

Private Softball Lessons

These lessons are perfect for any girl looking to improve their softball skills! All lessons are one hour and are individualized towards your ability. Lessons can focus entirely on hitting, pitching, or defense, or can be a combination of all three. Players must bring their own glove and bat.

Coach Tanouye is a former NCAA Player, MIAA All-Area Player, ACE certified ASA Softball Coach and an ACE Certified Personal Trainer

Age: Girls age 8-14
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Coach: Laura Tanouye

To schedule a lesson call Laura at 630-968-6400 x127.

5 Sessions \$100 (R)/\$110 (NR)
 10 Sessions \$180 (R)/\$190 (NR)



Youth Personal Training

Looking for an individualized workout catered towards your exact needs? We are pleased to now offer youth personal training. Get a full and comprehensive workout with a certified personal trainer! All sessions are one hour and will be scheduled through our training staff 630-968-6400 x127.

Age: 10-18 year olds
 Location: Darien Park District Community Center

5 Sessions \$100 (R)/\$110 (NR)
 10 Sessions \$180 (R)/\$190 (NR)



The Buddy System

You and a friend can now workout together! By joining The Buddy System, you both will get a total body workout in together. In one short hour, you and a friend will work up a sweat, gain strength and flexibility, and of course have a lot of fun. For more information on The Buddy System call Laura at (630)968-6400 x 127.

Age: 10-18 year olds
 Location: Darien Park District Community Center

5 Sessions \$150 (R)/\$160 (NR)
 10 Sessions \$230 (R)/\$240 (NR)



Pre-Teen Yoga

A mix of postures and fun yoga games will help kids improve strength, coordination and balance while promoting self esteem and providing them with an alternative way to redirect their energy. With encouragement to explore poses they will develop a sense of achievement gaining confidence and developing a positive outlook. Please bring a mat or towel to lie on.

Age: 8-12 year olds
 Location: Darien Park District Community Center
 7301 Fairview Ave.

Instructor: Jill Kuehn
 Note: *No class 3/27

Code #	Day	Date	Time	R/NR Fee
210361-A	Tu	Dec. 13-Jan. 17	5:00-5:55pm	\$36/\$42
210361-B	Tu	Jan. 24-Feb. 28	5:00-5:55pm	\$36/\$42
210361-C	Tu	Mar. 6-Apr. 17*	5:00-5:55pm	\$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

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

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

