

Gentle Yoga

A slower paced yoga class for older adults using yoga poses to maintain health and slow down the effects of aging. The poses and breath control promote wellness for mind, body, and spirit. The benefits include increased energy, improved balance, flexibility, joint stability, and an overall sense of well-being. Warm-up done seated on a chair and standing poses include chair access for balance. Cool down avoids any poses on the knees and belly. Please bring a mat and towel for support under your head.

| Code | Day | Time | Dates |
|----------|-----|---------------|-----------|
| 121168-A | W | 10:30-11:30am | 5/6-6/24* |
| 121168-B | W | 10:30-11:30am | 7/15-8/26 |

**No class 6/10, 6/24 at the Hinsdale Public Library.*

Ages: 50 years and up
Fee: \$65R/\$80NR
Location: The Lodge at KLM
Min/Max: 6/20

Mindful Vinyasa Flow Yoga

A beginner friendly slow flow class linking breath to movement to achieve full mind, body, and spirit alignment. The class will include traditional Sun Salutations and a mix of flowing and holding poses to gain strength and stability. Each class will include balance postures, core-focused movements, and a full range of motion for healthy joints. A variety of poses will be offered including kneeling and on the belly. No previous yoga experience required. Classes will have options so anyone from a beginner to an intermediate yoga student can enjoy the flow. No chair access. Please bring a mat and towel for knee support.

| Code | Day | Time | Dates |
|----------|-----|---------------|-----------|
| 123212-A | M | 10:30-11:30am | 5/4-6/24* |
| 123212-B | M | 10:30-11:30am | 7/13-8/24 |

**No class 6/8, 6/22 at the Hinsdale Public Library.*

Ages: 18 years and up
Fee: \$65R/\$80NR
Location: The Lodge at KLM
Min/Max: 6/20

Discount fee if registering for both Gentle Yoga and Mindful Vinyasa Flow Yoga classes in a session \$120R/\$150NR

Ageless Yoga

This class was 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 experience required.

| Code | Day | Time | Dates |
|----------|-----|---------------|-----------|
| 121169-A | F | 10:30-11:30am | 6/5-6/28* |
| 121169-B | F | 10:30-11:30am | 7/10-7/31 |
| 121169-C | F | 10:30-11:30am | 8/7-8/28 |

**No class 7/3*

Ages: 50 years and up
Fee: \$40R/\$50NR
Location: The Community House

Pilates Mat Mash-Up – Barre Above

Toning, flexibility, better posture, increased core strength, and the body/mind connection are achieved through our Mat Mash-Up Work. A variety of equipment adds interest and “mashes-up” the workout so class is always different. 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!

| Days | Time | Dates |
|------|---------------|---------|
| M/W | 10:00-11:00am | Ongoing |
| TU | 7:00-8:00pm | Ongoing |

Ages: 18 years and up
Fee: \$135R/\$155NR for a 15-punch visit card (Purchase in person at Village Hall)
Location: The Community House
Min/Max: 5/20 {Co-Op}

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 to do 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.

| Days | Time | Dates |
|------|-----------------|---------|
| M/W | 11:30am-12:30pm | Ongoing |

Ages: 50 years and up
Fee: \$75R/\$90NR for a 10-punch visit card (Purchase in person at Village Hall)
Location: The Community House

Prime Time A+

This is an easy to follow on-going 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.

| Days | Time | Dates |
|---------|-------------|---------|
| TU/W/TH | 8:45-9:45am | Ongoing |

Ages: 18 years and up
Fee: \$60R/\$80NR for a 10-punch visit card (Purchase in person at Village Hall)
Location: The Community House

Heart Saver CPR

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

| Code | Day | Time | Date |
|----------|-----|-------------|------|
| 125007-A | SAT | 8:00am-Noon | 6/6 |
| 125007-B | SAT | 8:00am-Noon | 8/1 |

Fee: \$50R/\$60NR
Location: Hinsdale Fire Department
Min/Max: 4/12

Not Your Mother's Line Dancing

Love to dance, but don't have a partner? Learn to line dance to country, pop, rock, oldies, and current hits using a pattern of steps that repeat throughout a song.

| Code | Days | Time | Date |
|----------|------|-------------|------------|
| 122195-A | Th | 6:30-7:45pm | 6/11-7/23* |
| 122195-B | Th | 6:30-7:45pm | 7/30-9/3 |

*No class 7/2

Ages: 16+ years
Fee: \$50R/\$55NR
Location: Darien Park District Community Center, 7301 Fairview Avenue
Min/Max: 2/3 {co-op}



Adult Karate

Age: 15 years and up

These adult 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, June 16 – Sept. 1 No class 8/4

| Code | Level | Time | Fee |
|----------|-------------------------------|-------------|-----------|
| 116111-A | Beg./Cont. (White-Blue Belts) | 7:40-8:40pm | \$121R/NR |
| 116111-B | Int./Adv. (Green-Black Belts) | 7:40-9:10pm | \$160R/NR |

Location: Darien Park District Community Center
7301 Fairview Ave, Darien

Fridays, June 19 – Sept. 4 No class 7/3 or 8/7

| Code | Level | Time | Fee |
|----------|--------------------------------|-------------|-----------|
| 116111-C | Beg./Int. (White-Purple Belts) | 6:40-7:35pm | \$110R/NR |
| 116111-D | Adv. (Brown-Black Belts) | 7:40-9:10pm | \$145R/NR |

Location: Burr Ridge Community Center
15W400 Harvester Dr, Burr Ridge
Max: 5

DON'T MISS OUT
 Nothing ruins a great program more than waiting until the last minute to register for a program or class. Decisions about classes are made 3 business days before the class - don't wait until the day a program starts to sign-up - it may be too late!



2019 First Place League Champions, The Raging Bulls.

Men 30 & Over 12 Inch Softball League

Get your team organized and come out this summer for softball. We play on Mondays and Wednesdays in June, July, and August. Rosters and payments must be in by May 4th. Each team will play once per week and there is a Double Elimination Tournament at the end of the season. Please contact the Parks and Recreation Department at parkrec@villageofhinsdale.org with any questions. League begins June 1.

| Code | Days | Time |
|-----------|-------|-----------------------|
| 124000-00 | M & W | 6:30, 7:30, or 8:30pm |

Ages: 30 and over
Fee: \$700 per team
Location: Veeck Park
Max: 12 teams



Adult Taekwondo

Age: 14 years and up • 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 |
|----------|-----|-------------|-----------|
| 116115-E | W | 7:05-8:00pm | 6/17-8/26 |

Fee: \$121R/\$132NR
Location: The Lodge at KLM Park
Min/Max: 4/10

Adult Archery

Learn the basics of archery including how to handle a bow, a 9-step program for shooting an arrow from a bow, and range safety in this adults-only class. We teach proper technique and vary target distances so that adults can participate at their own ability levels. Exciting games will also be played thereby offering lots of fun for everyone. Discover this relaxing and rewarding sport that will give you a lifetime of enjoyment! Recurve bows, arrows and targets will be provided, but you may use your own equipment with instructor approval.

| Code | Day | Time | Dates |
|----------|-----|---------------------|----------|
| 114197-C | SAT | 11:30 am – 12:15 pm | 6/13-8/8 |

No class 7/4

Ages: 18+ years
Fee: \$72R/\$90NR
Location: KLM Park
Min/Max: 6/8 {Co-Op}