



Korte Recreation Center

Aerobic Classes Aug 2nd - Sept 24th

Revised: 8/24/10

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Water Aerobic Classes These will be held at the Outdoor Pool until Aug 22nd due to maintenance on the Indoor Pool					
9:30-10:30am	I Aquarobics Jinee	I Joints in Motion Jinee	I Aquarobics Jinee	I Joints in Motion Jinee	I Aquarobics Jinee
6:15-7:15pm		I Aquarobics Vicki M.		I Aquarobics Karen R.	
Aerobic Classes The classes in <i>italics</i> are held in the gymnasium.					
5:30-6:30am	II <i>Industrial Strength</i> Tina	III <i>Athletic Conditioning</i> Tina	II <i>Core Domination</i> Tina	III <i>Boot Camp</i> Tina	
8:15-9:15am	II Zumba® Anita	I Basic LI Aerobics Jinee	II Zumba® Anita	I Basic LI Aerobics Jinee	
4:30-5:30pm		II <i>Swimsuit Slimdown</i> Tina		II <i>30-20-10</i> Tina	
5:30-6:30pm		II <i>Step Intervals</i> Tina	II Zumba® Anita	III <i>Athletic Conditioning</i> Tina	
6:15-6:45pm		Kids B-Fit (3-6yrs) Dusty			
6:30-7:30pm	III <i>30-20-10</i> Tina	II <i>Guts & Butts</i> Tina	II <i>Step Intervals</i> Tina		
6:30-7:30pm	II Zumba® Anita				

New Time →

****Registration starts on July 19, 2010****

Indoor Pool CLOSED Aug 2nd - Aug 22nd for maintenance. Classes will be held at the Outdoor Pool.

NO CLASSES FOR TINA OR IN THE GYM:

Aug 2nd - 7th.

Rates have been prorated accordingly.

WWW.HIGHLANDIL.GOV

See class **KEY** and **DESCRIPTIONS**
on reverse side



KEY:

I = **NOVICE**, Low-Impact

II = **INTERMEDIATE**, Low to Mid-Impact

III = **EXPERT**, High to Extreme-Impact

CLASS FEES

\$23.00 Members

\$27.00 Non-members

EARLY SIGN-UP DISCOUNTS

Discounts only good for individuals & during the sign-up period (**July 19th - Aug 1st**).

MEMBERS

1st class	\$23.00
2nd class	25% off
3rd class	50% off
4th + classes	75% off

NON-MEMBERS

1st class	\$27.00
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 : \$51.00 Members

\$59.00 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 : \$3.50 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:

Classes cancelled due to weather/instructor will be credited directly to your account.

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



Day Care Available!!

Mon-Fri 8am-12pm

Mon-Thurs 4:15-7:45pm

\$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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FITNESS CLASS DESCRIPTIONS

AQUAROBICS ~ I

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

ATHLETIC CONDITIONING ~ III

This class is for individuals wanting to improve their athletic stamina.

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.

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.

CORE DOMINATION ~ II

This class will focus on exercises that help strengthen your core. Mainly abdominal, glut and thigh exercises.

GUTS AND BUTTS ~ II

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

INDUSTRIAL STRENGTH ~ II

Need to enhance muscle strength, endurance, & flexibility? Industrial Strength will define major muscle groups. Hand weights & bands will be used for resistance.

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

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.

STEP INTERVAL ~ II

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

SWIMSUIT SEASON SLIMDOWN ~ II

Swimsuit season is here! This class will work problem areas through cardio and strength training. Each class will be dedicated to making you look your sexiest in a swimsuit!

ZUMBA® ~ II

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!

30-20-10 ~ III

30 min. of cardio, 20 min. of toning and 10 min. of abdominal work!! Good luck!