



Fort Hill Fitness Group Exercise Schedule Effective July 8, 2024

Classes Included with
Fitness Membership

MONDAY

Time	Class	Room	Instructor
6:00 - 6:55 am	Cycle-Core 30/30	Studio D	Lisa
7:45 - 8:40 am	Yoga Chi	D/Hybrid*	Monique V
8:00 - 8:55 am	Total Body Conditioning	A/Hybrid*	Lisa
8:05 - 9:00 am	Barre Burn	Studio B	Leigh Ann
9:05 - 10:00 am	Low Impact	D/Hybrid*	Genna
9:15 - 10:10 am	Barre Burn	Studio B	Leigh Ann
9:15 - 10:10 am	Step	Studio A	Victoria
10:35 - 11:30 am	Strength & Motion Gold	A/Hybrid*	Mary
6:00 - 6:45 pm	Cycle 45	Studio D	Lisa
6:15 - 7:10 pm	Yoga	MPR 1	Nicole
6:35 - 7:30 pm	Body Pump	A/Hybrid*	Maribel
7:00 - 7:55 pm	Body Jam	Studio D	Victoria

TUESDAY

Time	Class	Room	Instructor
6:00 - 6:55am	Yoga	D/Hybrid*	Dawn
7:45 - 8:40 am	Pilates and Tone	D/Hybrid*	Dawn
8:00 - 8:55 am	Total Body Conditioning	A/Hybrid*	Siri
9:15 - 10:10 am	Body Pump	Studio A	Minerva
9:30 - 10:15 am	Cycle 45	Studio D	Karen
10:30 - 11:25 am	Zumba	Studio A	Minerva
10:35 - 11:30 am	Flow Yoga	D/Hybrid*	Meg'n
12:00 - 12:45 pm	F.I.T. 45	A/Hybrid*	Kim
5:45 - 6:40 pm	Zumba	Studio D	Victoria
6:30 - 7:25 pm	Body Combat	Studio A	BreLeigh

WEDNESDAY

Time	Class	Room	Instructor
5:30 - 6:25 am	Yoga	A/Hybrid*	Nicole
6:00 - 6:45 am	Cycle 45	Studio D	Jodi
7:45 - 8:40 am	Low Impact-Cardio	D/Hybrid*	Kristin
8:45 - 9:30 am	F.I.T. 45	A/Hybrid*	Karen
9:15 - 10:10 am	Barre Burn	Studio B	Mindy
10:00 - 10:55 am	Strength & Motion Gold	A/Hybrid*	Kim
10:35 - 11:25 am	Core & Strength	D/Hybrid*	Leigh Ann
12:00 - 12:45 pm	Total Body Conditioning	A/Hybrid*	Mindy
6:00 - 6:45 pm	Cycle 45	Studio D	BreLeigh
6:15 - 7:10 pm	Barre Burn	Studio B	Monique V
6:35 - 7:30 pm	Body Pump	A/Hybrid*	Stephanie
7:00 - 7:55 pm	Body Jam	Studio D	Maribel

THURSDAY

Time	Class	Room	Instructor
6:00 - 6:55 am	Low Impact Total Body Cond.	D/Hybrid*	Dawn
7:30 - 8:25 am	Pilates	A/Hybrid*	Kristin
8:00 - 8:45 am	Cycle 45	Studio D	Lisa
9:15 - 10:10 am	Body Combat	Studio A	Victoria
9:30 - 10:25 am	SOULfusion	D/Hybrid*	Mindy
10:00 - 10:55 am	Zumba Gold	Gym	Mary
12:00 - 12:45 pm	F.I.T. 45	A/Hybrid*	Karen
6:00 - 6:55 pm	Yoga	D/Hybrid*	Monique V
6:15 - 7:10 pm	Step	Studio A	Kristin

FRIDAY

Time	Class	Room	Instructor
8:00 - 8:55 am	Core & Strength	A/Hybrid*	Reo
9:05 - 10:00 am	Low Impact	D/Hybrid*	Kim
9:15 - 10:10 am	Barre Burn	Studio B	Leigh Ann
9:15 - 10:10 am	Body Pump	Studio A	Minerva
10:30 - 11:25 am	Yoga Gold	A/Hybrid*	Mandy
10:35 - 11:30 am	Flow Yoga	D/Hybrid*	Meg'n
6:00 - 6:55 pm	Zumba	Studio A	Victoria/Beth

SATURDAY

Time	Class	Room	Instructor
7:00 - 7:45 am	Cycle 45	Studio D	Kristin
8:00 - 8:45 am	F.I.T. 45	A/Hybrid*	Cynthia
8:30 - 9:25 am	Body Combat	Studio D	Allison
9:00 - 9:55 am	Zumba	Studio A	Minerva
9:30 - 10:25 am	Body Jam	Studio D	Lynn
10:15 - 11:10 am	Body Pump	A/Hybrid*	Minerva

SUNDAY

Time	Class	Room	Instructor
8:00 - 8:55 am	Pilates	D/Hybrid*	Dawn/Monique
8:15 - 9:10 am	Body Pump	A/Hybrid*	Allison
9:15 - 10:10 am	Barre Burn	Studio B	Mindy/Monique
9:30 - 10:25 am	Werg	D/Hybrid*	Jo-Jo

* Hybrid - This class will have limited in-person availability and will also run virtually

The classes listed on the Group Exercise Schedule are **included with the Fort Hill Fitness Membership**. Contact the Naperville Park District at 630-995-8900 for more information.

Group Exercise Etiquette
To ensure a comfortable environment for all, please refrain from wearing strong perfume/lotion, having disruptive conversation and using your cell phone during class.

Revised 5/28/2024

The Naperville Park District reserves the right to cancel or change classes that have low enrollment as well as change instructors with no advance notice. Please check the website for the most up to date schedule. Group Exercise classes are for anyone ages 14 and older.

Fort Hill Activity Center • 20 Fort Hill Drive • Naperville, IL 60540
www.napervilleparks.org/fnac
630-995-8900

GROUP EXERCISE CLASS DESCRIPTIONS

Body Combat: is an exercise class that lets you punch and kick your way towards your fitness goals. Not only is it a great whole-body workout for cardio fitness, it's also superb for burning fat, releasing stress, and improving your co-ordination.

Body Jam: Get your heart pumping with Body Jam! This class is a dance-based workout designed to get you moving fast and working your body. A mix of House, Hip-hop, Drum'n, Trap and all styles of dance music. BodyJam brings a dose of soul to your studio.

Body Pump: Go beyond what you thought you could achieve with this barbell class that strengthens your entire body. This class challenges all your major muscle groups by using the best weight room exercises with precision choreography that will show you results fast!

Barre Burn: Pilates, yoga and ballet bar conditioning fuse together for a chiseled and toning workout. Experience long, lean sculpted muscles while building balance and core strength.

Cycle-Core 30/30: This high intensity cardio class mixed with core stabilization exercises is the perfect work out blend. Use of body weight, bands and weights with core strength makes cardio your active rest.

Core & Strength: Each class will incorporate functional exercises that will tone the arms, legs, and core. While core stabilization is always active with the use resistance bands, body weight and dumbbells, cardio becomes your active rest – you will leave here feeling energized.

Cycle 45: Get your cycle on! A challenging 45-minute ride jam packed with hills, flats, sprints, and everything in between. Get ready to sweat, work hard and have fun!

F.I.T.45: Functional Interval Training is low to intense movement, strength varying cardio with core stabilization.

Flow Yoga: An upbeat yoga practice, linking breath with movement as you learn to move in and out of poses. You will build confidence, strength, and flexibility.

Low Impact: A class that is specifically designed for those who are new to fitness or for the active older adult crowd. Start here to get fit and mobile! We'll tune up your muscles with cardio strength endurance while developing flexibility, mobility, balance, agility, and coordination.

Low Impact – Cardio: Low Impact Cardio will raise and maintain your heart rate for a good 30 minutes. Add in some weights and core work and you are set for the day. The class is good for people new to fitness or active older adults.

Low Impact Total Body Conditioning: Strong and challenging, this class will help you create lean muscle and body sculpting using dumbbells, weights and tubing. Powerful muscular movements combined with endurance training create winning results.

Pilates: Stand taller; learn the fundamentals of Pilates classic mat work. Based on the method of Joseph Pilates, this class works your powerhouse (core) and you will make gains in balance, strength and flexibility for the entire body.

Pilates and Tone: Classic Pilates merges with weights for a perfect toning class. Work your core, gain balance while creating muscle tone and confidence.

SOULfusion: Is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and bodyweight and weighted strength training exercises all set to crazy fun music. It offers modifications for all levels in the group exercise environment.

Step: Step aerobics is a classic form of functional training. It mimics everyday functions of walking and climbing stairs and incorporates coordination and cardio!

Strength and Motion Gold: This class is geared for those 55 and older. Have fun while building strength and increasing range of motion. This class is taught with the support of a chair.

Total Body Conditioning: This amazing all body work out will help you reach your cardio and muscular potential. Make this class part of your work out goals for endurance and strength. Powerful muscular movements combined with endurance training create winning results.

WERQ: Is a wildly addictive dance base workout based on the hottest Pop and Hip/Hop music.

Yoga: Find peace among the chaos with yoga. Calm the mind with breathing and meditation techniques that yoga has to offer. Your internal focus, balance, flexibility, strength, and circulation will begin to come naturally.

Yoga Chi: The flow and movement of Yoga fused with Tai Chi's moving meditation of gentle exercises creates a class for greater stability and strength as well as balance and fluidity and harmony between mind and body.

Yoga Gold: This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of motion.

Zumba: Maximize caloric output, fat burning and total body toning with Latin and International music. This class combines fast and slow rhythms that tone and sculpt the body. Zesty Latin music, Meringues, Salsa, Reggae ton, Cumbia- that is what we call Zumba!

Zumba Gold: Easy to follow low-impact moves for beginners and the active older adult. Dancing emphasizes the basics of Latin and International dance rhythms. This class is friendly and fun for all!