challenge fitness

Holiday Season

GROUP FITNESS CLASSES

STAY ACTIVE ❄ STAY HEALTHY ❄ STAY STRONG

CLASSES INCLUDED WITH MEMBERSHIP

No SilverSneakers® or Aquatic Group Fitness classes December 21–January 3.

MONDAY DECEMBER 21	
5:15 PM	TRX POWER-UP
6:00 PM	POWER PILATES

TUESDAY DECEMBER 22	
5:00 PM	FIERCE

WEDNESDAY DECEMBER 23	
5:30 PM	WERQ

SATURDAY DECEMBER 26	
7:30 AM	ZUMBA GOLD

SUNDAY DECEMBER 27	
8:15 AM	ZUMBA

MONDAY DECEMBER 28	
5:15 PM	TRX POWER-UP
6:00 PM	POWER PILATES

TUESDAY DECEMBER 29	
5:00 PM	FIERCE

WEDNESDAY DECEMBER 30	
5:30 PM	WERQ

SATURDAY JANUARY 2	
7:30 AM	ZUMBA GOLD

SUNDAY JANUARY 3	
7:15 AM	POWER PILATES
8:15 AM	ZUMBA

GROUP FITNESS GUIDELINES

WE STRONGLY ENCOURAGE PARTICIPANTS TO BRING OWN MAT TO CLASS.

Class Schedules: Schedules may change, and classes are 45 minutes unless otherwise noted.

Arrival & Timing: To minimize disruptions, please arrive 5-7 minutes before class. Being on time is essential as the warm-up phase is crucial for safe exercise. No entry will be permitted after the warm-up has ended.

Respect & Etiquette: Please respect fellow participants by avoiding private conversations, muting device sounds, and minimizing cell phone use during class.

Instructor Availability: Instructors may be substituted or class formats adjusted if needed. Classes are subject to minimum and maximum attendance requirements, instructor or location changes, and cancellation at the supervisor's discretion.

Low Enrollment Policy: Classes may be cancelled if attendance is 2 or fewer participants for 6 consecutive weeks. We aim to keep classes running, so your participation matters!

Age Requirements: Participants must be 14 or older. Aqua class participants aged 13-15 must be supervised by an adult (18+).

HOURS OF OPERATION

Monday - Friday: 5 AM - 10 PM

Saturday/Sunday: 7 AM - 8 PM

HOLIDAY HOURS

Christmas Eve: 5 AM - 1 PM

Christmas Day: Closed

New Year's Eve: 5 AM - 1 PM

New Year's Day: Closed

Lockport Township Park District/Challenge Fitness reserves the right to close the facility or portions thereof in order to perform maintenance, preventative maintenance, or tend to matters involving public safety without providing refunds and/or prorations for memberships or selected programs.

LOCKPORT TOWNSHIP PARK DISTRICT/CHALLENGE FITNESS

2021 S LAWRENCE AVENUE, LOCKPORT IL 60441

WWW.LOCKPORTPARK.ORG | 815-838-1183

WE STRONGLY ENCOURAGE PARTICIPANTS TO BRING OWN MAT TO CLASS.

CLASS DESCRIPTIONS

Fierce - ***Multi-Level*** - This HIIT-inspired total body workout will challenge your strength and endurance while boosting your metabolism along with your confidence. This class will sculpt, shred and redesign your body, leaving you feeling fit, fabulous and FIERCE!

Power Pilates - ***Multi-Level*** - Are you up for some challenging workouts? Focus on different muscle groups with a combination of Pilates, Strength and HIIT workouts that will give the best results for a leaner, stronger you! Incorporate key principles of breath control and concentration, great for multi-level.

TRX Power-Up - ***Multi-Level*** - Build power, strength, flexibility, core stability and balance all at the intensity you choose. Class requires the use of the TRX Suspension Trainer, a training tool that will be provided. Class will also include other equipment such as weights, bands, etc. Exercises and progressions are limitless, a great alternative for the beginner to the advanced athlete.

WERQ - ***Multi-Level*** - A fun, high-energy, addictive cardio dance fitness class incorporating trending pop, rock and hip hop music. Come join in this ultimate dance party with repetitive dance steps designed for all fitness levels.

Zumba - ***Multi-Level*** - We take the "work" out of workout, by mixing low intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

Zumba Gold - ***Beginner/Mature Adult Level*** - A fun easy to follow class that lets you move to the beat at your own pace! This class provides modified, low-impact moves for active older adults, as well as any beginners to dance fitness. Class has numerous benefits for all levels.

MOVE BETTER, FEEL STRONGER, TOGETHER!

NON-MEMBER DROP-IN:
Ages 18+: $10 R / $12 NR
Student: $8 R / $10 NR
Senior: $8 R / $10 NR
10-Class Pass: $70 R

CAPACITY NUMBERS
Cycle - 20 | DPCC - 40
Pool - 40 | Red - 12
Studio - 40

INTENSITY LEVELS

Beginner/Mature Adult Level - Class designed for new exercisers, older adults or individuals with movement challenges. Format may be suitable for seated activity.
Multi-Level - Class designed for a range of fitness levels Instructor will offer modifications to accommodate fitness abilities.
Intermediate/Advanced Level - Class designed for higher fitness levels and/or prior exercise experience in similar format.

COLD & FLU SEASON GUIDELINES:
Please avoid visiting the facility if you have cold/flu-like symptoms. Members must clean equipment before and after use; disinfecting wipes are provided throughout the facility. During workouts, please refrain from sharing equipment.