



JAZZERCISE 2 3 4

Jazzercise offers group fitness classes for all levels. Our classes incorporate HIIT cardio dance moves with strength training for the ultimate full-body workout that can slay your wellness goals. Classes offered on-line or in-person. Check out our specials!

Reserve your place for in-person classes in advance using Sign Up Genius. Find more information and register at: <https://www.jazzercise.com/location/jazzercise-grayslake-glpd-rec-center#pricing>

JAZZERCISE CLASS TIMES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45am	6:45am*	6:45am*	6:45am*	6:45am*	6:45am*	7:45am
	6pm	8am	8am	8am	6pm	
		6pm	6pm	6pm		

Most classes held at the Grayslake Park District Recreation Center.

* Indicates an online class. Online classes are held M-F at 6:45am.

For a monthly class calendar, email Tracy at jaztracy@outlook.com



FITNESS

YOGA BALANCE 2 3 4

Age: 16 years & up

Yoga is for everyone! Yoga is a fun and easy way to build strength in your body. Benefits include increased flexibility and improved balance. Yoga can also help to manage stress and relieve anxiety. Classes are structured to pair the practice of yoga postures and breathing, conveying peace to the mind and body. No experience is necessary. Classes start at a beginner level with options for those already practicing. Yoga Balance serves to guide you on your journey to finding/maintaining balance in your life. Please bring a water bottle and dress comfortably. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee:
670005A	Tu	Sept. 8-Oct. 13	5:30-6:30pm	\$66
670005B	F	Sept. 11-Oct. 16	9:30-10:30am	\$66
670005D	Tu	Oct. 20-Nov. 24	5:30-6:30pm	\$66
670005E	F	Oct. 23-Nov. 27	9:30-10:30am	\$66
670005F	Sa	Oct. 24-Nov. 28	9-10am	\$66

Location: Sessions A-E: Yoga Balance Studio,
997 N Corporate Cir. Suite B
Session F: Rec Center Multi-Purpose Rooms

Min / Max: 4 / 10

Register By: One week prior

YOGA IN THE PARK 2 3 4

Age: 16 years & up

Get back to nature with Yoga in the Park! All levels of yoga experience are welcome. Please bring water bottle, yoga mat, bug spray and sunscreen to each class. In the case of inclement weather, this class will be held at the Grayslake Park District Recreation Center (240 Commerce Drive). This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee:
670016A	Sa	Sept. 12-Oct. 17	9:30-10:30am	\$66

Location: Central Park Performance Pavilion

Min / Max: 4 / 10

Register By: One week prior



For the latest park district news and updates, sign up for our e-newsletter!

<http://bit.ly/GetGLPDEmails>

VIRTUAL PILATES 2 3 4

Age: 16 years & up

The Pilates Method is a system of movement and therapeutic exercise developed over a span of 60 years by German-born athlete and physical therapy pioneer, Joseph Pilates. Utilizing the specialized equipment he designed, the method works by toning muscles and balancing muscular force at the joint level. It stimulates circulation by facilitating muscular flexibility, joint range of motion and proper neuromuscular patterns, heightened body awareness and more precise coordination. All these things combine to help prevent future re-injury and reduce – and in some cases alleviate – chronic pain. Please wear loose fitting clothes. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
670002A	Tu	Aug. 18-Oct. 6	7-7:50pm	\$72/90
670002B	Th	Aug. 20-Oct. 8	7-7:50pm	\$72/90
670002C	Tu	Oct. 20-Dec. 15 (No class: Nov. 24)	7-7:50pm	\$72/90
670002D	Th	Oct. 22-Dec. 17 (No class: Nov. 26)	7-7:50pm	\$72/90

Location: Virtual / online

Min / Max: 4 / 10

Register By: One week prior

VIRTUAL BALANCE & STRENGTH CLASS 2 3 4

Age: 55 years & up

All levels welcome! This class will focus on exercises to help improve balance, build strength and improve flexibility. Majority of the class is standing, but chair are optional. Please have a water bottle and dress comfortably. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee:
670038A	Tu	Sept. 8-29	10-10:45am	\$35
670038B	Th	Sept. 10-Oct. 1	10-10:45am	\$35
670038C	Tu	Oct. 6-27	10-10:45am	\$35
670038D	Th	Oct. 8-29	10-10:45am	\$35
670038E	Tu	Nov. 3-17	10-10:45am	\$26
670038F	Th	Nov. 4-19	10-10:45am	\$26
670038G	Tu	Dec. 1-15	10-10:45am	\$26
670038H	Th	Dec. 3-17	10-10:45am	\$26

Location: Virtual / online

Min / Max: 6 / 12

Register By: One week prior

UNDERSTANDING THE ICONS

Class can occur during this phase

Class may occur during this phase with modifications

Class cannot occur during this phase due to safety restrictions

For details on plans to adapt classes during different phases of the Restore Illinois Plan, please turn to page 4.