

# Crestwood Recreation and Wellness Center

## Group Exercise and Water Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Aqua Fitness</b> 8:35-9:35am Sue Pool	<b>Aqua Fitness</b> 8:10-9:10am Nancy Pool	<b>Aqua Fitness</b> 8:35-9:35am Sue Pool	<b>Aqua Fitness</b> 8:10-9:10am Nancy Pool	<b>Aqua Fitness</b> 8:10-9:10am Diana Pool	<b>Aqua Fitness</b> 8:15-9:15am Diana Pool
<b>Water Walking</b> 9:45 - 10:30am Sue Pool	<b>Arthritis Class</b> 9:20 - 10:05am Tom Pool	<b>Water Walking</b> 9:45 - 10:30am Sue Pool	<b>Arthritis Class</b> 9:20 - 10:05am Nancy Pool	<b>Water Walking</b> 9:20 - 10:05am Diana Pool	<b>Cardio Kickboxing</b> 9:30 - 10:45am Diana <b>MP Room</b>
<b>Pump It Up</b> 10 - 11:15am Diana <b>MP Room</b>		<b>Pump It Up</b> 10 - 11:15am Diana <b>MP Room</b>	<b>Balance, Bands and Bingo</b> 11:15a - 12:30p See flyer in lobby	<b>Pump It Up</b> 10:15 - 11:15am Diana <b>MP Room</b>	
<b>Rusty Hinges</b> 1:05 - 1:50pm Chris Pool	<b>Rusty Hinges</b> 1:05 - 1:50pm Sue Pool	<b>Rusty Hinges</b> 1:05 - 1:50pm Chris Pool	<b>Rusty Hinges</b> 1:05 - 1:50pm Cathi Pool		
	<b>Pump It Up</b> 6:15 - 7:30pm Diana <b>MP Room</b>	<b>Cardio Variety</b> 5:15 - 6:15pm Diana <b>MP Room</b>	<b>Pump It Up</b> 6:15 - 7:30pm Diana <b>MP Room</b>	<b>Can't commit to a membership because of your schedule?                      Purchase an Exercise Punch Card (EPC)                      20 Classes for \$160.00</b>	
<b>Cardio Splash</b> 6:30 - 7:30pm Diana Pool	<b>Cardio Splash</b> 7-8pm Sue Pool	<b>Cardio Endurance</b> 6:30 - 7:30pm Sue Pool			

\*\* All group exercise and water fitness classes are included with any All Inclusive membership.

\*\*Exercise Punch Card(EPC) may be purchased by residents and non-residents which can be used for all group exercise and water fitness classes listed on this sheet.

\*\* Exercise Punch Card (EPC) 20 Classes for \$160.00

\*\* EPC's cannot be used for lap swim, senior swim or family swims.

\*\* Group exercise and water fitness classes are for ages 16 years and older.

\*\* Please consult your physician before participating in any group exercise or water fitness classes if you have had any major surgeries or health problems.

**CLASS DESCRIPTIONS  
ON REVERSE SIDE**

# Class Descriptions

## GROUP EXERCISE – CLASS DESCRIPTIONS

### Pump It Up!

A whole body weight training and exercise class. Lose weight by building and toning your muscles while still having fun to great music. You will increase strength, muscle and bone density. This class will show you many ways to sculpt your abs and buns. The best part is that there is no jumping.

### Cardio Kickboxing

Come lose weight, meet new friends, and have lots of fun. This class will show you many ways to sculpt your arms, abs and buns. Lets step it up to kickboxing and watch the pounds melt away.

### Cardio Variety Circuit

Expect the unexpected when you come to this cardio variety class. Something new and exciting every Wednesday. Come sweat and burn lots of calories. You will increase strength, muscle and bone density. Cardio is the way to go. And on some Wednesdays we will even do some circuit training.

## WATER FITNESS – CLASS DESCRIPTIONS

### Water Cardio Endurance (WCR)

A high intensity water aerobics class that takes interval training from the gym and adds water resistance to burn more calories. You will achieve a full body workout with the use of water gloves, other equipment and, of course, the water. Come and burn calories while having fun in the water.

### Cardio Splash

A high-intensity cardiovascular water workout that increases strength and endurance. This class is designed to increase your flexibility, improve your balance, core strength and to give you a whole body workout. The nature of water creates the ability for any individual to generate the intensity necessary for a fantastic workout.

### Aqua Fitness

This mid-intensity water workout emphasizes total body conditioning using the natural resistance of the water. This class is designed to improve your flexibility, balance, endurance and overall cardiovascular fitness. Participants can vary their own pace to suit their unique goals and needs.

### Rusty Hinges

If you have arthritis and/or joint problems this fun, friendly low-intensity aerobic workout is for you. This class is designed for all ages and abilities, ranging from beginner to advanced. We'll work on range of motion, muscle tone, flexibility, and rehabilitation with a little low-intensity cardio worked in as well. This is a great class for those recovering from injury or surgery. \*\*Great Beginning Class\*\*

### Water Walking

This low-intensity water workout utilizes both upper and lower body muscle groups to challenge you at various intensity levels. The water is used to create the current and force necessary to provide appropriate resistance. This class will challenge all muscles groups without the impact on your joints.

### Arthritis Aquatics

This low-intensity class is designed with the purpose of providing an opportunity for people with arthritis and other similar conditions to participate in a group water fitness class and to have fun. The class improves range of motion, muscle strengthening, flexibility, balance and endurance.

**Crestwood Recreation and Wellness Center**  
**5331 W. 135th Street ~ Crestwood, IL 60445 ~ (708) 371-4810**  
**[www.CrestwoodFitness.com](http://www.CrestwoodFitness.com)**