

FITNESS AND HEALTH

Total Body Conditioning

Mix it up with a fun and challenging workout! 20 minutes of cardio to improve your endurance, 20 minutes of weight training to increase muscle strength and 20 minutes of mat work for balance, flexibility and to tone your entire body. You'll leave class feeling more energized, positive and healthy! This class is for all levels. Bring a mat, clean shoes and water to class. Instructor: Clete Richardson

No class November 19, November 22 | R\$43/NR \$53
Min. 5/Max. 15

| Program # | Day | Date | Time | Location |
|-----------|-----|-----------------|---------|---|
| 14204A1 | M | Sep. 10-Oct. 22 | 6-6:55p | Streams Rec Center 24319 Cedar Creek Ln. |
| 14204A2 | Th | Sep. 13-Oct. 25 | 6-6:55p | Rec/Admin Center 23729 W. Ottawa St. |
| 14204B1 | M | Oct. 29-Dec. 17 | 6-6:55p | Streams Rec Center |
| 14204B2 | Th | Nov. 1-Dec. 20 | 6-6:55p | Rec/Admin Center |

Cardio Fun / Power Up

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

No class November 22 | Ages 40 & up | R/NR \$35
Min. 10/Max. 20

| Program # | Day | Date | Time | Location |
|-----------|------|-----------------|-------------|--|
| 15202A1 | Tu,F | Sep. 11-Oct. 26 | 9:45-10:45a | Plfd Twp Community Center 15014 S. DesPlaines St. |
| 15202A1 | Tu,F | Oct. 30-Dec. 18 | 9:45-10:45a | |

Strength and Balance

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 Elizabeth Stepien KW

No class November 22, December 10 | Ages 55 & up
R/NR \$35 | Min. 9/Max. 20

| Program # | Day | Date | Time | Location |
|-----------|------|-----------------|-----------|--|
| 15204A1 | M,Th | Sep. 10-Oct. 25 | 10:15-11a | Plfd Twp Community Center 15014 S. DesPlaines St. |
| 15204B1 | M,Th | Oct. 29-Dec. 20 | 10:15-11a | |

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 22 | Ages 50 & up | R/NR \$40
Min. 10/Max. 20

| Program # | Day | Date | Time | Location |
|-----------|-------|-----------------|---------|--|
| 15200A1 | Tu,Th | Aug. 28-Oct. 18 | 9-9:45a | Plfd Twp Community Center 15014 S. DesPlaines St. |
| 15200B1 | Tu,Th | Oct. 23-Dec. 18 | 9-9:45a | |



Functional Fitness

Designed with 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 Elizabeth Stepien KW

No class December 10 | Ages 50 & up | R/NR \$18
Min. 10/Max. 20

| Program # | Day | Date | Time | Location |
|-----------|-----|-----------------|----------|--|
| 15201A1 | M | Sep. 10-Oct. 22 | 9:15-10a | Plfd Twp Community Center 15014 S. DesPlaines St. |
| 15201B1 | M | Oct. 29-Dec. 17 | 9:15-10a | |

Prevent T2 Diabetes

This Prevent T2 program includes a trained lifestyle coach, CDC-approved curriculum and a group environment. Learn to eat healthy, get physically active, manage stress, stay motivated, and solve problems that can get in the way of healthy changes. PreventT2 is a year-long program broken into 3 sessions, meeting for one hour most weeks for the first 6 months and once or twice a month for the second 6 months. You may have pre-diabetes and be at risk for type 2 diabetes if you: are 45 years of age or older, are overweight, have a family history of type 2 diabetes, are physically active fewer than 3 times per week or ever had diabetes while pregnant (gestational diabetes). KW

Ages 18 & up | R\$120/NR \$150 | Min. 10/Max. 20

| Program # | Day | Date | Time | Location |
|-----------|-----|----------------|------|---|
| 14101A1 | Th | Sep. 6-Dec. 27 | 6-7p | Rec/Admin Center 23729 W. Ottawa St. |

On The Ball!

Try this new class and be On The Ball! It is the unstable surface of the ball that makes this class unique! The advantage is that the instability challenges coordination, posture, balance and strength. The ball requires you to engage and activate more muscles than doing the same exercise on a flat surface. We will focus on posture, as good posture can take years off your appearance and evokes an image of confidence and health. Instructor: Elizabeth Stepien KW

No class November 22 | Ages 40 & up | R/NR \$18
Min. 10/Max. 20

| Program # | Day | Date | Time | Location |
|-----------|-----|-----------------|--------------|--|
| 15210A1 | Th | Sep. 6-Oct. 18 | 11:15-11:45a | Plfd Twp Community Center 15014 S. DesPlaines St. |
| 15210B1 | Th | Oct. 25-Dec. 13 | 11:15-11:45a | |



Tai Chi

Improve muscular strength, flexibility, fitness, immunity, relieve pain and quality of life. Muscle strength is important for supporting and protecting joints and is essential for normal physical function. Flexibility exercises enable people to move more easily, and facilitate circulation body fluid and blood, which enhance healing. Fitness is important for overall functioning of the heart, lungs, and muscles. In addition to these components, tai chi movements emphasize weight transference to improve balance and prevent falls. Instructor Erica Bough KW

Ages 20 & up | No class September 19, September 20, November 22 | R\$67/NR \$77 | Min. 5/Max. 20

| Program # | Day | Date | Time | Location |
|-----------|-----|-----------------|---------|---|
| 15216A1 | W | Sep. 5-Oct. 17 | 9-9:45a | Plfd Twp Community Center 15014 S. DesPlaines Street |
| 15216A2 | Th | Sep. 6-Oct. 18 | 3-3:45p | |
| 15216B1 | W | Oct. 24-Nov. 28 | 9-9:45a | |
| 15216B2 | Th | Oct. 25-Dec. 6 | 3-3:45p | |

Self-Defense for Active Adults

Learn how to protect yourself in daily life. Instructors will teach you how to be more prepared and to learn the importance of self-awareness which promotes self-confidence. You can also learn to use anything such as a cane, purse etc. to help protect yourself if you find yourself in an unsafe situation. KW

Ages 55 & up | R\$10/NR \$12 | Min. 8/Max. 20

| Program # | Day | Date | Time | Location |
|-----------|-----|--------|------|---|
| 15401A1 | M | Oct. 1 | 1-2p | Plfd Twp Community Center 15014 S. DesPlaines Street |

Artistic Tai Chi

In Artistic Tai Chi we will be using a practice Sword (Jian) to develop not only heightened focus, but also the skill of extending the intrinsic energy through the hands and arms. The sword is made of a plastic like material and the swords vary in size and weight. It is the most refined of all Taijichuan weapons and practices. Sword form can expand your Tai Chi studies so that you will practice more and continue to improve your health. Being a gentle form it is not too vigorous so is suitable for all levels and ages including seniors. KW

Ages 20 & up | No class September 19 | R\$39/NR \$49
Min. 5/Max. 20

| Program # | Day | Date | Time | Location |
|-----------|-----|-----------------|-------------|--|
| 15217A1 | W | Sep. 5-Oct. 17 | 9:50-10:20a | Plfd Twp Community Center 15014 S. DesPlaines St. |
| 15217B1 | W | Oct. 24-Nov. 28 | 9:50-10:20a | |

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YOGA



Yoga

Enhance flexibility, strengthens muscles and gain a new outlook on life. 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

Ages 14 & up | No class September 3, September 5, September 7 | Min. 5/Max. 15

| Program # | Day | Date | Time | Price | Location |
|-----------|-----|-----------------|--------|------------------|---|
| 14250A1 | M | Aug. 20-Oct. 1 | 7-8p | R\$67 NR \$77 | Pfld Twp Community Center 15014 S. DesPlaines St. |
| 14250A2 | W | Aug. 22-Oct. 3 | 9-10a | R\$67 NR \$77 | |
| 14250A3 | F | Aug. 31-Oct. 12 | 10-11a | R\$67 NR \$77 | |
| 14250B1 | M | Oct. 8-Nov. 12 | 7-8p | R\$67 NR \$77 | |
| 14250B2 | W | Oct. 10-Nov. 14 | 9-10a | R\$67 NR \$77 | |
| 14250B3 | F | Oct. 19-Nov. 30 | 10-11a | R\$67 NR \$77 | |
| 14250C1 | M | Nov. 19-Dec. 17 | 7-8p | R\$56 NR \$66 | |
| 14250C2 | W | Nov. 21-Dec. 19 | 9-10a | R\$56 NR \$66 | |

Gentle Yoga Workshop

Curious to what Gentle Yoga really is? Try this workshop to find out! This class is 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\$10/NR \$12 | Min. 5/Max. 12

| Program # | Day | Date | Time | Location |
|-----------|-----|---------|-------------|--|
| 14244A1 | F | Sep. 14 | 9:30-10:15a | Pfld Twp Community Center 15014 S. DesPlaines St. |

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. 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

Ages 20 & up | No class September 3, September 5
Min. 5/Max. 15

| Program # | Day | Date | Time | Price | Location |
|-----------|-----|---------------------|------------------|------------------|---|
| 14249A1 | M | Aug. 20-Oct. 1 | 6-6:45p | R\$52 NR \$62 | Pfld Twp Community Center 15014 S. DesPlaines St. |
| 14249A2 | W | Aug. 22-Oct. 3 | 10:30- 11:15a | R\$52 NR \$62 | |
| 14249B1 | M | Oct. 8-Nov. 12 | 6-6:45p | R\$52 NR \$62 | |
| 14249B2 | W | Oct. 10- Nov. 14 | 10:30- 11:15a | R\$52 NR \$62 | |
| 14249C1 | M | Nov. 19- Dec. 17 | 6-6:45p | R\$43 NR \$53 | |
| 14249C2 | W | Nov. 21- Dec. 19 | 10:30- 11:15a | R\$43 NR \$53 | |

Happy Back Yoga Workshop

Back Pain?! Many aspects of yoga make it ideal for treating back pain. Learn how to keep your back happy through lecture and experiential poses. In this workshop you can learn how yoga can help with pain, strength, flexibility and the do's and don'ts of posture and every day movement. Instructor: Melissa Hart, ERYT KW

Ages 18 & up | R\$20/NR \$25 | Min. 5/Max. 12

| Program # | Day | Date | Time | Location |
|-----------|-----|---------|------------|--|
| 14248A1 | W | Sep. 19 | 6:30-7:30p | Pfld Twp Community Center 15014 S. DesPlaines St. |
| 14248B1 | W | Nov. 7 | 6:30-7:30p | |