



## GROUP FITNESS CLASSES January 5-May 31

10% Discount with VPRC  
Fitness Center Membership  
on Group Fitness Passes!

Individual Fitness Classes: Residents \$8/class or Non-residents \$9/class

# of Passes	Basic Punch Pass Fee	With Annual Membership (10% discount)
10 Punch Pass	\$65	\$58.50
14 Punch Pass	\$80	\$72
18 Punch Pass	\$95	\$85.50
22 Punch Pass	\$110	\$99

These are Villa Park Resident Rates. Non-residents add \$3 to your Punch Pass total.

## FREE FITNESS WEEK January 26-February 1

This week you can try our Group Fitness classes, VPRC Fitness Center, Stretching Area, and Indoor Track at no cost! Just sign in at the front desk!



Passes are available online. Please call the Villa Park Recreation Center at 630-749-3200 for more information.

### FITNESS CLASS DESCRIPTIONS

Group Fitness classes will be evaluated monthly and adjusted based on consistent minimum participation numbers. All fitness levels welcome. Modifications made per individual needs. Classes and class times are subject to change. Members ages 12-17 can attend classes with an adult.

#### Balance Strength and Core (BSC) with Patrick

A 10 station circuit, 2 exercises at each station. 1 minute on, 30 second rest.

W 10:15-11:00 am

#### Balance Strength and Core (BSC) with Susan

Challenge your coordination. We will use resistance bands, dumbbells, exercise balls, steppers, boxing, circuits, and dance. The last 15 minutes is on the mat for core and stretch.

M 10:15-11:00 am

#### BoxFit Circuit with Brian NEW

Where fitness meets fun! Looking for a workout that packs a punch? BoxFit Circuit blends the excitement of boxing mitt drills with the strength and endurance of circuit training for a dynamic, full-body workout. Each class combines rounds of punching combos, partner mitt work, and strength stations designed to improve your cardio, coordination, and overall fitness. This class will leave you feeling empowered, strong, and stress-free. What to Expect: Energizing boxing combinations and mitt drills, strength and conditioning circuits for all levels, and a total body workout that keeps you coming back! Gloves provided or bring your own.

F 5:30-6:30 pm

#### Bulletproof Basics with Patrick

A slower-paced class focused on joint strength, posture, and foundational movement. This class is perfect for anyone who wants to move without any heavy impact. Think of it as a full-body tune-up that builds strength from the inside out.

Th 6:00-6:45 am

Th 3:30-4:15 pm

#### Cardio Circuits with Brian

Kickstart your morning with a heart-pumping Cardio Circuit class designed to get you moving, burning calories, and feeling great! High-energy circuits will boost your metabolism and torch calories. Mix up your routine with bodyweight exercises, resistance training, and dynamic movements that tone and strengthen.

M/W/F 6:00-6:45 am

#### Core and Flow with Patrick

Come work on your core strength, joint stability, and mobility! The goal of this class is to help you move better, feel stronger, and reduce the risk of injury. Each session will include a dynamic warm-up, controlled core exercises, balance/coordination drills, and joint-friendly strength movements.

Tu 6:00-6:45 am

Tu 6:30-7:15 pm

#### Functional Fitness with Brian

Improve your strength, flexibility, stability, and endurance. This class will help build muscle and increase mobility to prepare your body for everyday movements. We will use hand weights, box steps, bands, and balls. Class can be modified and done seated as well.

Tu/Thu 10:15-11:00 am

#### Heavy Lifting Foundations with Brian

This focused, small-group weight training class is built around heavy lifting and low reps (1-5 per set). Whether you're looking to build power, develop maximal strength, lay a solid foundation, or refine your technique under load, this class delivers. You'll train the core barbell lifts: Deadlift, Back Squat, Front Squat, Bench Press, and Overhead Press. With an emphasis on proper form, progressive overload, and full-body engagement, each session features structured sets with ample rest to maximize performance. Coaching includes technique cues, spotting, and programming strategies to help you lift safely and effectively. This is not a high-rep conditioning class—this is about strength. Ideal for anyone looking to get stronger, improve full-body performance with compound lifts, and build confidence with barbells (max of 4 per class).

Su 9:00-9:45 am

#### Kettlebell Strength and Conditioning with Brian

Our Kettlebell Strength & Conditioning class is designed for people of all fitness levels who want to build strength, improve endurance, and enhance functional movement in a supportive and motivating environment. This full-body workout combines kettlebell swings, presses, squats, and dynamic movement patterns to deliver efficient, effective training that targets strength, power, mobility, and cardiovascular health all at once. Kettlebell training is a time-tested method for building real-world strength and conditioning. Their unique shape and dynamic nature make kettlebells ideal for developing lean muscle and total-body strength, while also improving balance, coordination, and core and joint stability. Kettlebell workouts enhance mobility, support joint health, and combine strength with cardio to burn fat efficiently. This well-rounded approach boosts both everyday movement and athletic performance.

Tu/Th 11:15 am-12:00 pm



# Fitness and Wellness / Adult Activities

## FITNESS CLASS DESCRIPTIONS Continued

### Line Dance with Linda

This class will bring you joy as you dance to some of the most popular line dances including the Electric Slide, Cha Cha Slide, Boot Scootin' Boogie, and more!

F 9:00-10:00 am

### Mat Pilates with Patrick

This is a core-focused session using just a mat and occasionally bands or props. Great for beginners or advanced members, recovery, or anyone looking to build better control and posture.

W 3:30-4:15 pm

F 3:30-4:15 pm

### Next Level Motion with Patrick

This class will focus on explosive power, speed, coordination, and athletic mobility. Level up your performance safely and intentionally with proper movement patterns and power-based training. Great for young athletes to work on mobility, but with a more dynamic, sports-ready approach.

Su 8:00-8:45 am

Su 12:00-12:45 pm

### Senior Functional Fitness and Strength with Brian

Improve your strength, flexibility, stability, and endurance. This class will help build muscle and increase mobility to prepare your body for everyday movements. We will use hand weights, box steps, bands, and balls. Class can be modified and done seated as well.

W 11:15 am-12:00 pm

### Walking Strong with Susan

We will walk on the track, or on the outside path. We provide the trekking poles. We will break periodically for balance and strength.

F 10:15-11:00 am

### Weights and Cardio with Brian

Fuel your day with a high-energy midday class that combines the best of strength training and cardio, perfect for boosting metabolism and toning your body, all in one power-packed workout! Build strength, sculpt muscle, and increase overall power with dumbbells, kettlebells, and more! This is a full-body workout that targets every muscle group, so you leave feeling stronger and energized!

M-F 12:00-12:45 pm



## Can Do Academy classes are held at the Villa Park Recreation Center

Matt is a Certified Professional Dog Trainer through the CCPDT. He's been training dogs for over 6 years and originally apprenticed under a trainer with 20+ years' experience. While Matt specializes in Behavioral Training, he loves working with all dogs and is dedicated to helping pet parents live happier lives with their furry friends. Bring your own harness, treat pouch, and treats. Please no sandals or flip flops in class. Find additional information at [dogscando.com](http://dogscando.com).

**\$150 PER CLASS**

### Puppy Kindergarten

This class is designed for pet parents and pups with little to no formal training experience. The curriculum will cover early obedience, training games to assist in developing good behavior and how to address potty training. Additionally, the program will help you develop proper manners: train and manage nipping, chewing, over excitement, and how to help your dog enjoy going on car rides, seeing the vet and going to the groomer.

- Obedience - Sit, Watch, Down, Stay, Recall, Introduction to Leash Walking
- How to Develop a Potty-Training Schedule and address potential issues
- Basic Puppy Manners
- Training Games to Reinforce Good Behavior

**Puppy Age Requirement:** 9 weeks to 5 months

**Vaccine Requirements:** First Round of Booster Vaccines

Sa 10:00-11:00 am Jan 10-Feb 14

Sa 10:00-11:00 am Feb 21-Mar 28

Sa 10:00-11:00 am Apr 4-May 9

### Adult Obedience Class

This basic obedience class is ideal for pet parents and dogs with little to no formal training experience. You'll learn essential foundation skills all dogs should know. The curriculum will focus on using positive reinforcement techniques, as well as verbal and body cues, hand sigls, and effective communication through voice, posture, and body language to connect with your canine companion.

- Basic commands: Loose Leash Walking, Sit, Watch, Down, Stay, Recall
- How to engage your dog when they are distracted
- How to address basic behavioral issues
- How to use management in everyday life.

**Dog Age Requirement:** 6 months or older

**Vaccine Records:** Distemper/Parvo, Rabies, Bordetella

Sa 11:30 am - 12:30 pm Jan 10-Feb 14

Sa 11:30 am - 12:30 pm Feb 21-Mar 28

Sa 11:30 am - 12:30 pm Apr 4-May 9

### SENIOR CONCERNS COMMISSION

The Senior Concerns Commission meets the first Monday of each month at 6:00 pm at Village Hall, 20 S. Ardmore Ave. The meeting is open to the public. Seniors and those interested in issues which are senior related are invited. For information contact the Village Manager's office at 630-592-6052.

### RECEIVE THE GOLDEN TIMES NEWSLETTER

Don't miss out on the latest trips and activities. Call 630-749-3182 to be put on the mailing list.

### IN AND AROUND TOWN

Villa Park residents who are age 65 or older or physically challenged (with a physician's letter confirming disability) are eligible for subsidized taxi rides within the boundaries of Villa Park for \$1 per ride, per person, each way. To participate, you must first visit Village Hall in person with a photo ID that shows your current Villa Park address and date of birth to complete the necessary paperwork. This program is limited to transportation within Villa Park only. For any questions, please call 630-834-8500.

York Township offers transportation for residents ages 55 and older. You must be registered at York Township to participate, and you need to call 630-620-2424 two business days (Monday-Friday), prior to your trip. The cost per ride varies from \$2-\$4 each way.