Tinley FITNESS
8125 W 171st Street
Tinley Park, IL 60477
www.tinleyparkdistrict.org

Group Fitness Schedule

October - December 2026

updated 9/14/26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 am Sunrise Cycle		5:45 am Sunrise Cycle		5:45 am Cycle 45	
				8:30 am Muscle Madness	8:00 am Revolution Cycle
8:30 am Zumba	8:30 am Aqua Yoga	8:30 am Water Workout	8:30 am Water Workout	8:30 am Morning H2O	9:00 am Max Strength
	9:00 am Triple Threat	9:00 am Muscle Madness	9:00 am Barre Intensity *	9:30 am Muscle Madness	10:15 am Yoga Foundations
9:00 am Aqua Blast	9:45 am Aqua Power			9:45 am Aqua Fusion	
10:00 am Gentle Yoga	10:00 am HI-PI	10:00 am Zumba	10:00 am Fit & Sit		
11:00am Fit & Sit	11:00 am SS Classic	11:00 am Chair Yoga	11:00am Pilates Fusion	11:00 am Active Chair Yoga	SUNDAY
5:00 pm Barre Blast*	5:00 pm PI-Yo	5:00 pm Cardio Combat	5:00 pm Body Tone		
6:00 pm Cardio Core	5:45 pm Party Rock Cycle		6:00 pm Yoga Foundations		
			6:45 pm Aqua Zumba		
	6:45 pm Zumba	7:00 pm Zumba			

HOLIDAY HOURS
11/26 Thanksgiving Day 7am-2pm
12/24 Xmas Eve 7am-2pm 12/25 Xmas Day -CLOSED
12/31 NYE 7am-2pm 1/1 NYD 8am-1pm

We will do our best to send updated TF information to all Active Members regarding facility changes, pool usage, schedules and promotions . Please make sure your email is updated in our system.

GROUP FITNESS GUIDELINES

As advised Members/Guests must be at least age 13 to participate. For aqua classes ages 13-15 must have an adult 18+ years for supervision. We will continue to monitor the current conditions and update you with changes to our schedule.

Schedules are subject to change. Classes are 45 minutes in length. To limit disruptions, please arrive to in-person classes at least 5-7 minutes prior to the start time.

We still monitor class capacity for mobility and safety. Front desk staff will issue class number cards 30 minutes prior to the designated class start time. Please DO NOT arrive any earlier or linger if you're only attending a class. For Aqua Classes participants will be asked to clear the water 5 minutes after the class ends.

You will line up as directed by a staff member to gain access to your class. When the instructor arrives and is prepared, capacity cards will be collected prior to class time. Please be on time. The warm-up is an important component and prepares your body for exercise by increasing circulation to the muscles. To minimize disruptions, there will be NO ADMITTANCE to classes after the warm-up.

If an instructor is unavailable, a substitution format may be offered. Classes are subject to minimum/maximum, instructor/location changes, and/or cancellation at manager's discretion. For inclement weather, outdoor classes will be relocated indoors. Classes may be subject to cancellation if we continue to see low enrollment. Low enrollment is defined as 0, 1, 2 participants in attendance for 3 consecutive weeks. Our goal is to keep classes running.

Prepare for class! Review class descriptions. Have these items ready prior to the start of class to ensure you get the best fitness experience.

Please respect other participants: refrain from private conversations during class.

FITNESS CENTER HOURS

MAY 01 - SEP 30		OCT 01 - APR 30	
M-F	5:30am-9:00pm	M-F	5:30am-10:00pm
SAT	7:00am-5:00pm	SAT	7:00am-8:00pm
SUN	7:00am-4:00pm	SUN	7:00am-5:00pm

No access to the women's locker room
Monday - Friday 12:00pm - 12:30pm due to cleaning.

Tinley Fitness cannot guarantee class enrollment. Capacities are to be followed by members as instructed by staff for safe class participation ratios.

Current Capacity Numbers: Cycle 19, Aqua 40, Land 35. *25 CAPACITY

Calendar on our facility page!
www.tinleyparkdistrict.org Questions?
708-342-4255

CARDIO CLASS DESCRIPTIONS

Cardio Combat - *Multi-Level* - Unleash your inner fighter! This empowering workout inspired by kickboxing and mixed martial arts (MMA) boosts cardio endurance and adds a touch of strength for a total body workout.
HI-PI - *Multi-Level* - High Intensity intervals coupled with Pilates Inspired core movements. Two amazing workouts in one class! Burn fat & get lean with intense bursts of exercise, followed by short recovery periods. Build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn during and after the workout.
Triple Threat - *Multi-Level* - Experience and enjoy the power of movement with a cardio flow! Continue to move with or without weights to target mucscles & improve strength, power & range of motion. Finish with a focus on functional movement, balance, mobility and stability.
Zumba - *Multi-Level* - A Latin Dance Fitness Party! Combine fast & slow rhythm dances for an interval-style, calorie-burning dance routine. Moves such as Salsa, Cumbia & Reggaeton are combined with other dance genres everyBODY moving to the beat.
Cardio Core - Multi-Level- An interval based class that combines cardio conditioning with functional core strength exercises. Fast paced 45 seconds of work with 15seconds of rest.

STRENGTH CLASS DESCRIPTIONS

Body Tone - *Intermediate/Advanced* - Increase your strength and endurance by working the major muscle groups and core. Work out using a variety of equipment and body weight. Plus, small bursts of cardio throughout to increase your aerobic capacity. Finish with effective stretching.
Barre Blast - *Multi-Level* - A combination of Pilates, hip strength, and flexibility with focus on muscle endurance and strong core training.
Max Strength - *Multi-Level* - Designed for MAXIMUM calorie burn in the shortest amount of time. Various equipment & modifications will be used. Get fit, get healthy, challenge your mind & body to the MAX.
Muscle Madness - *Multi-Level* - Power through all major muscle groups for a maddening workout. Class uses weights, bands, stability balls & resistance exercises for a full-body workout.
Barre Intensity - ***Multi-Level*** - Barre Intensity is a program that combines elements of dance, Pilates and functional movements to deliver a total body workout. Torch calories in this energetic, low impact total body workout.

MATURE ADULT CLASS DESCRIPTIONS

Silver Sneakers Classic - *Beginner/Mature Adult* - Increase muscle strength, range of motion & improve activities for daily living. A fun, energizing class for the mature adult. Includes standing warm up, balance exercises & seated work with light weights, balls, bands & use of chair for support.
Chair Yoga- *Beginner/Mature Adult* - Move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range.
Active Chair Yoga - *Beginner/Mature Adult* - This class follows the movements and flow of a traditional yoga practice while using a chair to assist in balance and seated postures improving strength, balance, and flexibility. Light resistance using bands, balls, and/or light hand weights may be added to improve core stability and joint mobility.
Fit & Sit - *Beginner/Mature Adult* - Keeping the high intensity and endurance of a traditional workout class, this class offers strength and cardio exercises without having to get down on the floor. After an energetic standing workout using light weights, the chair is used to add core work and stretching to finish this fun class..

- Do not attend class if you are experiencing COVID-19 symptoms
- Sanitize equipment & exercising areas before/after each use
- Capacity numbers for facility and classes must be followed

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MIND/BODY CLASS DESCRIPTIONS

Yoga Strength - *Multi-Level* - You will be guided through traditional yoga poses while using resistance bands, dumbbells and bars to strengthen and tone. Class will end with deeper stretches, lengthen muscles and release tension along with relaxation to restore your body and mind after a busy day. Modifications for all fitness levels.
Dynamic Yoga - *Multi-Level* - This power yoga class will strengthen & lengthen your entire body and refresh your mind. Peaceful meditation will bring focus and closure to your busy day.
Gentle Yoga - *Multi-Level* - A multilevel practice with a slow flow yoga style that moves the body through all ranges of motion to improve mobility, stability and balance. Leave feeling renewed and relaxed after this class A great way to start the week, staying calm and stress free.
Pilates Fusion - *Multi-Level* - Designed to stretch the strong muscles & strengthen the weak muscles to put the body back into proper alignment while working from the center to pull your belly back in from inside out resulting in a nice tall posture. Light weights may be used.
PI-YO - *Multi-Level* - A gentle blend of mat Pilates combined with yoga moves. In this class you will focus on building balance while strengthening the core. Equipment such as bands, balls & light weights may be used. This class will conclude with some gentle stretching & a moment of relaxation. A low impact workout suitable for all level participants.
Yoga Foundations - *Beginner/Intermediate* - A dynamic, gentle yoga that begins with flowing sequences, followed by stationary postures to build strength, increase range of motion & improve balance. Restorative poses will leave you feeling revitalized & relaxed. Modifications for all fitness levels.

CYCLE CLASS DESCRIPTIONS

Cycle 45 - *Multi-Level* - Want to burn countless calories in just 45 minutes? This class will get your day off to an express start with jumps, sprints, flats and climbs. Zero impact, fat burning cardio!
Party Rock Cycle - *Multi-Level* - You'll be encouraged to work at your own pace, challenged with climbs, races & tempo trials. With the beat of the music, you'll go from high to low intensity levels that allow recovery periods. It's a fun filled party! You won't even know you are working out! Trust us, you'll have a Rockin' good time!
Revolution - *Multi-Level* - Transform your body and improve your fitness with cycling intervals. Class will accommodate the casual cyclist to the advanced athlete.
Sunrise Cycle - *Multi-Level* - Riding techniques that simulate outdoor bike terrains, speeds and challenges. A fun effective way to improve strength, endurance, cardio, tone muscles and burn calories. Challenges the hardcore cyclist as well as accommodating beginners.

AQUA AEROBICS DESCRIPTIONS

Aqua Blast - *Multi-Level* - This high energy, uplifting class is an effective way to burn calories & build strength. Fun moves, drills & games will improve your cardio endurance, ending with buoys & noodles to strengthen & tone your body.
Aqua Power - *Multi-Level* - A fast-paced class with a mixture of power & strength exercises that combine aerobic conditioning with training. Plenty of lower body, upper body, cardio & core work guaranteed to improve muscular endurance & flexibility. Come join this invigorating workout.
Aqua Fusion- *Multi-Level* - This class incorporates exercises from different workout styles including dance, Pilates & barre. A low-impact, high energy workout that incorporates balance, endurance and mobility for a total body workout.
Aqua Yoga - *Multi-Level* - Move vital energy through the body to calm the mind. Flowing movements direct the body through comfortable range of motion exercises to find balance & strength, aided by resistance of the water.
Aqua Zumba - *Multi-Level* - Take the fun music & Latin moves from the floor to the water! Splash your way into shape with this energetic workout. A pool party that will elevate your heart rate, sculpt your body & torch calories.
Morning H2O - *Multi-Level* - Instead of a morning Cup of Joe, wake up with an energizing workout in the H2O! Build cardiovascular endurance that lasts all day long! You'll never need morning caffeine again!
Water Workout - *Multi-Level* - This class provides cardiovascular benefits similar to land-based workouts without stress on the joints. Complements cross training or just plain "working out - for the health of it." You'll leave feeling motivated & invigorated!

INTENSITY LEVEL

Beginner/Mature Adult Level - Class designed for members new to exercise, older adults or individuals with limited range of motion/ movement challenges. Some classes will be suitable for seated activity.
Multi-Level - Class designed for a range of fitness levels. Modifications may be offered to accommodate fitness abilities. Inform instructor prior to class if modifications are needed.
Intermediate/Advanced Level - Class designed for members who have prior exercise experience and/or those with higher fitness levels. Some classes may have high intensity intervals.