



Fitness Schedule

A Joliet Park District Facility
 Provena Saint Joseph Inwood Athletic Club
 3000 West Jefferson Street, Joliet, Illinois 60435
 815.741.7275

Visit www.inwoodathleticclub.com

Class schedule

Jan 1 thru Mar 31

Full schedule available online

revised
01.27.12

All the classes listed in this flyer are included with club membership

Spinning® Spinning Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15 – 6:00 am Spinning	5:15 – 6:30 am Spinning Fusion	5:15 – 6:00 am Spinning	5:15 – 6:00 am Spinning	5:15 – 6:30 am Spinning Fusion	begins Feb 24
					5:30 – 6:15 am Spinning	
						6:30 – 7:30 am Spinning
		7:30 – 8:10 am Spinning Lite				
8:00 – 8:45 am Spinning	8:00 – 8:45 am Spinning		8:00 – 8:45 am Spinning		8:00 – 8:40 am Spinning Lite	
				8:15 – 8:55 am Spinning Lite		
						8:30 – 9:30 am Spinning
9:00 – 10:00 am Spinning	9:00 – 9:45 am Spinning	9:00 – 9:45 am Spinning				
			9:15 – 10:00 am Spinning	9:15 – 10:00 am Spinning	9:15 – 10:00 am Spinning	
	5:00 – 5:45 pm Spinning	5:00 – 5:45 pm Spinning	5:00 – 5:45 pm Spinning	5:00 – 5:45 pm Spinning		
	6:00 – 6:45 pm Spinning		6:05 – 6:50 pm Spinning	6:00 – 6:40 pm Spinning Lite		

Spinning Class Descriptions

Spinning® (All Levels)

Hill climbs, jumps and racing speeds adaptable to your fitness level through cadence and resistance. Burn calories, get lean, increase lower body strength, improve your cardiovascular endurance, and have a great time.

Spinning® Fusion (All Levels)

Combines multiple fitness disciplines in one jam-packed workout session. After a 45 minute cardio session in the Spinning Studio, class moves to Studio I to tap into other important components of physical fitness; strength training, functional training, core training or flexibility trainings.

Spinning® Lite (All Levels)

Your instructor will assist with bike set-up, give detailed instructions throughout the class and limit the ride time to 30 minutes. If you are new to Spinning® or prefer shorter rides this class is for you.

Group Fitness Studio 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30 – 6:20 am H.I.T.		5:30 – 6:30 am Strength, Cardio, Core	5:30 – 6:30 am Yoga I & II		
	7:30 – 8:25 am Mature Movement & Strength		7:30 – 8:15 am Mature Mobility		7:30 – 8:15 am Mature Movement & Strength	
			new time		new time	8:00 – 8:50 am H.I.T.
	8:30 – 9:25 am Strength	8:30 – 9:25 am T.B.T.	8:30 – 9:20 am S.O.S.	8:30 – 10:00 am 90 Minute Power Explosion	8:30 – 9:20 am H.I.T.	
9:00 – 10:00 am Format Rotates			new time		new time	9:00 – 10:00 am Format Rotates
	9:30 – 10:30 am Strength, Cardio, Core	9:30 – 10:30 am Ready, Step, Go	9:30 – 10:30 am Cardio Core Combo		9:30 – 10:15 am T.B.T.	
		12:00 – 1:00 pm 50+ Fitness Fusion		12:00 – 1:00 pm 50+ Fitness Fusion		
		1:00 – 2:00 pm 50+ Fitness Fusion		1:00 – 2:00 pm 50+ Fitness Fusion		
		4:00 – 4:50 pm S.O.S.		4:00 – 4:50 pm S.O.S.		
			4:30 – 4:55 pm Core Express			
	5:00 – 6:00 pm Strength, Cardio, Core	5:00 – 6:00 pm Cardio, Core, Combo	5:00 – 6:00 pm Ready, Step, Go	5:00 – 6:00 pm Cardio, Core, Combo	5:00 – 5:50 pm Metabolic Training	
	6:05 – 7:05 pm Fit Kickboxing	6:05 – 7:05 pm Yoga I	6:05 – 7:05 pm Fit Kickboxing	6:05 – 7:05 pm Yoga/Lates	6:05 – 6:50 pm Zumba	begins Feb 24
	7:15 – 8:00 pm Zumba	7:15 – 8:05 pm H.I.T.	7:15 – 8:00 pm Zumba	7:15 – 8:00 pm Zumba		

All Levels

Beginner

Beginner/Intermediate

Intermediate/Advanced

Advanced



Ready to Ramble?

Prepare for your first 10k in this 8 week training course.

Information Meeting on Tuesday, February 21 at 6:30 pm

in the IAC Board Room, \$35 RDC/\$45 program #5-4670-12

Mind-Body Studio 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						7:45 – 8:45 am Yoga II
	8:20 – 9:15 am Yoga I	8:20 – 9:15 am Pilates & Foam Rolling	8:30 – 9:15 am Zumba	8:20 – 9:15 am Yoga Core		
					9:00 – 10:00 am Gentle Yoga	
		6:00 – 6:45 pm Are You Ready to TRI? new class				
		7:00 – 8:00 pm Pilates new class				

Aquatic Fitness Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						8:00 – 8:55 am Cross Currents
8:30 – 9:30 am Cross Currents	8:30 – 9:30 am Ageless Aqua	8:30 – 9:30 am Aqua Interval Training	8:30 – 9:30 am No Swimming Required	8:30 – 9:30 am Cross Currents	8:30 – 9:30 am Aqua Interval Training	
	12:15 – 1:00 pm Water Transformation		12:15 – 1:00 pm Ageless Aqua			
	7:10 – 8:05 pm Ageless Aqua		7:10 – 8:05 pm Water Transformation			

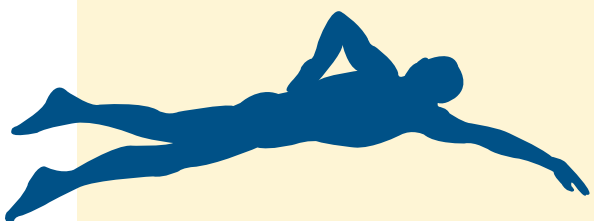
**new
class**

Are You Ready to TRI?

Have you often thought about doing a triathlon but don't know how to begin training? This is where you start! Indoor running (treadmill), cycling and swimming all in one class. Your body can truly experience training in the various exercise modes while utilizing specific muscles for each event.

Class is free to members. Pick up a ticket for the class at the Fitness Desk up to 30 minutes before each class.

Class is limited to 14 participants.



Group Fitness Class Descriptions

Format Rotates (Various) Check the schedule posted outside of Studio 1.

Cardio, Core, Combo (All Levels) Cardio training using a variety of studio equipment and 20 minutes of pure core exercises.

Metabolic Training (All Levels) A class structured with compound exercises with little rest to maximize calorie burn and increase metabolism.

Strength (All Levels) Everyone needs it and everyone can improve it. This class will create strength, endurance and help to reshape your body with a variety of studio equipment.

Strength, Cardio, Core (All Levels) A fun, high energy workout that alternates brief cardio and strength segments, finishing with a thorough core workout.

Zumba (All Levels) A fusion of latin music and easy to follow movements that create a lively, energetic workout.

Mature Mobility (Beginner) A special class for those members 50 or better. Low impact aerobics, functional stretching, strengthening and core exercises are offered in this great class to get you moving into your day.

50+ Fitness Fusion (Beginner/Intermediate for Active Older Adults)

Improve your cardiovascular endurance and muscular strength in this guided interval/circuit class designed for the older adult; utilizing strength machines. *Meets at Inwood Athletic Club Fitness Desk.*

Mature Movement and Strength (Beginner/Intermediate for Active Older Adults) Bands and weights are used to decrease bone loss and improve posture and balance. Cardio training for the heart is intermittently included.

90 Minute Power Explosion (Intermediate/Advanced) Sets and reps which include strength, core and cardio for a full 90 minutes.

Fit Kickboxing (Intermediate/Advanced) Explosive energy, intense concentration and a kick butt workout with punches, jabs, kicks and strength drills.

Ready, Step, Go! (Intermediate/Advanced) Cardiovascular fitness at it's finest using the step bench. Pump up the music, pep up your moves and burn up the calories. Class includes resistance and core exercises.

S.O.S. (Intermediate/Advanced) Strength or Stability is an intense strength training class with continuous movement incorporating all muscle groups. Non-choreographed.

T.B.T. (Intermediate/Advanced) Total Bodyweight Training. Plyo-drills with non-stop intervals of strength, power, and core exercise. Class uses very little equipment or none at all.

H.I.T. (Advanced) High Intensity Training is a whole body, cardio based (both aerobic and anaerobic) workout with continuous movement that incorporates cardio, strength and stability training. Non-choreographed. Please warm-up prior to entering class.

Mind-Body Descriptions

Yoga/Lates (All Levels) A creative blend of Yoga and Pilates combined for an experience that will leave you feeling lengthened and strengthened. Increase flexibility and feel rejuvenated.

Gentle Yoga (Beginner/Active Older Adult) This class is an invitation to relax, breathe, feel and let go. Gentle Yoga moves you into mind and body awareness.

Pilates (Beginner/Intermediate) Exercises are done mostly on the floor. Breathing, positioning and body alignment are addressed in all classes. Pilates will improve daily activities and prevent injuries in other exercises and sports that you participate in by improving posture, flexibility and core strength.

Pilates and Foam Rolling (Beginner/Intermediate) Pilates body conditioning plus foam rolls to decrease tense muscles and improve body imbalances that may lead to injury. Tennis ball massage occasionally included.

Yoga Core (Beginner/Intermediate) Begins with traditional Hatha Yoga then moves into core work and flows to the end with Vin Yasa Yoga to finish the class relaxing.

Yoga I (Beginner/Intermediate) Exercise that offers slow, easy stretches that will improve your posture, flexibility, and reduce stress. Yoga has been shown to lower high blood pressure, and improve circulation and balance.

Yoga II (Intermediate/Advanced) Flowing Yoga poses that create body awareness, strength, flexibility, concentration, balance and serenity. Designed for those who have participated in Yoga I and have a thorough grasp of the breathing and postures presented.

Aquatic Fitness Class Descriptions

Aqua Interval Training (All Levels) Are you looking for a fat burning aquatic workout that is fun and effective? This program integrates specific principles and creative movement progressions to motivate and challenge a variety of ability levels.

No Swimming Required (All Levels) This is an excellent lower body and cardio workout with every move you make. Add foam dumbbells and move those arms to shape up while having fun! (The class utilizes the shallow end of the pool.)

Water Transformation (All Levels) If land base exercises are hard on your joints but you love the benefits of a good workout then you need to take it to the water! The resistance of the water is very effective for burning calories and strengthening muscles in the shallow and deep ends of the pool.

Ageless Aqua (Beginner) Enjoyable exercise using rhythmical movements to motivate beginners and seniors to adopt an active lifestyle. Water exercises decelerate the affects of aging by improving balance, flexibility, coordination and muscular endurance. This class is also recommended for prenatal, persons with arthritis, diabetes, and heart disease with a note from their physician.

Cross Currents (Intermediate/Advanced) Have you been an aqua exerciser for years and want to move to the next step on the fitness ladder? Then give this new water circuit class a try! It's a fast moving intermediate/advanced class, but feel free to modify movements as needed.