

Personal Training

Our personal trainer will gear your workout according to your fitness level. If you need motivation and fitness education, we are here for you. Stay on track with your exercise program and let our nationally certified trainer bring your fitness to the next level. To schedule your personal training session, call 630-968-6400 x127.

- **A fitness assessment is included for anyone purchasing a 5 or 10 session package.**
- For those clients who require a doctor's note, please obtain that prior to your first session.
- All personal training sessions are 1 hour.
- If you are late to a session, the session will only run through the end of the regular hour. This ensures other clients are not delayed.
- Payment is due prior to your first session. If you need to cancel a session, please call 630-968-6400 x127 a minimum of 24 hours prior to your session. Any session cancelled with less than 24 hours notice will unfortunately be lost.
- All multiple session packages must be fulfilled within six months unless there is a medical condition cleared through the Fitness Supervisor.

Who: Adults age 18 & older

Personal Training

One session	\$42(R)	\$60(NR)
Five sessions	\$190(R)	\$290(NR)
Ten sessions	\$350(R)	\$450(NR)

Partner Personal Training

One session	\$63(R)	\$90(NR)
Five sessions	\$285(R)	\$435(NR)
Ten sessions	\$525(R)	\$675(NR)

** Personal training sessions must be used within 6 months of purchase*

Abs & Arms

In this class we will focus entirely on working your arms and your abdominals. Medicine balls, stability balls, free weights and more will be used to strengthen and tone these two areas of the body. Please bring a mat.

Age: Adults
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Laura Tanouye
 ACE Certified Personal Trainer



Code #	Day	Date	Time	R/NR Fee
210648-A	Tu	Jan. 10-Feb. 7	6:10-7:00pm	\$36/\$42
210648-B	Tu	Feb. 21-Mar. 20	6:10-7:00pm	\$30/\$35
210648-C	Tu	Apr. 3-May 8	6:10-7:00pm	\$36/\$42



Boot Camp

Get a full and comprehensive workout in one short hour. Elements of this class include cardio, strength training, core and flexibility. This multilevel fun class will keep you moving and leave your body energized!

PLEASE BRING A MAT.

Age: Adults
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Laura Tanouye
 ACE Certified Personal Trainer



Code #	Day	Date	Time	R/NR Fee
210641-A	Sa	Jan. 21-Feb. 11	8:30-9:30am	\$24/\$28
210641-B	W	Jan. 11-Feb. 8	6:30-7:30pm	\$30/\$35
210641-C	Sa	Feb. 25-Mar. 24	8:30-9:30am	\$30/\$35
210641-D	W	Feb. 22-Mar. 21	6:30-7:30pm	\$30/\$35
210641-E	Sa	Apr. 21-May 19	8:30-9:30am	\$30/\$35
210641-F	W	Apr. 4-May 2	6:30-7:30pm	\$30/\$35

Cardio Core Circuit

Travel from station to station in this new and exciting class. Stations will focus on toning your core muscles while keeping your hear rate up. This fast paced class will keep you on your toes this entire class. Please bring a mat.

Age: Adults
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Laura Tanouye
 ACE Certified Personal Trainer



Code #	Day	Date	Time	R/NR Fee
210638-A	W	Jan. 11-Feb. 8	9:45-10:35am	\$30/\$35
210638-B	W	Feb. 22-Mar. 21	9:45-10:35am	\$30/\$35
210638-C	W	Apr. 4-May 2	9:45-10:35am	\$30/\$35
210638-D	Th	Jan. 19-Feb. 9	5:30-6:20pm	\$24/\$28
210638-E	Th	Feb. 23-Mar. 22	5:30-6:20pm	\$30/\$35
210638-F	Th	Apr. 5-May 10	5:30-6:20pm	\$36/\$42



Early Bird Fitness Registration Special

Register for two or more adult fitness classes and receive \$5 off every class after the first enrollment!

- Offer valid from December 7-14, 2011
- Only valid with designated adult fitness classes
- Must sign up for classes at the same time to receive discount
- Refunds on discounted classes will be limited to discount pricing and not full-price enrollment
- Discount applies to each participant individually.

Pilates Express

This 30-minute class will improve strength and flexibility, particularly in the abdominal and back muscles. Muscular and mental coordination will be key components to this express Pilates program. Posture, balance, and core strength will be focused on, while control and awareness of the body will heartily increase. Please bring a mat to lie on.

Age: 16 or older
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Soraya Pourtabib, Yoga Alliance
 Note: *No class 3/29



Code #	Day	Date	Time	R/NR Fee
210615-A	Th	Jan. 5-Feb. 16	5:25-5:55pm	\$21/\$24
210615-B	Th	Feb. 23-Apr. 12*	5:25-5:55pm	\$21/\$24
210615-C	Th	Apr. 19-May 24	5:25-5:55pm	\$18/\$21

Pilates with Rebecca

Pilates class is a commitment to improving and perfecting ones skills in movement. Rebecca guides and encourages you to better yourself though exercise. In class Rebecca incorporates ballet, a 600 year old art form, with emphasis on stability, strength, grace, coordination, flexibility, and control. A fun and exciting atmosphere which promotes the key to an injury and pain free life. Please bring a mat and water bottle.

Age: 16 or older
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Rebecca King
 Note: *No class 3/26



Code #	Day	Date	Time	R/NR Fee
210645-A	M	Jan. 9-Feb. 13	6:30-7:30pm	\$36/\$42
210645-B	W	Jan. 4-Feb. 8	10:00-11:00am	\$36/\$42
210645-C	M	Feb. 20-Apr. 2*	6:30-7:30pm	\$36/\$42
210645-D	W	Feb. 15-Mar. 21	10:00-11:00am	\$36/\$42
210645-E	M	Apr. 9-May 14	6:30-7:30pm	\$36/\$42
210645-F	W	Apr. 4-May 9	10:00-11:00am	\$36/\$42

Pilates, Core Balance & Strength

New!

Join Tammy for this Pilates style core strengthening class that combines movements that will increase flexibility and strength throughout your whole body. Please bring a mat to class.

Age: 16 or older
 Location: Darien Park District Community Center
 Instructor: Tammy Hemmingway
 B.S. Exercise Physiology, NASM
 ACE certified personal trainer



Code #	Day	Date	Time	R/NR Fee
210604-A	Tu	Jan. 3-Feb. 7	5:30-6:30pm	\$36/\$42
210604-B	Tu	Feb. 21-Mar. 20	5:30-6:30pm	\$30/\$35
210604-C	Tu	Apr. 3-May 15	5:30-6:30pm	\$42/\$49

Cardio Boxing

This high-energy class will shake up your metabolism and leave you wanting more. The class will focus on combinations of punches, blocks and kicks. The first class will focus on form and technique and we'll progress weekly. Please bring a towel and water bottle.

Age: 16 or older
 Location: Darien Park District Community Center
 Instructor: Tammy Hemmingway
 B.S. Exercise Physiology,
 ACE certified personal trainer, NASM



Code #	Day	Date	Time	R/NR Fee
210606-A	Th	Jan. 5-Feb. 9	5:30-6:30pm	\$36/\$42
210606-B	Th	Feb. 23-Mar. 22	5:30-6:30pm	\$30/\$35
210606-C	Th	Apr. 5-May 17	5:30-6:30pm	\$42/\$49

BABYSITTING IS AVAILABLE FOR CHILDREN AGE 6 MONTHS THRU 12 YEARS OF AGE. SEE PAGE 54 FOR MORE INFO.

Total Body Workout

Come join us for this strength class focusing on the upper and lower body. Walk away learning safe and effective exercises for the areas YOU would like to focus on. Quick and effective exercise routines will be taught that can be duplicated confidently at home so you can make the most of this great class. Please bring a mat and water bottle.

Age: 16 or older
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Tammy Hemmingway
 B.S. Exercise Physiology,
 ACE certified personal trainer, NASM



Code #	Day	Date	Time	R/NR Fee
210602-A	Tu	Jan. 3-Feb. 7	6:35-7:35pm	\$36/\$42
210602-B	Th	Jan. 5-Feb. 9	6:35-7:35pm	\$36/\$42
210602-C	Tu	Feb. 21-Mar. 20	6:35-7:35pm	\$30/\$35
210602-D	Th	Feb. 23-Mar. 22	6:35-7:35pm	\$30/\$35
210602-E	Tu	Apr. 3-May 15	6:35-7:35pm	\$42/\$49
210602-F	Th	Apr. 5-May 17	6:35-7:35pm	\$42/\$49

Zumba

Ditch the workout and join the Zumba Party... Get a great cardio workout while performing Latin dance moves such as Salsa, Merengue, Hip Hop, Tango and many more. The routines feature aerobic/fitness intervals with a combination of fast and slow rhythms to tone and sculpt your entire body. The music will get your heart rate pumping and feet moving to burn calories and strengthen your cardio endurance. Bring a friend, lots of water and come join the fun.

Age: 16 or older
 Location: Darien Park District Community Center
 Instructor: Josephine Grob
 Certified Zumba instructor
 Note: *No class 3/26

Code #	Day	Date	Time	R/NR Fee
210610-A	M	Jan. 16-Feb. 20	6:30-7:30pm	\$52/\$57
210610-B	M	Mar. 5-Apr. 9*	6:30-7:30pm	\$43/\$48
210610-C	M	Apr. 16-May 21	6:30-7:30pm	\$52/\$57

Tai Chi Chuan

As an internal martial art, Tai Chi emphasizes relaxation, softness, and inner quiet. Unlike other martial arts, no external strength is used. You combine slow, deep abdominal breathing with gentle, smooth body movements in a natural way. People find that Tai Chi practice creates an overall sense of well-being, and you will be able to improve circulation, respiratory efficiency, flexibility and balance as well as reduce stress.

Age: 16 or older
 Location: Darien Park District Community Center
 Instructor: Mary Ann Dziekan (Beginner)
 Note: *No class 3/27

Code #	Day	Date	Time	R/NR Fee
210701-A	Tu	Jan. 10-Feb. 14	6:30-7:30pm	\$36/\$42
210701-B	Tu	Feb. 21-Apr. 3*	6:30-7:30pm	\$36/\$42
210701-B	Tu	Apr. 10-May 15	6:30-7:30pm	\$36/\$42



Cardio Barre

Non-stop ballet movements at two tempos. The faster intervals burn fat; the same motions at a little slower pace build lean muscle. The standing moves are based on familiar ballet patterns like plies, arabesques, leg lifts and relevés. The ending floor work includes body sculpting classics like crunches and side leg lifts.

Age: Adults
 Location: Darien Park District Community Center
 Instructor: Christine Eggert, AFAA

Code #	Day	Date	Time	R/NR Fee
210608-A	M	Jan. 2-Feb. 6	5:30-6:25pm	\$36/\$42
210608-B	F	Jan. 6-Feb. 10	5:30-6:25pm	\$36/\$42
210608-C	M	Feb. 13-Mar. 19	5:30-6:25pm	\$36/\$42
210608-D	F	Feb. 17-Mar. 23	5:30-6:25pm	\$36/\$42
210608-E	M	Apr. 2-May 7	5:30-6:25pm	\$36/\$42
210608-F	F	Apr. 13-May 18	5:30-6:25pm	\$36/\$42



Cardio Interval Burn

This class consists of ten minute circuits of progressively intensifying cardio. This aerobic/anaerobic technique maximizes fat burning without overstressing your body. Bands or weights may be included.

Age: Adults
 Location: Darien Park District Community Center
 Instructor: Christine Eggert, AFAA

Code #	Day	Date	Time	R/NR Fee
210607-A	W	Jan. 4-Feb. 8	5:30-6:25pm	\$36/\$42
210607-B	W	Feb. 15-Mar. 21	5:30-6:25pm	\$36/\$42
210607-C	W	Apr. 4-May 9	5:30-6:25pm	\$36/\$42



Classic Step & Strength Training

This class offers a blend of classic and new moves on the step, making it fun and effective. The integration of hand weights, along with the established step movements, will help sculpt and define your lean muscle. The fat burning will be non-stop!

Age: Adults
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Christine Eggert, AFAA

Code #	Day	Date	Time	R/NR Fee
210611-A	M	Jan. 2-Feb. 6	6:30-7:25pm	\$36/\$42
210611-B	W	Jan. 4-Feb. 8	6:30-7:25pm	\$36/\$42
210611-C	M	Feb. 13-Mar. 19	6:30-7:25pm	\$36/\$42
210611-D	W	Feb. 15-Mar. 21	6:30-7:25pm	\$36/\$42
210611-E	M	Apr. 2-May 7	6:30-7:25pm	\$36/\$42
210611-F	W	Apr. 4-May 9	6:30-7:25pm	\$36/\$42



Vinyasa Flow

A moving meditation of flow yoga sequences that are fluid, challenging, and rejuvenating all while riding the wave of the breath. Vinyasa yoga connects movement and breath. The word Vinyasa means “breath-synchronized movement.” The participant will move from one pose to the next on an inhale or an exhale. Please bring a mat or towel to lay on.

Age: 16 or older
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Soraya Pourtabib
 Yoga Alliance
 Note: *No class 3/29



Code #	Day	Date	Time	R/NR Fee
210621-A	Th	Jan. 5-Feb. 16	6:00-7:00pm	\$42/\$49
210621-B	Th	Feb. 23-Apr. 12*	6:00-7:00pm	\$42/\$49
210621-C	Th	Apr. 19-May 24	6:00-7:00pm	\$36/\$42



Flow Yoga

Slow flow yoga is a healthier yoga practice of flowing postures to awaken self awareness of the body through a gentle, but deep approach to classic yoga. The class focuses on breathing techniques and stretching for greater flexibility. Please bring a mat.

Age: Adults
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Christine Eggert, AFAA



Code #	Day	Date	Time	R/NR Fee
210605-A	Tu	Jan. 3-Feb. 7	10:00-10:55am	\$36/\$42
210605-B	F	Jan. 6-Feb. 10	10:00-10:55am	\$36/\$42
210605-C	Tu	Feb. 14-Mar. 20	10:00-10:55am	\$36/\$42
210605-D	F	Feb. 17-Mar. 23	10:00-10:55am	\$36/\$42
210605-E	Tu	Apr. 3-May 8	10:00-10:55am	\$36/\$42
210605-F	F	Apr. 13-May 18	10:00-10:55am	\$36/\$42

Hatha Yoga with Jill

Focusing on breath and alignment this class will help build strength, flexibility and range of motion creating a balance between mind and body as you move from pose to pose. Variations are offered for all levels making this a great class for both beginning and experienced students Please bring a mat or towel to lay on.

Age: 16 or older
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Jill Kuehn
 Note: *No class 3/27, 3/28



Code #	Day	Date	Time	R/NR Fee
210622-A	Tu	Dec. 13-Jan. 17	6:00-6:55pm	\$36/\$42
210622-B	Tu	Jan. 24-Feb. 28	6:00-6:55pm	\$36/\$42
210622-C	Tu	Mar. 6-Apr. 17*	6:00-6:55pm	\$36/\$42
210622-D	W	Dec. 14-Jan. 18	6:00-6:55pm	\$36/\$42
210622-E	W	Jan. 25-Feb. 29	6:00-6:55pm	\$36/\$42
210622-F	W	Mar. 7-Apr. 18*	6:00-6:55pm	\$36/\$42

Feelin' Fit, Feelin' Fine

This class is geared toward older adults, or those who would like a less strenuous exercise class. This is a head-to-toe workout, suitable and adaptable for any fitness level. There is no running, mat work or strenuous weight lifting. Cardiovascular endurance focuses on aerobic work done to a range of musical themes from the big bands, to the classics. Light weights and resistance bands are used for strength training. Flexibility, balance, and posture are also stressed. This class will leave you feeling fit, and feeling fine. It's a great way to start your morning. Please bring a water bottle.

Age: Adults
 Location: Darien Park District Community Center
 Instructor: Millie Wostratzky
 BS in PE, MA in Public Health
 Note: *No class 3/26, 3/28, 3/29, 4/25, 4/26



Code #	Day	Date	Time	R/NR Fee
210635-A	M	Jan. 9-Feb. 13	9:00-9:50am	\$36/\$42
210635-B	W	Jan. 11-Feb. 15	9:00-9:50am	\$36/\$42
210635-C	Th	Jan. 12-Feb. 16	9:00-9:50am	\$36/\$42
210635-D	M	Feb. 20-Apr. 2*	9:00-9:50am	\$36/\$42
210635-E	W	Feb. 22-Apr. 4*	9:00-9:50am	\$36/\$42
210635-F	Th	Feb. 23-Apr. 5*	9:00-9:50am	\$36/\$42
210635-G	M	Apr. 9-May 14	9:00-9:50am	\$36/\$42
210635-H	W	Apr. 11-May 16*	9:00-9:50am	\$30/\$35
210635-I	Th	Apr. 12-May 17*	9:00-9:50am	\$30/\$35

Sit & Be Fit!

This class is geared toward older adults who would like a less strenuous exercise class. The majority of the class will be done while seated. This is a head-to-toe workout, suitable and adaptable for any fitness level. Fitness work will be done while seated, to a range of musical themes from the big bands, to the classics. Light dumbbells and resistance bands will be used for strength training. Please bring a water bottle.

Age: Adults
 Location: Darien Park District Community Center
 Instructor: Millie Wostratzky
 BS in PE, ISSA CFT, MPH
 Note: *No class 3/28, 4/25



Code #	Day	Date	Time	R/NR Fee
210636-A	W	Jan. 11-Feb. 15	10:00-10:50am	\$36/\$42
210636-B	W	Feb. 22-Apr. 4*	10:00-10:50am	\$36/\$42
210636-C	W	Apr. 11-May 16*	10:00-10:50am	\$30/\$35