

# Fitness and Health

## FITNESS

### Fitness for the Active Adult

Exercise has been proven to reduce pain and stiffness, as well as improving strength and overall health! This class is designed for the Active Adult who wants to experience an introduction to cardiovascular fitness while incorporating both strength and balance. Improve your strength, flexibility and posture! Instructor: Brenda Boryca KW

No class November 24

Ages 50 & up | R\$45/NR \$60 | Min. 10/Max. 20

Program #	Day	Date	Time	Location
15200A1	Tu/Th	Aug. 16-Oct. 13	9-9:45a	Plfd Twp Community Center 15014 S. DesPlaines Street
15200A2	Tu/Th	Aug. 16-Oct. 13	10-10:45a	
15200B1	Tu/Th	Oct. 18-Dec. 20	9-9:45a	
15200B2	Tu/Th	Oct. 18-Dec. 20	10-10:45a	

### Walk N Strong - NEW

Walk your way to Fitness and Strength! Plainfield Park District and Louis Joliet Mall will team up to offer this unique class to promote Fitness and Wellness in our community. The hour long class will consist of a 15-20 minute segment in Balance & Functional Fitness (Movements that are essential to everyday activities). We will use tubing, bands and balls to change up our workouts and provide variety in resistance, in order to accommodate all fitness levels. The strength segment will be followed by a mall walk. Wellness presentations will be offered weekly. Topics will include; Fitness Trackers, Nutritional information, Proper Footwear and Fall Prevention. This class is taught by Debbie Stapleton, ACE Certified Medical Exercise Specialist KW

No class November 24 | Ages 40 & up | R/NR \$40

Min. 10/Max. 20

Program #	Day	Date	Time	Location
15203A1	Tu/Th	Sep. 6-Oct. 20	8:30-9:15a	Carson's Court at Louis Joliet Mall 3340 Mall Loop Dr, Joliet, IL
15203B1	Tu/Th	Nov. 1-Dec. 20	8:30-9:15a	

### Silver & Fit - NEW

Plainfield Park District is now a Silver & Fit participating fitness facility! Silver & Fit provides eligible participants with no-cost class participation through arrangements with certain health plans. Silver & Fit is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated. If your health plan offers Silver & Fit you may contact Plainfield Township Community Center at (815) 267-3350 or visit [www.SilverandFit.com](http://www.SilverandFit.com).

### Strength and Balance

In this class we will concentrate on the strength needed to perform activities of daily living such as, rising from a chair, reaching the top shelf, lifting groceries and feeling confident as you walk. We will use bands, tubing and weights to aide in building strength. This class is designed in a small group atmosphere, beginning level, in order to ensure that all participants make positive changes in strength and balance. Instructor Debbie Stapleton is an ACE Certified Medical Exercise Specialist. KW

Ages 55 & up | R/NR \$42 | Min.9/Max. 15

Program #	Day	Date	Time	Location
15204A1	M/Th	Sep. 12-Oct. 27	10:15-11a	Plfd Twp Community Center 15014 S. DesPlaines Street
15204B1	M/Th	Oct. 31-Dec. 19	10:15-11a	

### Functional Fitness - with New Times!

This class is designed for the active older adult in mind! It is designed to avoid or even reverse the declines in physical function which is associated with aging! Functional training incorporates movements that are essential to human movement, push/pull, squats, lunges and multi directional reaches. Cardiovascular exercise, strength and balance are the focus. Instructor: Debbie Stapleton is an ACE Certified Medical Exercise Specialist. KW

Ages 50 & up | R/NR \$18 | Min. 10/Max. 20

Program #	Day	Date	Time	Location
15201A1	M	Sep. 12-Oct. 24	9:15-10a	Plfd Twp Community Center 15014 S. DesPlaines Street
15201A2	M	Oct. 31-Dec. 12	9:15-10a	
15201B1	W	Sep. 14-Oct. 26	12-12:45p	
15201B2	W	Nov. 2-Dec. 14	12-12:45p	

### Cardio Fun!

Step it up a notch with this cardio class especially designed for the Active Adult who wants a faster tempo and motivational exercises! Improve your agility, balance and coordination! This class will include moderate to moderately heavy low impact cardio exercise, focusing on major muscle groups and strengthening for the heart and lungs. Instructor: Brenda Boryca KW

Ages 40 & up | R\$10/NR \$18 | Min. 10/Max. 20

Program #	Day	Date	Time	Price	Location
15202A1	F	Aug. 19-Sep. 9	9-9:45a	\$10 per person	Plfd Twp Community Center 15014 S. DesPlaines Street
15202A2	F	Sep. 16-Oct. 28	9-9:45a	\$18 per person	
15202A3	F	Nov. 4-Dec. 23	9-9:45a	\$18 per person	

## Zumba

Ditch the workout and join the party! Zumba is a fun cardio workout with easy to follow fitness dance steps inspired by Latin rhythms. Dancer or not, burn calories, work up a sweat and just have fun! This class is for all Zumba newbies. We will do fun easy to follow beginner to intermediate steps. Participants will sweat so bring water and a towel! Instructor: Janet DeRudder. KW

Ages 18 & up | R \$42/NR \$53 | Min. 5/Max. 10

Program #	Day	Date	Time	Location
14217A1	Tu	Sep. 13-Oct. 18	12-12:45p	Plfd Twp Community Center 15014 S. DesPlaines Street
14217B1	Tu	Oct. 25-Nov. 29	12-12:45p	

## Circuit Training

Get a total body workout with this great class!! Participants move through cardio and strength stations. They will increase muscle strength and elevate their heart rates. Stations include steps, weights, agility ladder, medicine balls, bosu, jump ropes, and body weights. Fun for all fitness levels, as modifications are available. Please bring a mat for core work and stretching. Instructor: Tricia Manibog KW

No class October 31, November 21, November 24  
Ages 16 & up | R \$72/NR \$90 | Min. 5/Max. 10

Program #	Day	Date	Time	Location
14218A1	M	Sep. 19-Dec. 12	6-6:55p	Streams Rec Center 24319 Cedar Creek Ln.
14218A2	Th	Sep. 22-Dec. 15	6-6:55p	Rec/Admin Center 23729 W. Ottawa St.

## Pilates/Stretch

Discover how to manage stress while learning to breathe which promotes relaxation, flexibility, balance, and energy. There will be an emphasis on increasing arm strength, core body strength, and stability as well as improving range of motion and overall wellness. We will use additional fitness equipment as we move forward in the class. Instructor Elizabeth Stepien KW

No class November 24 | Ages 16 & up | R \$40/NR \$50  
Min. 8/Max. 15

Program #	Day	Date	Time	Location
14219A1	Th	Sep. 15-Dec. 8	6:30-7:30p	Plfd Twp Community Center 15014 S. DesPlaines Street

## ACT FAST Women's Self Defense

A.C.T. F.A.S.T. Women's Self-Defense Seminar. Taught in a single session format, rather than a 6 or 8 week program. There is a strong emphasis on how to develop the mentality needed not to panic, freeze and be incapacitated if confronted by a bigger, stronger, violent predator. Learn to tap into buried survival instincts that we all possess. Learn to THINK FAST...Learn to ACT FAST...Learn to Survive! KW

Ages 18 & up | R \$72/NR \$87 | Min. 15/Max. 20

## REBL Fit Pilates Circuit

Our ReblFLex workout is a circuit workout for larger groups. The workout follows selected exercises from the classic Pilates series. Participants follow a circuit format, moving from one piece of equipment to another to provide challenge and variety to the group. It educates the participants to move correctly, stabilizing and working from the core, strengthening small supporting muscles and increasing flexibility. KW

No class November 22, November 24, November 26.  
Ages 18 & up | R \$144/NR \$180 | Min. 3/Max. 10

Program #	Day	Date	Time	Location
14220A1	Tu	Sep. 13-Dec. 6	6-7a	REBL FIT 23866 W Industrial Dr N, Plainfield
14220B1	Th	Sep. 15-Dec. 8	8-9a	
14220C1	Sa	Sep. 17-Dec. 10	8-9a	
14220D1	Th	Sep. 15-Dec. 8	7-8p	
14220E1	Tu	Sep. 13-Dec. 6	6-7p	

## Power Up! - with New Times

Strength = Power! This class is 30 minutes of resistance training designed to increase lean muscle mass and build strength! We will use bands, tubing, balls and hand weights. Floor exercise on a mat will be incorporated into class using body weight as resistance. Bring a mat to class. Instructor Brenda Boryca KW

Ages 50 & up | Min. 10/Max. 20

Program #	Day	Date	Time	Price	Location
15205A1	F	Aug. 19-Sep. 9	10-10:45a	\$10 per person	Plfd Twp Community Center 15014 S. DesPlaines Street
15205A2	F	Sep. 16-Oct. 28	10-10:45a	\$18 per person	
15205A3	F	Nov. 4-Dec. 23	10-10:45a	\$18 per person	
15205B1	M	Sep. 12-Oct. 24	10-10:45a	\$18 per person	
15205B2	M	Oct. 31-Dec. 12	10-10:45a	\$18 per person	

## Triple Challenge Workout - NEW

60 minutes of exercise broken down in 3 varied segments. Each class will challenge you in the cardio segment, strengthen the body through FUNCTIONAL muscle training and tighten up the midsection through core and abdominal work. This class will challenge a mature body with serious exercises that are easy to follow and gentle on the joints. Instructor Elizabeth Stepien KW

No class November 22, November 24.  
Ages 50 & up | R/NR \$60 | Min. 10/Max. 20

Program #	Day	Date	Time	Location
15206A1	Tu/Th	Sep. 13-Dec. 8	5:30-6:15p	Plfd Twp Community Center 15014 S. DesPlaines Street

Program #	Day	Date	Time	Location
14121A1	W	Sep. 28	6-9p	Plfd Twp Community Center 15014 S. DesPlaines Street
14121B1	Su	Nov. 20	1-3p	

## YOGA

### Gentle Yoga Workshop

Curious to what Gentle Yoga really is? Try this workshop to find out! This class is a safe and effective way to practice yoga regardless of age or experience. Instead of using a yoga mat, a chair is used for the different postures. Instructor Melissa Hart, ERYT KW

Ages 20 & up | R \$15/NR \$18 | Min. 5/Max. 12

Program #	Day	Date	Time	Location
14244A1	Th	Sep. 22	11:15a-12p	Plfd Twp Community Center 15014 S. DesPlaines Street

### Introduction to Yoga Workshop

Ever wonder what yoga is all about? Learn the basics of yoga. Develop a deep understanding of proper alignment and how to move through your poses and practice safely. Learn breathing technique and how to link movement with breath. Instructor Melissa Hart, ERYT KW

Ages 14 & up | R \$15/NR \$18 | Min. 5/Max. 12

Program #	Day	Date	Time	Location
14245A1	W	Oct. 5	7:15-8:15p	Plfd Twp Community Center 15014 S. DesPlaines Street

### Yoga and Barre Class

Barre is all the rage! No previous dance knowledge or experience needed. This class is all about strength, balance, flexibility and is a great cross training workout. Dress comfortably; bring socks and a yoga mat. Instructor Melissa Hart, ERYT KW

No class September 7 | Ages 14 & up | R \$67/NR \$77  
Min. 5/Max. 12

Program #	Day	Date	Time	Location
14251A1	W	Aug. 24-Oct. 5	6:30-7:15p	Plfd Twp Community Center 15014 S. DesPlaines St.
14251B1	W	Oct. 12-Nov. 16	6:30-7:15p	

### Yoga

Yoga enhances flexibility, strengthens muscles, and offers a new outlook on life. This class is designed to ease adults into a discipline that will help refresh their bodies and minds. Participants should bring a yoga mat and refrain from eating at least two hours before class. KW

No class September 5, September 7, September 9  
Ages 14 & up | R \$67/NR \$77 | Min. 5/Max. 15

Program #	Day	Date	Time	Price	Location
14250A1	M	Aug. 22-Oct. 3	7-8p	R \$67 NR \$77	Plfd Twp Community Center 15014 S. DesPlaines Street
14250A2	M	Aug. 22-Oct. 3	9-10a	R \$67 NR \$77	
14250A3	W	Aug. 24-Oct. 5	9:15-10:15a	R \$67 NR \$77	
14250A4	F	Aug. 26-Oct. 7	10:30-11:30a	R \$67 NR \$77	
14250B1	M	Oct. 10-Nov. 14	7-8p	R \$67 NR \$77	
14250B2	M	Oct. 10-Nov. 14	9-10a	R \$67 NR \$77	
14250B3	W	Oct. 12-Nov. 16	9:15-10:15a	R \$67 NR \$77	
14250B4	F	Oct. 14-Nov. 18	10:30-11:30a	R \$67 NR \$77	
14250C1	M	Nov. 28-Dec. 12	7-8p	R \$34 NR \$44	
14250C2	M	Nov. 28-Dec. 12	9-10a	R \$34 NR \$44	
14250C3	W	Nov. 30-Dec. 14	9:15-10:15a	R \$34 NR \$44	
14250C4	F	Dec. 2-16	10:30-11:30a	R \$34 NR \$44	



### Gentle Yoga

This class includes centering, yoga warm-ups, postures, concentrations, breathing exercises and guided relaxation and meditation. Gentle yoga is a safe and effective way to offer yoga to any group, age and level of health when a chair is used in lieu of a mat. Instructor: Melissa Hart, ERYT KW

No class September 5, September 7, September 9,  
November 26, November 28 | Ages 20 & up | Min. 5/Max. 12

Program #	Day	Date	Time	Price	Location
14249A1	M	Aug. 22-Oct. 3	6-6:45p	R \$52/NR \$62	Plfd Twp Community Center 15014 S. DesPlaines Street
14249A2	W	Aug. 24-Oct. 5	10:30-11:15a	R \$52/NR \$62	
14249A3	F	Aug. 26-Oct. 7	9:30-10:15a	R \$52/NR \$62	
14249B1	M	Oct. 10-Nov. 14	6-6:45p	R \$52/NR \$62	
14249B2	W	Oct. 12-Nov. 16	10:30-11:15a	R \$52/NR \$62	
14249B3	F	Oct. 14-Nov. 18	9:30-10:15a	R \$52/NR \$62	
14249C1	M	Nov. 28-Dec. 12	6-6:45p	R \$26/NR \$36	
14249C2	W	Nov. 30-Dec. 14	10:30-11:15a	R \$26/NR \$36	
14249C3	F	Dec. 2-16	9:30-10:30a	R \$26/NR \$36	