| Day       | Monday                                                                 | Tuesday                                                                 | Wednesday                                                             | Thursday                                                                | Friday                                                                 | Saturday                                                                 | Sunday                                                                 |
|-----------|------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------|
|           | 9:30 - 10:15 am  
Strength Basics  
#111448-01  
Wendy       | 8:30 - 9:45 am  
Strength Basics  
#111448-06  
Debra       | 9:30 - 10:15 am  
Strength Basics  
#111448-11  
Debbie W    | 8:30 - 9:15 am  
Yoga  
#111448-15  
Jenay       | 9 - 9:45 am  
Barre Basics  
#111448-20  
Debbie W    | 9 - 9:45 am  
Body Sculpt  
#111448-24  
Pam          |
|           | 10:30 - 11:15 am  
Chair Pilates  
#111448-02  
Georgette    | 9:30 - 10:15 am  
Strength Basics  
#111448-07  
Suzanne     | 10 - 10:45 am  
Mat Pilates  
#111448-12  
Wendy        | 9:30 - 10:15 am  
Cardio Drumming  
#111448-21  
Suzanne     | 10 - 10:45 am  
Tai Chi  
#111448-25  
Pam          |
|           | 5 - 5:45 pm  
Mat Pilates  
#111448-03  
Nicole      | 10:30 - 11:15 am  
Strength Conditioning  
#111448-08  
Nicole      | 11 - 11:45 am  
Step  
#111448-13  
Felicia      | 10:30 - 11:15 am  
Dance and Tone  
#111448-17  
Suzanne     | 11 - 11:45 am  
Boot Camp  
#111448-26  
Debra/Jenay |
|           | 6 - 6:45 pm  
Barre Body  
#111448-04  
Debra       | 6 - 6:45 pm  
Core  
#111448-09  
Jenay       | 6 - 6:45 pm  
Barre Body  
#111448-14  
Debra       | 6 - 6:45 pm  
Core  
#111448-18  
Jenay       | 5 - 6 pm  
Yoga  
#111448-23  
Jenay       |
|           | 7 - 7:45 pm  
Yoga Flow  
#111448-05  
Bernie      | 7 - 7:45 pm  
Yoga  
#111448-10  
Jenay       | 7 - 7:45 pm  
Yoga Flow  
#111448-19  
Dawn        | 7 - 7:45 pm  
Yoga Flow  
#111448-23  
Jenay       | 9 - 9:45 am  
Mat Pilates  
#111448-27  
Nicole      |
|           |                                                                       |                                                                       |                                                                       |                                                                       |                                                                       | 10 - 10:45 am  
All Levels Yoga  
#111448-28  
Dawn        |
|           |                                                                       |                                                                       |                                                                       |                                                                       |                                                                       | 11 - 11:45 am  
HIIT  
#111448-29  
Felicia     |

Here’s how to register online for classes:

If you already have an account with the Park District, go to [http://bgparks.org/information/registration.aspx](http://bgparks.org/information/registration.aspx) and log in using your current account information.

If you do not have an account, you will first need to set one up a few days before the class to allow time for our staff to verify your information. Once the account is set up in our system, you can then register for classes. Go to [http://bgparks.org/information/registration.aspx](http://bgparks.org/information/registration.aspx) and log in. Then, enter in the class code(s) from above (ex. #111448-10) for each class you want to join and make the payment. **Please note:** Registration for any class must be completed a few days before the start time of the class. If you have questions regarding online registration, please email Carol at clucido@bgparks.org.

After registering for classes, you will need to download the Zoom app (Zoom.com) to your tablet, laptop or phone. Do this at least one hour before the class begins for the first time. Prior to the start of class, you’ll receive an email with a Member ID and a password that will allow you access to the live workout. Keep this information for future classes. Open the Zoom app, enter in the Member ID and password, and you’re ready to go! If you have questions regarding the Zoom app, please email Jenay at jgordon@bgparks.org.
Virtual Group Ex
Class Descriptions

Group Ex

Barre/Barre Basics
Using the principles of ballet, pilates, yoga and strength conditioning to help achieve better balance, flexibility, toning, core strength and posture awareness for a longer leaner body.

Barre Body
Here we take Barre to a deeper practice with additional challenges. Music moves this class at a pace sure to make you feel the burn.

Body Sculpt
This class is for all levels. Enjoy a challenging, strength routine workout that will tighten and tone your body. This class incorporates strength, balance and flexibility.

Boot Camp
Circuit style training incorporating a mix of weights, minor equipment, body weight exercises, functional training and explosive moves. This class is offered as a virtual and a live outdoor class at the Fitness Center, as weather permits. Space is limited.

Cardio Drumming
This class will raise your heart rate, build your endurance, improve your muscle and strengthen your core. Household items can be used in lieu of drum sticks and stability ball.

Chair Pilates
This class is specially designed to strengthen your abdominals, lower back and pelvic floor muscles. Exercising the core is essential to good posture and balance.

Core
This mat-based class uses Pilates and strength training principles to strengthen your core.

Dance and Tone
Dance and Tone combines targeted body-sculpting exercises and high-energy cardio work with dance moves to create a calorie-torching, strength-training dance fitness party. Water bottles are recommended in lieu of Zumba toning sticks.

Group Conditioning
Interval training style format; muscular strength challenges and cardio endurance moves to achieve high calorie burn.

HIIT
Have fun in this high intensity interval class with strength and cardio circuits to rock your metabolism. Modifications are always shown.

Mat Pilates
Mat-based class using the Pilates principles in Core training format. For class you will need light weights (or household items), a mat and miscellaneous other easily accessible items.

Strength Basics
Build overall strength, help reduce bone loss and compliment weight loss in this no frills 45-minute strength and core class. Also includes balance and mat work.

Strength Conditioning
Challenge yourself using various household items or free weights if you have them.

Strength Intervals
A high intensity interval class designed to build muscles and maximize results. Use body weight, free weights (if you have them) or heavier household items.

TBC
Total Body Conditioning in a high-energy format to challenge muscular strength and cardiovascular endurance.

Mind/Body

Tai Chi
Tai Chi uses beautiful controlled movements aligned with breath to harmonize.

Yoga/All Levels Yoga
Practice poses, breath awareness, strength, flexibility, form and flow. All levels incorporate optional challenging postures.

Yoga Flow
This fun yoga class offers an athletic, yet slow-paced vinyasa practice.