

AM Boot Camp

In these 3 days per week for 8 week program, your goals include: Tone & Strength Muscles, Increase Energy, Improve Agility & Flexibility, Enhance Balance & Reaction Time and Weight Loss. Being fit will impact more than just your body and mind, it will touch your family, community, work and your entire way of life. (KK)

14+ yrs		Melissa L.			
M/W/F	9/4-10/30	5:45-6:45am	308024-01	100/\$138/\$175	
M/W/F	11/1-12/20	5:45-6:45am	308024-02	\$88/\$121/\$154	

Yoga

Join the ARC Center's certified Instructors for a form of exercise that is certain to change your way of thinking about "working out". Yoga is an exercise for both the young and old. It has many wonderful health benefits and regular practice will increase strength, balance and flexibility. You will leave the class feeling both energized and relaxed. Please wear loose, comfortable clothing and bring a large towel to class. Yoga mats provided. (KK)

14+ yrs		Instructor: M & Th Dee C; W Terry R			
M	9/9-10/28	9:00-10:00am	308008-01	\$36/\$48/\$64	
M	11/4-12/16	9:00-10:00am	308008-02	\$32/\$42/\$56	
W	9/4-10/30	7:15-8:15pm	308008-03	\$41/\$54/\$72.	
W	11/6-12/18	7:15-8:15pm	308008-04	\$32/\$42/\$56	
Th	9/5-10/31	9:00-10:00am	308008-05	\$41/\$54/\$72	
Th	11/7-12/19*	9:00-10:00am	308008-06	\$27/\$36/\$48	
*No Class 11/28					

Dance Fitness

Come join us for an early impact cardio class featuring cardio routines to fun music incorporating the entire body. This exercise will help you improve your cardiovascular endurance as well as create increase range-of-motion, flexibility and muscle definition. (KK)

14+ yrs		Instructor: Carolyn L.			
M	9/9-10/28	10:15-11:15am	308022-01	\$36/\$48/\$64	
M	11/4-12/16	10:15-11:15am	308022-02	\$32/\$42/\$56	

NEW Hula Hoop Fusion

This 45 minute interval training class is taught by a certified Hula Hoop Instructor. If you don't think you can Hoop, I'll show you how! We will alternate cardio Waist Hooping using a 2lb Hoop and strength training using various equipment. Hula Hooping is a fun way to burn calories, strengthen your core and tone your legs. As you master Waist Hooping various arm and leg movements can be added in to challenge your core and increase cardiovascular endurance even more. This class will keep a smile on your face as you melt inches off your waist! (KK)

14+ yrs		Instructor: Janet W.			
M	9/9-10/28	5:15-6:00pm	308050-01	\$36/\$48/\$64	
M	11/4-12/16	5:15-6:00pm	308050-02	\$32/\$42/\$56	

Strong by Zumba®

STRONG by Zumba™ Fitness enthusiasts and students looking for a more challenging, high intensity interval training (HIIT) workout. With most workout programs, music is an afterthought. The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout. (KK)

14+ yrs		Instructor: Lauren M.			
M	9/9-10/28	7:00-8:00pm	308009-03	\$36/\$48/\$64	
M	11/4-12/16	7:00-8:00pm	308009-04	\$32/\$42/\$56	



Body Sculpt & Flexibility

Enhance your everyday physical performance through strength & flexibility training. This class will challenge your muscles by using a wide variety of exercises and equipment to keep your muscles guessing. Transform your body into the lean sculptured physique you've always wanted! A must-have in any workout program. (KK)

14+ yrs		Instructor: Janet W.			
M	9/9-10/28	6:00-7:00pm	308002-01	\$36/\$48/\$64	
M	11/4-12/16	6:00-7:00pm	308002-02	\$32/\$42/\$56	
W	9/4-10/30	5:00-6:00pm	308002-03	\$41/\$54/\$72	
W	11/6-12/18	5:00-6:00pm	308002-04	\$32/\$42/\$56	

6 Pack Abs

Need some extra help in the mid-section? This 1/2 hour class will train the core muscles of the abs, hips, back & pelvis to work in harmony. Just about every motion made by the human body is initiated in the core. A strong core will prevent low back pain, prevent injury while doing day to day activities, increase sports performance, improve posture, and balance. If you want to keep seeing results, add this class to your workout schedule and get the six pack abs you've always wanted! Exercises can be modified for all fitness levels. (KK)

14+ yrs		Instructor: Janet W.			
Tu	9/3-10/29	5:30-6:00pm	308000-01	\$32/\$41/\$50	
Tu	11/5-12/17	5:30-6:00pm	308000-02	\$25/\$32/\$39	

Cardio Kickboxing

Punch and kick your way into the body you want today! Blast away fat and calories by combining punching and kicking techniques, partner drills, kicking drills and interval workouts. Balance drills will target and tone the lower body and improve balance and coordination. Cardio Kickboxing is an easy to follow yet intense workout for all fitness levels. Top it off with a challenging AB and toning segment using a variety of equipment. All fitness levels are sure to receive a fun and effective workout. (KK)

14+ yrs		Instructor: Janet W.			
Tu	9/3-10/29	6:00-7:00pm	308004-01	\$41/\$54/\$72	
Tu	11/5-12/17	6:00-7:00pm	308004-02	\$32/\$42/\$56	

Fit For Life

Have fun and move to music through a variety of exercises designed to increase muscular strength, range of motion, flexibility, and activity for daily living skills as well as improve cardiovascular fitness through low impact aerobics. Upper and lower body work may be done with hand held weights, elastic tubing, exercise balls and other tools to keep you engaged. (KK)

14+ yrs	Instructor: Tanner S.			
W	9/4-10/30	8:00-9:00am	308017-01	\$41/\$54/\$72
W	11/6-12/18	8:00-9:00am	308017-02	\$32/\$42/\$56

Intermediate Yoga

Have you practiced yoga for a while? Are you an athlete who wants to try something new? This class is designed for students who have a good understanding of basic yoga poses and wish a medium intensity practice with some challenging postures. Yoga mats and props provided. (KK)

14+ yrs	Instructor: Dee C.			
W	9/4-10/30	9:00-10:00am	308008-07	\$41/\$54/\$72
W	11/6-12/18	9:00-10:00am	308008-08	\$32/\$42/\$56

Pilates Fusion

A Pilates base workout fused with Barre, Yoga and various equipment for the perfect mix of core strength, flexibility and toning. Exercises can be modified to meet individuals' needs.(KK)

14+ yrs	Instructor: Janet W.			
W	9/4-10/30	6:00-7:00pm	308006-03	\$41/\$54/\$72
W	11/6-12/18	6:00-7:00pm	308006-04	\$32/\$42/\$56

Zumba®

Ditch the Workout, Join the Party! Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating. (KK)

14+ yrs	Instructor: Lauren M.			
W	9/4-10/30	7:00-8:00pm	308009-01	\$41/\$54/\$72
W	11/6-12/18	7:00-8:00pm	308009-02	\$32/\$42/\$56

Flexibility & Mobility

Mobility training is a key component to maximizing your athletic abilities, increasing your longevity and reducing the risk of injury. We'll combine mobility training with dynamic and static stretches and foam rolling to increase your flexibility; focusing on the common areas that are affected by bad posture such as the neck, mid back, lower back, hip flexors, hamstrings, and calf muscles. Whether you're looking to lift more, improve your golf game or just move easier, a focus on flexibility and mobility is key! (KK)

14+ yrs	Instructor: Kelly W.			
Th	9/5-10/31	6:00-7:00pm	308030-01	\$41/\$54/\$72
Th	11/7-12/19*	6:00-7:00pm	308030-02	\$27/\$36/\$48
*No Class 11/28				



Aqua Zumba blends the Zumba philosophy with water resistance for one pool party you shouldn't miss! The class combines the South America Zumba rhythm and dance steps with water resistance to create one body-toning workout with less impact on your joints. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Add laughing, splashing and fun music and the class turns into a pool party! Participants must be registered 7 days prior to the start of class. Class held at West Chicago Community High School, Entrance E. Rainout Line 'swim' extension will be used for any cancelations due to school closings. (GR)

14+ yrs				\$50/\$60
W	9/4-10/2	7:30-8:30pm	303007-01	

NEW Total Body Interval

In this 45 minute class, you will work all the major muscle groups using a variety of equipment. The strength interval is designed to increase the muscle using moderate to heavy weight at a moderate to slow pace alternated with various aerobic exercise for a Total Body workout. (KK)

14+ yrs				
Th	9/5-10/24	5:15-6:00pm	308020-01	\$36/\$48/\$64
Th	11/7-12/19*	5:15-6:00pm	308020-02	\$27/\$36/\$48
*No Class 11/28				

Body Sculpt Fusion

Body Sculpt Fusion is the ultimate total body workout! This innovative strength training program is alternated with various types of cardio. You will challenge your muscular and cardiovascular endurance in this fun & effective interval workout! All fitness levels welcomed. (KK)

14+ yrs	Instructor: Janet W.			
Th	9/5-10/24	6:00-7:00pm	308003-01	\$36/\$48/\$64
Th	11/7-12/19*	6:00-7:00pm	308003-02	\$27/\$36/\$48
*No Class 11/28				

Fitness Class Fee Breakdown  
Member / Resident / Non-Resident

NEW Kids Obstacle Course

Have you ever seen professional athletes practice? They conquer obstacles in no time flat while building strength, stamina and endurance. Now you'll have a chance to do the same! You'll run, jump, crawl, navigate ladders, hurdles, and more! Work through team and partner activities to conquer obstacles like the pros!

14+ yrs		Instructor: Kelly W.			
Tu	9/3-10/29	6:00-7:00pm	308029-01	\$41/\$54/\$72	
Tu	11/5-12/17	6:00-7:00pm	308029-02	\$32/\$42/\$56	

NEW WERQ

WERQ is the wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat. WERQ Instructors build a playlist based on trendsetting pop and hip hop music. Each week a couple new routines are introduced, so you get to WERQ the routines you know and challenge yourself with ones you're learning. Ready to WERQ?

14+ yrs		Instructor: Kelly W.			
Th	9/5-10/31	6:00-7:00pm	308027-01	\$41/\$54/\$72	
Th	11/7-12/19*	6:00-7:00pm	308027-02	\$27/\$36/\$48	
*No Class 11/28					

All Ages

Sa	9/7-10/26	10:45-11:45am	308027-03	\$36/\$48/\$64	
Sa	11/2-12/21	10:45-11:45am	308027-04	\$36/\$48/\$64	

NEW Lower Body Burnout

Never miss a leg day...because a pair of strong legs will keep you active for life! In this 60-minute class you'll tone your legs and lift your booty. After a brief warm-up, get ready to blast every muscle in your lower body with a combination of strength and barre exercises. Using kettlebells, dumbbells and body weight, we'll work through a range of exercises that will leave your legs and glutes strong and defined. We'll squat, lunge and tuck our way to a leaner, stronger lower half!

14+ yrs		Instructor: Kelly W.			
Sa	9/7-10/26	9:45-10:45am	308028-01	\$36/\$48/\$64	
Sa	11/2-12/21	9:45-10:45am	308028-02	\$36/\$48/\$64	

NEW Barre

Barre is a low impact workout that allows you to get amazing results in record time without cardio or heavy weights. It caters to a variety of fitness and physical levels, balancing strength and flexibility, while also improving posture, abdominal strength and overall body awareness. Barre is a great workout on its own, or as a complement to your existing routine. - No dance experience necessary (KK)

14+ yrs		Instructor: Kelly W.			
Tu	9/3-10/29	6:00-7:00pm	308026-01	\$41/\$54/\$72	
Tu	11/5-12/17	6:00-7:00pm	308026-02	\$32/\$42/\$56	

Spinning

Indoor cycling puts things in full gear with its control over resistance & speed and overall intensity while cycling to awesome tunes. Hop on to the nearest bike and give this class a go! This class will get your heart rate pumping and is sure to burn calories. What a great workout for all fitness levels! (KK)

14+ yrs		Instructor: F-Mark H.; Sa- Melissa L.			
F	9/6-10/25	5:30-6:15am	308015-01	\$36/\$48/\$64	
F	11/1-12/20	5:30-6:15am	308015-02	\$36/\$48/\$64	
Sa	9/7-10/26	8:30-9:15am	308015-03	\$36/\$48/\$64	
Sa	11/2-12/21	8:30-9:15am	308015-04	\$36/\$48/\$64	

Strength Training

Join us for a fast-paced, high energy strength training class. In this easy to follow and fun workout, all the major muscle groups will be targeted as we move through blocks or combinations of exercises for all levels of fitness. Emphasis will be on careful form and technique as well as maximizing every minute we are working out! (KK)

14+ yrs		Instructor: Monique V			
Sa	9/7-10/26	7:15-8:15am	308005-01	\$36/\$48/\$64	
Sa	11/2-12/21	7:15-8:15am	308005-02	\$36/\$48/\$64	

Pilates

This class will help balance your body, improve circulation, reduce stress and improve overall endurance. Pilates will help tone, streamline and realign your body. This class is a combination of beginning and intermediate levels of Pilates. (KK)

14+ yrs		Instructor: Monique V			
Sa	9/7-10/26	8:30-9:30am	308006-01	\$36/\$48/\$64	
Sa	11/2-12/21	8:30-9:30am	308006-02	\$36/\$48/\$64	

Gentle Yoga

Gentle Yoga is a class structured around rejuvenating and healing the body. Yoga props such as blankets, blocks, bolsters, chairs and straps are often used for safe practice, and to allow the body to fully achieve each position comfortably. This class is held at a slower pace and focuses on stretching all areas of the body, while releasing stress and tension from joints and muscles. Floor work will be optional. Those with medical conditions, please check with your physician if you have any concerns about attending yoga.(KK)

14+ yrs		Instructor: Su - Rynee G. , Th - Kelly W.			
Su	9/1-10/27	10:45-11:45am	308011-01	\$41/\$54/\$72	
Su	11/3-12/15	10:45-11:45am	308011-02	\$32/\$42/\$56	

Fitness Class Fee Breakdown  
Member / Resident / Non-Resident