



HIGHLAND

PARKS & RECREATION... The *FUN* Theory!

Ph: (618) 651-1386 • Fax: (618) 651-1387 • www.highlandil.gov

**REGISTRATION BEGINS:
DECEMBER 19TH**

Aerobic Classes Jan 2nd - Mar 10th

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Aerobic Classes							
am	9:30-10:25am	I Aquarobics Jinee	I Joints in Motion Jinee	I Aquarobics Jinee	I Joints in Motion Jinee	I Aquarobics Jinee	
pm	6:15-7:10pm		I Aquarobics Vicki M.		I Aquarobics Karen R.		
Aerobic Classes The classes in <i>italics</i> are held in the gymnasium							
am	5:30-6:25am		III <i>Boot Camp</i> Tina		III <i>Boot Camp</i> Tina		
	8:00-8:55am						III <i>Boot Camp</i> Tina
	8:15-9:10am		I <i>Basic L.I. Intervals</i> Jinee		I <i>Basic L.I. Aerobics</i> Jinee		
	10:00-10:55am						I Zumba® BASICS Kathy
pm	5:00-5:55pm		II <i>Balls, Bells & Bands</i> Tina				
	5:00-5:55pm	II <i>Power Circuit Training</i> Tina	Kids	II <i>Butts and Guts</i> Tina	II <i>Balls, Bells & Bands</i> Tina		
	5:30-6:25pm	II Step Kim		II Pilates Kim	New Zumbatomic® Kids Summer Ends 6:15pm		
	6:00-6:55pm	II <i>Cardio & Core</i> Tina		II <i>Step Interval Training</i> Tina			
	6:30-7:25pm	II Zumba® Anita		II Zumba® Anita			
	7:00-7:55pm		I <i>Zumba® Toning</i> Kathy No childcare		I <i>Zumba® BASICS</i> Kathy No childcare		

Need a BOOST after class? Enjoy one of our signature fruit smoothies for only \$3!



KEY:

- I = NOVICE, Low-Impact
- II = INTERMEDIATE, Low to Mid-Impact
- III = EXPERT, High to Extreme-Impact

Kim's Classes begin Jan. 9th

Released: Dec. 16

Class Descriptions on back →

NEW CLASS FEES

\$25.00 Members

\$32.00 Non-members

EARLY REGISTRATION DISCOUNTS

Discounts only good for individuals & during the early sign-up period
(Dec. 19 - Dec. 31)

MEMBERS

1st class \$25.00
2nd+ class(es) \$5.00

NON-MEMBERS

1st class \$32.00
Additional classes 10% off

CHANCE CARDS:

This card allows you to attend **16 classes** without committing to a specific class time.
If a class is full, chance card holders may enter two minutes prior to the class start time if enrollees are absent.

F E E S: \$45.00 Members

\$60.00 Non-members

DROP-IN:

A guest may pay a drop in fee for a class on that day and attend if the class is not full or enrollees are absent.

F E E S: \$3.00 Members

\$4.50 Non-members

CLASS MINIMUMS:

5-7 people must be met three days prior to the start of class or they may be cancelled due to lack of enrollment.

CANCELLED CLASSES:

If class is cancelled due to weather or instructor, a make-up pass good for 2 months from cancelled class will be issued. Make-up passes will be available at the front desk.

JOIN A CLASS IN PROGRESS:

You are welcome to join a class already in progress at a prorated rate.
For more information or any questions, please call 618.651.1386

ALL CLASSES NOW 10 WEEKS LONG

Day Care Available!!

Mon-Fri 8am-12pm

Mon-Thurs 4:15-7:45pm

Sat 8am-11:30am

\$2.50 per visit

\$45 for a 20 visit punch pass

\$125 UNLIMITED yearly use (1 Child)

\$100 for each additional child

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AQUAROBCICS ~ I

A low impact total body workout that uses water as your resistance while you splash your way to a better body!

BALLS, BELLS, & BANDS - Oh my! ~ II

Class incorporates medicine balls, yoga balls, dumbbells, kettlebells, & toning bands to strengthen and tone every major muscle group in the body.

BASIC LOW-IMPACT AEROBICS ~ I

This low stress class will give you a full body workout through stretches, yoga, exercise ball, weights, and low- impact cardio.

BASIC LOW-IMPACT INTERVALS ~ I

One minute intervals that will keep your heart rate up while doing strength training, cardio, and abdominal work.

BOOT CAMP ~ III

This rigorous circuit workout will be comprised of sit-ups, pushups, cardio, & weight stations. The high energy and fast pace will be challenge.

BUTTS AND GUTS ~ II

Target your glutes and abdominal section with intervals of cardio. This class is sure to get you swimsuit ready in no time!

CARDIO & CORE ~ II

Class that incorporates a variety of cardio exercises to get your heart rate up for approximately 30 minutes, and then toning/strengthening for the core for approximately 30 minutes.

JOINTS IN MOTION ~ I

A slower paced aqua class to increase joint range of motion, strengthen muscles, and build endurance with minimum pressure on the joints.

KIDS-B-FIT 3-6YRS

Class is for children 3-6 years old. The class will help develop motor and social skills as well as teaching basic health skills while having fun doing various exercises.

PILATES ~ II

Tone and strengthening your body's core muscles, increase your flexibility, and stabilize your body's core. Breathing exercises are incorporated to promote relaxation.

POWER CIRCUIT TRAINING ~ II

This class is a combination of strength and free weights. The workout is designed to move participants through a sequence of exercises for a total body workout.

STEP ~ II

A choreographed step aerobics class incorporating cardio intervals to increase calorie and fat burning polished off with some core conditioning and stretching.

STEP INTERVAL ~ II

A step aerobic interval class combines cardio using the step and intervals of strength training to burn fat & tone muscles.

ZUMBA® ~ II & ZUMBA® BASICS ~ I

The Latin inspired, easy-to-follow, calorie burning feel-it-to-the-core FITNESS PARTY.™ Get into shape without knowing it! It's a FIESTA!

ZUMBATOMIC® 5-9YRS

Rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more.

ZUMBA® TONING ~ I

class blends body-sculpting techniques and Zumba moves into one calorie-burning, strength-training class.