



EXERCISE CLASSES

Chair Yoga

Get fit while sitting down! This class will be focused around using a chair to enhance mobility. Balancing on the chair through sitting, standing, and holding chairs for balance will be taught. The focus is on your own personal needs. The moves are slow motioned.

Age: 18Y & Older

Times: 11:15am-Noon

Code	Dates	Days	Fee*
313001-01	12/04-12/18	Tu	\$30
313001-02	01/15-01/29	Tu	\$30
313001-03	02/05-02/26	Tu	\$40
313001-04	03/05-03/12	Tu	\$20

Power Pilates

Get fit while sitting down! This class will be focused around using a chair to enhance mobility. Balancing on the chair through sitting, standing, and holding chairs for balance will be taught. The focus is on your own personal needs. The moves are slow motioned.

Age: 18Y & Older

Times: 8:15-9:15am

Code	Dates	Days	Fee*
313004-08	12/03-12/17	M	\$30
313004-07	01/7-01/28	M	\$30
313004-06	02/4-02/25	M	\$30
313004-04	3/4-3/18	M	\$30

*Walk-in Fee: \$12

Zumba

Come to Zumba class where you will dance to great music, with great people, and burn a ton of calories without even realizing it! The class is a perfect combo of fun and fitness.

Age: 18Y & Older

Times: 7:00-8:00pm

Code	Dates	Days	Fee*
313007-01	12/05-12/19	W	\$30
313007-02	01/02-01/30	W	\$50
313007-03	02/06-02/27	W	\$40
313007-04	03/06-03/27	W	\$40

Pilates-Power Bar

This hybrid workout class is on the cutting edge of fitness classes. Instructor, Sue Garcia, will provide a workout that will include the fat-burning format of interval training, the muscle shaping technique of isometrics and the long lean look of Pilates. Your posture, flexibility, core muscle, balance, and muscle tone will improve with each class.

Watch your body change with each class. Please bring a mat and one set of 2 – 3 pound weights with you to class.

Age: 18Y & Older

Times: 6:45-7:45pm

Code	Dates	Days	Fee*
313008-02	01/07-03/18	M	\$109
313008-03	04/01-05/20	M	\$79

All classes are located at Gary Morava Recreation Center. Walk-in fee is \$12.



Prospect Heights Park District

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