

Fitness

Who to Contact

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Wellness Workshops NEW!

Take time to invest in you. Our Wellness Workshop Series is designed to help you build healthy habits, reduce stress, and feel your best—inside and out. Each session focuses on a different aspect of well-being, including physical health, mental resilience, nutrition, and self-care.

Led by knowledgeable instructors and wellness professionals, these interactive workshops offer practical tips, guided activities, and take-home strategies you can easily incorporate into your daily routine. Whether you're looking to boost your energy, improve balance in your life, or simply try something new, this series provides a supportive and welcoming environment for all fitness levels and lifestyles.

Join us and discover simple ways to create lasting, positive changes in your everyday life.

Mindfulness & Meditation Basics

Ages 18+

Discover the power of presence in this introductory Mindfulness & Meditation Basics workshop led by a certified yoga instructor.

Participants will learn simple, effective breathing techniques, experience guided meditation practices, and explore tools to help manage anxiety and improve focus. This welcoming session is perfect for beginners, or anyone looking to reduce stress, enhance clarity, and build a stronger mind-body connection. Come dressed in comfortable clothes and bring a mat.

Code	Dates	Day/Time	Location	R/NR
4421MFC	9/24	Th/5:30-6:30pm	RC	$10/12

Unlock Your Movement: Mobility, Strength & Balance Workshop

Ages 18+

Rediscover the joy of effortless, confident movement. Join us for an empowering interactive workshop designed to enhance your physical wellness, boost joint health & improve stability which helps to prevent falls, ease daily stiffness, or simply be steadier on your feet. This session offers practical tools for everyone. You will learn the science of balance, discover how your vision, inner ear & feet work together to keep you upright, joint mobility and functional strength. **Registration deadline is October 15.**

Code	Dates	Day/Time	Location	R/NR
4422MFC	10/22	Th/5:30-6:30pm	RC	$10/12

Chair PIYO

Ages 55+

Grab a friend and join us for this brand-new fitness program. Strengthen, stretch, and move better in this dynamic chair yoga and Pilates class. Designed for all fitness levels, this class focuses on mobility, flexibility, and core strength, with optional light weights for extra resistance. Instructor: Chicago Loves Dance. **Registration deadline is one week before the first class. No class on October 16 and November 12.**

Code	Dates	Day/Time	Location	R/NR
44514SP	9/4-10/9	F/10:00-11:00am	RC	$90/100
44515SP	10/23-12/4	F/10:00-11:00am	RC	$90/100

Mugs & Mats Night: Yoga & Hot Chocolate

Ages 18+



Unroll your mat and wrap your hands around something warm at our Mugs & Mats Night! This cozy evening is the perfect blend of gentle movement and seasonal comfort. Start by unwinding with a relaxing, all-levels yoga flow designed to release tension, improve flexibility, and calm the mind. Then, stay and sip as you enjoy a delicious cup of hot chocolate in a welcoming, laid-back atmosphere.

All levels welcome. Please bring a yoga mat and water bottle. All participants will receive a mug to take home with you. **Registration deadline is October 13.**

Code	Dates	Day/Time	Location	R/NR
4417MFC	10/27	Tu/5:30-6:30pm	RC	$21/26

Turkey Burn Zumba Bash

Ages 18+

Burn off those Thanksgiving calories with our high-energy Turkey Burn Fitness Class! This dynamic session blends various exercise types into one workout, suitable for all fitness levels. Join us for a fun and challenging workout that will boost your metabolism and leaves you feeling revitalized!

Dates	Day/Time	Location	R/NR
11/30	M/10:00am	RC	$10 Drop-in (if not enrolled in Zumba Class already)



Fitness Specials & Incentives

Try It Before You Buy It
FREE GROUP FITNESS CLASS WEEK

SEPTEMBER 14-19

Curious about our fitness classes but not sure where to start? During our Try It Before You Buy It" Free Week, participant are invited to sample a variety of group fitness classes at no cost. Whether you're just getting started or looking to switch up your routine, this no-pressure week lets you find the classes that best fit your goals and schedule before committing to a full session. Come move, try something new, and see what motivates you! *This applies to group fitness classes only. Not applicable for the Fitness Studio.*

THANKFUL FOR Movement Week

NOVEMBER 2-8

A themed week of gratitude-based fitness for all our Fitness Studio Members! Fitness members can bring a free guest with them in the week of November 2-8 to workout together. This applies to the fitness studio and track only. Group fitness classes are not included. The free guest will need to sign a waiver at the front desk and both member and guest will be entered into a raffle to win a prize. Winner will be announced the week of November 9.

BLACK FRIDAY

NOVEMBER 27

New members who purchase any annual membership on Black Friday, November 27 will receive one free additional month and a fitness water bottle or fitness band free while supplies last.

12 Days of Wellness Challenge

December 1-12

This program is a great way to keep members engaged during a busy and often inconsistent time of the year. This simple, flexible and mix of physical, mental and social wellness every member can participate in, no matter what their fitness level is.

This program is free, but you do need to sign up to participate. You will be notified after the registration deadline with how this program will work. **Registration deadline is November 24. Code: 4420MFC.**

Student & Teacher WINTER SPECIAL

DECEMBER 1-JANUARY 31

Students and teachers can purchase a one-month fitness membership at our Fitness Studio for only $10! Must show valid school I.D. for students and teachers. Pass is only valid for one month from purchase date. No renewals after January 31.

Group Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Saturday
Spin Mix 6:30-7:30pm		Adult T'ai Chi 5:30-6:15pm	Adult T'ai Chi 11:00am-12:00pm	Spin Mix 9:00-10:00am
Zumba + Strength 6:30-7:30pm	Adult Yoga 5:30-6:30pm	Zumba + Strength 6:30-7:30pm	Total Body Circuit 6:30-7:30pm	

Fitness Type
Cardio
Dance
Mind/Body
Strength

Wood Dale Park District reserves the right to cancel classes due to low attendance, mainenance, or instructor availability. Before beginning any exercise program, it's advised to consult with a physician.

Adult T'ai Chi

Ages 18+

T'ai Chi is a gentle, beautiful, and flowing exercise routine that is a joy to do, energizing and deeply relaxing; it brings health and vitality to all who practice it. The movements are all done naturally and gently. Students may choose to sit or stand, as needed, making this class suitable for all ages and abilities. **No class on Nov. 25 & 26.**

Code	Dates	Day/Time	Location	R/NR
4409MFC	9/10-10/15	Th/11:00-12:00pm	WL	$75/85
4410MFC	10/29-12/10	Th/11:00-12:00pm	WL	$75/85
4413MFC	9/16-10/21	W/5:30-6:15pm	RC	$75/85
4430MFC	11/4-12/16	W/5:30-6:15pm	RC	$75/85

Total Body Circuit Challenge

Ages 18+

Ready to make a change to your body and get healthy? This class is for all fitness levels and will focus on strength, and core intervals using weights and other forms of resistance. **No class on November 24.**

Code	Dates	Day/Time	Location	R/NR
4407MFC	9/10-10/15	Th/6:30-7:30pm	RC	$50/60
4408MFC	10/29-12/10	Th/6:30-7:30pm	RC	$50/60

Spin Mix

Ages 18+

Indoor cycling simulates varied terrain rolling hills, sprints, jumps, and other drills for a great interval workout. You control the resistance and pedal speed, creating the right intensity for you. This class combines indoor cycling fundamentals with weights that will make you move and burn additional calories than your traditional spin class. Bring plenty of water.

Code	Dates	Day/Time	Location	R/NR
4405MFC	9/14-10/19	M/6:30-7:30pm	RC	$50/60
4406MFC	11/2-12/7	M/6:30-7:30pm	RC	$50/60
4411MFC	9/19-10/24	Sa/9:00-10:00am	RC	$50/60
4412MFC	11/7-12/12	Sa/9:00-10:00am	RC	$50/60

Adult Yoga

Ages 18+

Enjoy an hour of yoga for all levels of participants taught by professional certified yoga instructors from Chicago Loves Dance. This class is a combination of physical postures, breathing techniques, stretch, strengthening as well as meditation and relaxation to help promote mental and physical well-being.

Code	Dates	Day/Time	Location	R/NR
4400MFC	9/15-10/20	Tu/5:30-6:30pm	RC	$90/100
4401MFC	11/3-12/8	Tu/5:30-6:30pm	RC	$90/100

Zumba + Strength

Ages 18+

Join us for a fun combination of Zumba cardio and traditional strength training. We have fun shaking our way to cardio Zumba fitness, strength training and completing the workout with toning sections to help build muscle along with bone density. The best of both fitness worlds! **No class on Sept. 14, Oct. 12, Nov. 9 & 25.**

Code	Dates	Day/Time	Location	R/NR
4402MFC	9/21-10/26	M/6:30-7:30pm	RC	$50/60
4403MFC	11/2-11/30	M/6:30-7:30pm	RC	$40/50
4415MFC	9/9-10/28	W/6:30-7:30pm	RC	$80/90
4416MFC	11/4-12/2	W/6:30-7:30pm	RC	$40/50

