – 10:00A	
307129-02	M,W,F	12/01-12/30	10:00A-11:00A	\$65/\$65
	Sa		9:00A – 10:00A	
307129-03	M,W,F	1/02-1/31	10:00A-11:00A	\$65/\$65
	Sa		9:00A – 10:00A	
307129-04	M,W,F	2/01-2/28	10:00A-11:00A	\$65/\$65
	Sa		9:00A – 10:00A	

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. (ds)

Location: Community Pavilion

Instructor: Mary Casey

Code	Days	Date	Time	Res/NR
307128-01	W	1/09-3/06	6:45-7:45P	\$52/\$61

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! (dp)

Location: Community Pavilion

Instructor: Marie McGinty

Code	Days	Date	Time	Res/NR
307110-01	F	1/11-3/08	9:00-9:55A	\$52/\$61

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 tone up your body (dp)

Location: Community Pavilion

Instructor: Rhonda Allan

Code	Days	Date	Time	Res/NR
307111-01	M	1/07-3/04	6:00-6:55P	\$52/\$61

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. PDNA (ds)

Location: Community Pavilion

Instructor: Rhonda Allan

Code	Days	Date	Time	Res/NR
307113-01	Su	1/06-3/03	11:00-11:55A	\$52/\$61
307113-02	Tu	1/08-3/05	10:30-11:25A	\$52/\$61
307113-03	Th	1/10-3/07	11:00-11:55A	\$52/\$61

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
AM Classes						
Zumbini 10:45-11:45A	Four Pillars Fusion 8:30-9:30A		Strength & Flexibility Training 8:30-9:30A	Hatha Yoga 7:00-8:00A		
BollyX 10:30-11:30A	Slimnastics 9:00-10:00A		Slimnastics 9:00-10:00A		Slimnastics 9:00-10:00A	
Cardio Mash-up 11:30A-12:30P	Mindful Yoga 9:35-10:50A		Mindful Yoga 9:35-10:50A		Senior Yoga 9:00-10:00A	Yoga for Kids 11:00A-12:00P
Tai Chi & QiGong 12:00-1:00P		Active Adults 10:00-11:00A		Active Adults 10:00-11:00A		Tai Chi & QiGong 12:10-1:10P
	Senior Yoga 11:00A-12:15P		Senior Yoga 11:00A-12:15P			
PM Classes						
Yoga for Kids 1:05-2:05P	Zumbini 2:00-3:00P					Jungshin Fitness 1:15-2:15P
Jungshin Fitness 2:15-3:15P	Four Pillars Fusion 6:15-7:15P	Hatha Yoga 6:00-7:00P	Yoga to Transform 6:30-8:15P			
	Fitness for Beginners 6:30-7:30P		Peace Yoga Beginners 6:45-7:30P	Fitness for Beginners 6:30-7:30P	Yoga for Weight Loss 7:30-8:30P	
	Mindful Yoga 7:20-8:35P		Peace Yoga Intermediate 7:35-8:30P	Insight Meditation 7:00-8:00P		

***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! PDNA (ms)

Location: Oak View Center

Instructor: Gloria Thomas

Code	Day	Dates	Time	Res/NR
307209-01	Tu,Th	1/08-3/21	10:00-11:00A	\$40/\$51

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! (ms) *\$5 off applies

Location: Oak View Center

Instructor: Laina VanDyke, Certified BollyX Instructor

Code	Day	Dates	Time	Res/NR
307230-01	Su	1/06-3/24	10:30-11:30A	\$69/\$81

***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. PDNA (ms)

Location: Oak View Center

Instructor: Judy Bol

Code	Day	Dates	Time	Res/NR
307202-01	M	1/07-3/18	6:30-7:30P	\$47/\$58
307202-02	Th	1/10-3/21	6:30-7:30P	\$47/\$58

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, exercise 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 (ms) *\$5 off applies

Location: Oak View Center

Instructor: Sue McGovern, Ace Certified Personal Trainer

Code	Day	Dates	Time	Res/NR
307201-01	M	1/07-3/11	8:30-9:30A	\$65/\$75
307201-02	M	1/07-3/11	6:15-7:15P	\$65/\$75

Hatha Yoga (Age: 12 & up)

Check Out Our New Class- Available Before You Head To Work

Hatha yoga uses body postures, breathing techniques, and meditation with the goal of bringing about a sound, healthy body. This yoga class will help you gain a clear, peaceful mind. Use this class to manage stress, while improving your flexibility. (ms) *\$5 off applies

Location: Oak View Center

Instructor: Cathy Nolan, Fitness Specialist & Certified Yoga Instructor

Code	Day	Dates	Time	Res/NR
307214-01	Tu	1/08-3/19	6:00-7:00P	\$63/\$74
*307214-02	Th	1/10-3/21	7:00-8:00A	\$63/\$74

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

Insight Meditation (Age: 16 & up)

If you are seeking an in depth, comprehensive introduction to meditation that goes beyond a simple 15 minute relaxation session, our class is for you. Our instructor has over thirty years experience practicing and teaching meditation. Insight Meditation can be learned and utilized as a beneficial practice by people of all ages, beliefs, and physical abilities. Meditation promotes mindfulness, relaxation and stress/pain reduction, a better relationship with one's body, increased concentration and attention, better memory, reduction of anxiety, and an overall sense of well-being. In addition to practicing Meditation, students will learn relaxation techniques, calm breathing tools, and easy quieting of thoughts exercises. Chairs are provided for anyone who would prefer not to sit on the floor. Please bring TWO pillows and a blanket to the 1st class. This program is for beginners, continuing students, and anyone who needs a refresher to get back on track. **No class 2/14.** PDNA (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Day	Dates	Time	Res/NR
307203-01	Th	1/17-2/28	7:00-8:00P	\$49/\$59

Mindful Yoga (Age: 16 & up)

This Hatha yoga class will offer physical postures (asanas) linking breath with movement and a strong focus on proper alignment. Attention will be placed on building strength, flexibility, and balance as well as mindfulness, concentration, and breath awareness. Classes are balanced with energy to give a good physical workout (with modifications if needed), while also offering the opportunity to connect with the breath for increased self-awareness to the areas of tension and tightness being held within the body. All levels are welcome in this class. Bring a yoga mat with you to class. PDNA (ms) *\$5 off applies

Location: Oak View Center

Instructor: Sue McGovern, Certified Yoga Teacher & Personal Trainer

Code	Day	Dates	Time	Res/NR
307208-01	M	1/07-3/11	9:35-10:50A	\$65/\$75
307208-02	W	1/02-3/13	9:35-10:50A	\$72/\$83
307208-03	M	1/07-3/11	7:20-8:35P	\$65/\$75

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! (ms) *\$5 off applies

Location: Oak View Center

Instructor: Marion Hunt

Code	Day	Dates	Time	Res/NR
307226-02	Sa	1/05-3/23	1:15-2:15P	\$69/\$81
307226-03	Su	1/06-3/24	2:15-3:15P	\$69/\$81

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

**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 13 weeks. PDNA (ms)

Location: Oak View Center

Instructor: The Peace School

Code	Day	Dates	Time	Res/NR
Beginner				
307207-01	W	1/09-4/03	6:45-7:30P	\$104/\$117
Advanced				
307207-02	W	1/09-4/03	7:35-8:30P	\$104/\$117

Cardio Mash-up (16 & up)

Cardio Mash-Up combines three popular fitness formats into one high-energy, low-impact class. This upbeat class will include a mix of BollyX, Pound, and Hula Hooping fitness exercises. Learn fun and easy movements to high-energy Bollywood music. Use lightly weighted drumsticks engineered specifically for exercising to transform drumming into an effective workout. With the hula hoop, this class will include low-impact exercises that will keep you motivated and having a blast while you tone and sculpt your entire body—no prior hula hooping experience or abilities required! As an extra bonus, the last few minutes of class will be spent stretching your warm muscles and will focus on a different area of the body to stretch each week. This class is designed for all fitness levels. Modifications will be easy to incorporate for all movements. If you've ever hated cardio, this is the class to get you looking forward to getting your heart pumping as you have a blast and forget you're exercising! (ms) *\$5 off applies

Location: Oak View Center

Instructor: Laina VanDyke, Certified Fitness Instructor

Code	Day	Dates	Time	Res/NR
307233-01	Su	1/06-3/24	11:30A-12:30P	\$69/\$81

***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. PDNA (ms)

Location: Oak View Center

Instructor: Sue McGovern, Certified Yoga Teacher & Personal Trainer (M&W) Cathy Nolan (F) Fitness Specialist & Certified Yoga Instructor

Code	Day	Dates	Time	Res/NR
307210-01	M	1/07-3/11	11:00A-12:15P	\$43/\$53
307210-02	W	1/02-3/13	11:00A-12:15P	\$47/\$58
307210-03	F	1/11-3/22	9:00-10:00A	\$47/\$58

Slimnastics (Age: 18 & up)

Learn the components of a good and safe workout. You will burn fat, become more flexible, and strengthen your bones. (ms) * \$5 off applies.

Location: Oak View Center

Instructor: Cathy Nolan, Fitness Specialist & Certified Yoga Instructor (M), Judy Bol (W & F)

Code	Days	Date	Time	Res/NR
307211-01	M	1/07-3/18	9:00-10:00A	\$53/\$64
307211-02	W	1/02-3/20	9:00-10:00A	\$57/\$69
307211-03	F	1/04-3/22	9:00-10:00A	\$57/\$69

\$5 off

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 (ms) *\$5 off applies

Location: Oak View Center

Instructor: Sue McGovern, Ace Certified Personal Trainer

Code	Days	Date	Time	Res/NR
307212-01	W	1/02-3/13	8:30-9:30A	\$72/\$83

\$5 off

**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. You will obtain many health benefits including 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. (ms) *\$5 off applies

Location: Oak View Center

Instructor: Marion Hunt

Code	Day	Dates	Time	Res/NR
307213-01	Sa	1/05-3/23	12:10-1:10P	\$69/\$81
307213-02	Su	1/06-3/24	12:00-1:00P	\$69/\$81

\$5 off

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. (ms)

Location: Oak View Center

Instructor: Marion Hunt

Code	Day	Dates	Time	Res/NR
307231-01	Sa	1/05-3/23	11:00A-12:00P	\$69/\$81
307231-02	Su	1/06-3/24	1:05-2:05P	\$69/\$81

Yoga to Transform Trauma: Circle of Hope: A Peer-Support Group + Yoga Class for Those Affected by Trauma

Circle of Hope classes are confidential classes that marry a peer-support, group sharing experience with a trauma-informed yoga class that is specifically designed to be sensitive towards those individuals who have experienced trauma or have struggled with its effects. Teachers have been specially trained in trauma-sensitive yoga. This is for anyone directly impacted by trauma, as well as friends, family members or others that have been vicariously affected. For more information please go to mcgovernfitness.com or yogatotransformtrauma.org. Please feel free to join this program at any time during the session. (ms)

Location: Oak View Center

Instructor: Sue McGovern, Certified Yoga Instructor & Personal Trainer

Code	Day	Dates	Time	Res/NR
307236-01	W	1/02-3/13	6:30-8:15P	Free

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. (ms) *\$5 off applies

Location: Oak View Center

Instructor: Marion Hunt

Code	Days	Date	Time	Res/NR
307215-02	F	1/11-3/22	7:30-8:30P	\$63/\$74

\$5 off

Yoga for Tennis (Age: 18 & up)

As many dedicated players know, tennis is tough on the body. The game requires strength, flexibility and mental concentration. Tennis is also a game of strategy, being calm, centered and focused. Many tennis players, from the amateurs to the pros have discovered that the combination of yoga and tennis makes for a win-win situation. Our yoga for tennis class will focus specifically on developing your tennis game through flexibility in the hips, back, ankles, shoulders and wrists, creating a better range of motion to enable more strength and racquet speed, better core strength and stronger, injury-prone joints. 12 weeks. PDNA (mb)

Location: Oak Lawn Racquet, Fitness & Gymnastics Center

Code	Day	Dates	Time	Res/NR
318626-31	W	1/09-3/26	10:00-11:00A	\$130/\$130

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