

FITNESS AND HEALTH

Circuit Training Mondays

Get a total body workout with this class! Increase muscle strength and elevate your heart rate as you move through cardio and strength stations. Fun for all fitness levels, as modifications are available. Please bring a mat for core work and stretching. Instructor: Clete Richardson KW

No class March 27 | Ages 16 & up | R \$50/NR \$62
Min. 5/Max. 10

Program #	Day	Date	Time	Location
64215A1	M	Jan. 9-Feb. 27	6-6:55p	Streams Rec Center 24319 Cedar Creek Ln.
64215B1	M	Mar. 6-May 1	6-6:55p	

Circuit Training Thursdays

Get a total body workout with this great class! Participants move through cardio and strength stations. Increase muscle strength and elevate your heart rate. 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 March 30 | Ages 16 & up | R \$50/NR \$62
Min. 5/Max. 10

Program #	Day	Date	Time	Location
64214A1	Th	Jan. 12-Mar. 2	6-6:55p	Rec/Admin Center 23729 W. Ottawa St., Plainfield
64214B1	Th	Mar. 9-May 4	6-6:55p	

Fitness for the Active Adults

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 March 28, March 30 | Ages 50 & up
R/NR \$40 | Min. 10/Max. 20

Program #	Day	Date	Time	Location
65200A1	Tu/Th	Jan. 10-Mar. 2	9-9:45a	Pfld Twp Community Center 15014 S. DesPlaines Street
65200A2	Tu/Th	Jan. 10-Mar. 2	10-10:45a	
65200B1	Tu/Th	Mar. 7-May 4	9-9:45a	
65200B2	Tu/Th	Mar. 7-May 4	10-10:45a	

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 includes moderate to moderately heavy low impact cardio exercise, focusing on major muscle groups and strengthening for the heart and lungs. Instructor Brenda Boryca KW

No class Feb. 3 & Mar. 31 | ages 40 & up | R/NR \$18
Min. 10/Max. 20

Program #	Day	Date	Time	Location
65202A1	F	Jan. 13-Mar. 3	9-9:45a	Pfld Twp Community Center 15014 S. DesPlaines Street
65202A2	F	Mar. 17-May 12	9-9:45a	



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 Medial Exercise Specialist KW

No class March 28, March 30 | Ages 40 & up | R/NR \$40
Min. 10/Max. 20

Program #	Day	Date	Time	Location
65203A1	Tu/Th	Jan. 10-Mar. 2	9:15-10a	Carson's Court at Louis Joliet Mall 3340 Mall Loop Dr, Joliet, IL
65203B1	Tu/Th	Mar. 7-May 4	9:15-10a	

Functional Fitness

Designed for the active older adult in mind! Functional exercise requires muscles and joints to move in a coordinated efficient manner. 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

No class March 27, March 29 | Ages 50 & up
R/NR \$18 | Min. 10/Max. 20

Program #	Day	Date	Time	Location
65201A1	M	Jan. 9-Feb. 27	9:15-10a	Pfld Twp Community Center 15014 S. DesPlaines Street
65201A2	M	Mar. 6-May 1	9:15-10a	
65201B1	W	Jan. 11-Mar. 1	12-12:45p	
65201B2	W	Mar. 8-May 3	12-12:45p	

FITNESS AND HEALTH

Strength & Balance

Participants 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

No class March 28, March 30 | Ages 55 & up
R/NR \$42 | Min. 9/Max. 15

Program #	Day	Date	Time	Location
65204A1	M/Th	Jan. 9-Mar. 2	10:15-11a	Pifd Twp Community Center 15014 S. DesPlaines Street
65204B1	M/Th	Mar. 6-May 4	10:15-11a	

Explore!

Explore your inner strength with one of our many health and fitness classes!



Power Up!

Strength = Power! 45 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. Leave this class strong and confident! Bring a mat to class. Instructor Brenda Boryca KW

Ages 40 & up | R/NR \$18 | Min. 10/Max. 21
No Class Feb. 3 & March 10

Program #	Day	Date	Time	Location
65205A1	F	Jan. 13-Mar. 10	10:15-11a	Pifd Twp Community Center 15014 S. DesPlaines Street
65205A2	F	Mar. 17-May 12	10:15-11a	

Triple Challenge Workout

45 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 your body with serious exercises that are easy to follow and gentle on the joints. Instructor Elizabeth Stepien KW

No class March 28, March 30 | Ages 50 & up
R/NR \$50 | Min. 8/Max. 20

Program #	Day	Date	Time	Location
65206A1	Tu/Th	Jan. 10-Mar. 2	5:30-6:15p	Pifd Twp Community Center 15014 S. DesPlaines Street
65206B1	Tu/Th	Mar. 7-May 4	5:30-6:15p	

YOGA

Gentle Yoga Workshop

Curious to what Gentle Yoga really is? Try this workshop and find out! Instructor Melissa Hart, ERYT KW

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

Program #	Day	Date	Time	Location
64244A1	Th	Mar. 23	11:15a-12p	Pifd Twp Community Center 15014 S. DesPlaines Street

Introduction to Yoga Workshop

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
64245A1	W	Mar. 15	6:30-7:30p	Pifd Twp Community Center 15014 S. DesPlaines Street



Basic Beginning Yoga

A welcoming space for students who are new to yoga, or for more experienced students who want to reconnect with the fundamentals. This class is taught in the Vinyasa style, but with special attention paid to alignment and breath. Instructor: Melissa Hart, ERYT KW

No class March 29 | Ages 16 & up | R \$67/NR \$77
Min. 5/Max. 15

Program #	Day	Date	Time	Location
64251A1	W	Jan. 11-Feb. 15	6:30-7:30p	Pifd Twp Community Center 15014 S. DesPlaines Street
64251B1	W	Feb. 22-Apr. 5	6:30-7:30p	
64251C1	W	Apr. 12-May 17	6:30-7:30p	

YOGA

Gentle Yoga

You don't need to stand up to reap the benefits of yoga! Instead of using a yoga mat, a chair is used for the different postures. This class includes centering, yoga warm-ups, yoga 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. Instructor: Melissa Hart, ERYT KW

No class March 27, March 29, March 31
Ages 20 & up | R \$52/NR \$62 | Min. 5/Max. 12

Program #	Day	Date	Time	Location
64249A1	M	Jan. 9-Feb. 13	6-6:45p	Plfd Twp Community Center 15014 S. DesPlaines Street
64249A2	W	Jan. 11-Feb. 15	10:30-11:15a	
64249A3	F	Jan. 13-Feb. 17	9:30-10:15a	
64249B1	M	Feb. 20-Apr. 3	6-6:45p	
64249B2	W	Feb. 22-Apr. 5	10:30-11:15a	
64249B3	F	Feb. 24-Apr. 7	9:30-10:15a	
64249C1	M	Apr. 10-May 22	6-6:45p	
64249C2	W	Apr. 12-May 17	10:30-11:15a	
64249C3	F	Apr. 14-May 19	9:30-10:15a	

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. Instructor Melissa Hart, ERYT, is a registered and certified yoga instructor with more than 18 years of teaching experience. Participants should bring a yoga mat and refrain from eating at least two hours before class. KW

No class March 27, March 29, March 31
Ages 18 & up | R \$67/NR \$77 | Min. 5/Max. 15

Program #	Day	Date	Time	Location
64250A1	M	Jan. 9-Feb. 13	7-8p	Plfd Twp Community Center 15014 S. DesPlaines Street
64250A2	W	Jan. 11-Feb. 15	9:15-10:15a	
64250A3	F	Jan. 13-Feb. 17	10:30-11:30a	
64250B1	M	Feb. 20-Apr. 3	7-8p	
64250B2	W	Feb. 22-Apr. 5	9:15-10:15a	
64250B3	F	Feb. 24-Apr. 7	10:30-11:30a	
64250C1	M	Apr. 10-May 22	7-8p	
64250C2	W	Apr. 12-May 17	9:15-10:15a	
64250C3	F	Apr. 14-May 19	10:30-11:30a	

SILVER & FIT

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 contact Plainfield Township Community Center at (815) 267-3350 or visit www.SilverandFit.com.



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