



# FIT4MOM®

## Stroller Strides®/Stroller Barre®

Stroller Strides® and Stroller Barre® are total fitness classes that moms can do WITH their stroller-aged children. Taught by certified fitness instructors (who are also moms), they are great workouts for ANY level of exerciser. Instructors weave songs and activities into the routine in order to engage and entertain baby, so mom is able to enjoy her 60-minute workout.



**Tuesday Focus—Stroller Strides®:** power walking/jogging and intervals of strength and body toning using exercise tubing, your stroller, and the environment.

**Thursday Focus—Stroller Barre®:** a unique blend of ballet, Pilates, barre, yoga, and stroller-based exercises designed to help moms build strength and muscle tone and improve posture.

Code	#of classes	Day	Time	Fee
117179-A	10	T & TH	11:00am-12:00pm	\$119R/\$143NR
117179-B	5	T & TH	11:00am-12:00pm	\$75R/\$90NR

Bring: Any stroller with adequate support for baby's head. Umbrella Strollers are discouraged. We recommend using a car seat attachment for babies until at least 6 months of age. Bring water and a yoga mat, as well as any nut/peanut free snacks and toys to keep kiddos entertained.

**Age:** 18 years and up; Moms at least 6 weeks postpartum or with physician approval; Pregnant moms welcome  
-Children of any age welcome but must remain in stroller

**Location:** Robbins Park, 7<sup>th</sup> and Vine Street (through-10/23)  
The Community House (11/1-4/30)

*\*No physical pass, attendance monitored by instructor. Price includes the purchase of resistance band to be used in class. If you still have classes left from the previous season, you do not need to purchase a new pass until you've run out.*

### Gentle Yoga • NEW DAY!

A slower paced class for older adults using yoga poses to maintain health and slow down the effects of aging. The gentle yoga poses and breathing promote wellness, flexibility, and strength. The benefits of yoga include an increase in energy level and stamina, improved joint health, and improved flexibility. Please bring a mat and towel to class.

Code	Day	Time	Dates
222210-A	W	10:30-11:30am	9/4-10/16
222210-B	W	10:30-11:30am	10/23-12/18*

*\*No class 10/30 or 11/27*

**Ages:** 55 years and older

**Fee:** \$65R/\$80NR

**Location:** KLM Lodge Ballroom {Co-Op}

### Prime Time A+

This is an easy to follow ongoing class that welcomes new members. Enjoy a low-impact workout designed to improve your cardiovascular fitness, strength, balance, and flexibility. We are dedicated to enhancing your fitness by promoting health and well-being through exercise.

Day	Time	Dates
Tu, W, TH	8:45-9:45am	Ongoing

**Ages:** 50 years and older

**Fee:** \$60R/\$80NR for a 10 punch card  
(Purchase in person at Village Hall)

**Location:** The Community House

### Ageless Yoga

This class is designed primarily for those with limited mobility. By modifying classic yoga exercises to easy standing poses and low impact work in a chair, students will have the chance to improve strength and flexibility in a way that is approachable and fun! No materials or prior experience required.

Code	Day	Time	Dates
222211-A	F	10:30-11:30am	9/13-10/11
222211-B	F	10:30-11:30am	10/18-11/15
222211-C	F	10:30-11:30am	11/22-12/27*

*\*No class 11/29*

**Ages:** 50 years and older

**Fee:** \$50R/\$60NR

**Location:** The Community House

**Min/Max:** 6/15 {Co-Op}

### Heart Saver CPR

The Heart Saver AED (Automatic External Defibrillator) is intended for people who need or desire certification in CPR but **are not** healthcare professionals.

Code	Day	Time	Date
222261-A	SAT	8:00am-Noon	9/7
222261-B	SAT	8:00am-Noon	10/5
222261-C	SAT	8:00am-Noon	11/2
222261-D	SAT	8:00am-Noon	12/7

**Fee:** \$50R/\$60NR

**Location:** Hinsdale Fire Department

**Min/Max:** 4/12

### Sit and Get Fit

For older adults and individuals with physical limitations or injuries. Our seated classes are for people who want to stay active and mobile but want something gentle on the body and easy to do. You'll be amazed what you can do while seated in a chair! Work on increasing range of motion, circulation, flexibility, balance, and strength with easy to follow moves. We sometimes use light weights or toning bands to improve strength. You are always welcome to come for a FREE trial class. Please stop at the front desk to sign in.

Day	Times	Dates
M, W	11:30am-12:30pm	On-going

**Age:** 50+ years

**Fee:** \$73R/\$88NR for a 10 punch card  
(Purchase in person at Village Hall)

**Location:** The Community House

**Min/Max:** 6/15

### Pilates Mat Mash-Up – Barre Above

Toning, flexibility, better posture, increased core strength, and the mind/body connection are achieved through our Mat Mash-Up work. A variety of equipment adds interest and “mashes up” the workout so class is always exciting. Our classes blend the best of ballet, strength, yoga, and Pilates, providing an exciting and effective class for all fitness levels. Hit the barre and see results! Please bring a mat to each class.

Day	Time	Dates
M, W	10:00-11:00am	Ongoing
TU	7:00-8:00pm	Ongoing

**Ages:** 18+  
**Fee:** \$128R/\$148NR for a 15-visit punch card (Purchase in person at Village Hall)  
**Location:** The Community House  
**Min/Max:** 6/15 {Co-Op}

### NEW • Pilates Unleashed

Join us for the most usable training exercises to challenge your body. We'll stimulate your abilities to confidently handle what life throws at you every day. We will use equipment at the barre and on the floor which will vary from week to week. Move beyond your normal and live better! Must be able to move from a standing position to the floor. Please bring a mat. All other equipment is provided.

Code	Day	Time	Dates
222217-A	M	9:00-9:45am	9/16-10/21
			No class 11/29

**Ages:** 18 years and older  
**Fee:** \$52R/\$67NR  
**Location:** The Community House

### Ballroom Dance Classes

#### • Resuming in 2020!

Ballroom dance will resume in January 2020! Session information will be announced in early December.

For more information contact the Parks and Recreation Department at (630) 789-7090.

### Illinois Billiards Club Pool Classes

Illinois Billiards Club (IBC) is a private club in a historic pool and banquet hall. We have special arrangements with the club to use the facility for the class. This class will focus on fundamentals and is perfect for beginners and a great review for more advanced players. There will be lots of one-on-one time with the instructors and the class will be highly interactive.

#### Beginning/Intermediate Pool Class

Code	Day	Time	Dates
213111-A	SAT	11:00am-1:00pm	11/2-11/30

**Fee:** \$130R/\$170NR (includes up to 10 extra hours of table time)

#### Intermediate/Advanced Pool Classes

Code	Day	Time	Dates
213111-B	SAT	2:00pm-4:00pm	11/2-11/30

**Fee:** \$160R/\$170 (includes up to 10 extra hours of table time)

### Intermediate Photography

Continue your journey into photography and dive deeper into many concepts from Beginning Photography. Assignments will be given at each class (six 8x10 prints per assignment) to build your skills in composition control, exposure, lighting, and more. Professional photographer Mike Smith will introduce key techniques to grow your skillset and offer helpful critiques of your work.

Note: Bring your DSLR and manual to class. Print discount offered at ProCam Photo in Aurora.

Code	Day	Time	Dates
222060-B	T	6:00-9:00pm	10/1-11/5

**Ages:** 18+  
**Fee:** \$113R/\$118NR  
**Location:** Darien Park District  
**Max:** 5 {co-op}

### Adult Taekwondo Age: 14 years and older • All Belt Levels

Restricted to high school students and older, this program concentrates on Taekwondo techniques through the study of forms, stances, and the skills of punching, kicking, and blocking. This is a great program for those looking to maintain and improve their physical fitness.

Code	Day	Time	Dates
222011-D	W	7:15-8:10pm	9/4-12/18

**Min/Max:** 4/15  
**Location:** KLM Lodge  
**Fee:** \$176R/\$192NR

### Adult Karate Age: 15 years and older

These classes release tension, develop total body fitness, and build stamina and overall productivity. In addition to self-defense skills, karate increases flexibility, cardiovascular endurance, and muscle tone, all while improving core strength.



#### Tuesdays, September 3-December 10

Code	Level	Time	Fee
222020-A	Beg/Cont (White-Blue)	7:40-8:40pm	\$161
222021-A	Inter/Adv (Green-Black)	7:40-9:10pm	\$210

**Location:** Darien Park District Community Center (Gym), 7301 Fairview Ave, Darien

#### Fridays, September 6-December 13 No class 11/29

Code	Level	Time	Fee
222022-A	Beg/Interm (White-Purple)	6:40-7:35pm	\$151
222023-A	Advanced (Brown-Black)	7:40-9:10pm	\$196

**Location:** Burr Ridge Community Center, 15W400 Harvester Drive, Burr Ridge

**Ages:** 15 years and up  
**Max:** 5 {Co-Op}

**NOTE:** Beginning students will not be permitted to register into the current session after the second class has met. Registration for Continuers through Advanced students will be accepted after the start date, but full class fee will be required.