

Fitness

Who to Contact

Mindi Schwartz, mschwartz@wdparks.org

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. **Instruction by Chicago Loves Dance. Registration deadline is one week before the first class.**

Code	Dates	Day/Time	Location	R/NR
11514SP	1/8-2/26	F/10:00-11:00pm	RC	$120/130
22515SP	3/5-4/30	F/10:00-11:00am	RC	$135/145

Valentine's Sweetheart Salsa Zumba

Ages 18+

Join us for a fun night of salsa, Zumba, sweet treats, and raffles. Grab your sweetheart, your bestie, or come solo and let's dance the night away! Participants must sign a wavier.

Dates	Day/Time	Location	R/NR
2/15	M/6:30-7:30pm	RC	$10 Drop-in (if not enrolled in Zumba Class already)

Cinco de Mayo Zumba

Ages 18+

Spice up your Wednesday with a fun-filled Cinco de Mayo Zumba celebration. Get ready to dance, sweat, and celebrate with festive music, tasty treats, and fun raffles. Grab your friends and come fiesta with us. Participants must sign a wavier.

Dates	Day/Time	Location	R/NR
5/5	W/6:30-7:30pm	RC	$10 Drop-in (if not enrolled in Zumba Class already)



Wellness Workshops

Strength, Balance & Flexibility: Your Foundation for Fitness

Ages 18+

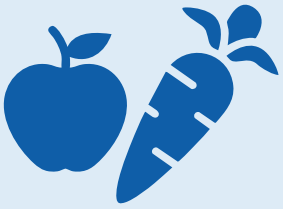
A strong and healthy body starts with three key components: strength, balance, and flexibility. Join us for an informative and interactive wellness workshop exploring why these areas are essential for maintaining mobility, preventing injuries, and supporting independence at any age.

Learn simple exercises and practical tips you can incorporate into your daily routine to improve strength, stability, flexibility, and overall movement. Whether you are just getting started or looking to enhance your current fitness routine, you'll leave with tools to help you move with greater confidence and feel your best!

Code	Dates	Day/Time	Location	R/NR
1140MFP	2/23	Tu/5:30-6:30pm	RC	$10/12

Fuel Your Fitness: Nutrition, Recovery & Whole-Body Wellness

Ages 18+



Feeling your best goes beyond exercise—it's about giving your body the fuel and recovery it needs to thrive. Join us for an informative wellness workshop focused on the connection between nutrition, physical activity, rest, and overall well-being.

Learn practical tips for fueling your body before and after exercise, staying properly hydrated, supporting muscle recovery, and making healthy choices that fit

Code	Dates	Day/Time	Location	R/NR
1145MFP	4/14	W/6:30-7:30pm	RC	$10/12

Group Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Hatha Yoga 12:00-1:00pm	Chair PIYO 10:00-11:00am	Spin Mix 9:00-10:00am
Spin Mix 5:30-6:30pm	Hatha Yoga 6:30-7:30am	Adult T'ai Chi 5:30-6:15pm	Adult T'ai Chi 11:00am-12:00pm		
Zumba + Strength 6:30-7:30pm	Adult Yoga 5:30-6:30pm	Zumba + Strength 6:30-7:30pm	Total Body Circuit 5:30-6:30pm		

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.

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
1105MFP	1/11-2/15	M/5:30-6:30pm	RC	$50/60
2205MFP	3/1-4/5	M/5:30-6:30pm	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
1100MFP	1/12-2/16	Tu/5:30-6:30pm	RC	$90/100
2201MFP	3/2-4/6	Tu/5:30-6:30pm	RC	$60/70

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.

Code	Dates	Day/Time	Location	R/NR
1109MFP	1/14-2/18	Th/11:00-12:00pm	WL	$75/85
2209MFP	3/4-4/8	Th/11:00-12:00pm	WL	$75/85
1110MFP	1/13-2/17	W/5:30-6:15pm	RC	$70/80
2211MFP	3/3-4/7	W/5:30-6:15pm	RC	$70/80

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.

Code	Dates	Day/Time	Location	R/NR
1107MFP	1/14-2/18	Th/5:30-6:30pm	RC	$50/60
2207MFP	3/4-4/8	Th/5:30-6:30pm	RC	$50/60

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 February 8 and March 8.**

Code	Dates	Day/Time	Location	R/NR
1102MFP	1/18-2/22	M/6:30-7:30pm	RC	$50/60
2202MFP	3/1-29	M/6:30-7:30pm	RC	$40/50
1103MFP	1/20-2/24	W/6:30-7:30pm	RC	$60/70
2203MFP	3/3-31	W/6:30-7:30pm	RC	$50/60

NEW! Hatha Yoga

Ages 18+

Breathe. Balance. Stretch. Energize. Ground. Welcome to a beautiful way to move and connect your mind, body, and spirit. Taught by a certified yoga instructor, this class is designed for all levels—from complete beginners and curious newcomers to experienced yogis. Each practice blends mindful breathing, gentle stretching, guided poses to enhance balance, posture, strength, flexibility, mental clarity and overall well-being, along with a short meditation. This class is an invitation to energize, slow down, recharge and enjoy the moment.

Code	Dates	Day/Time	Location	R/NR
1130MFP	2/2-23	Tu/6:30-7:30am	RC	$33/43
2231MFP	3/2-4/6	Tu/6:30-7:30am	RC	$50/60
1128MFP	2/4-25	Th/12:00-1:00pm	RC	$33/43
2229MFP	3/4-4/8	Th/12:00-1:00pm	RC	$50/60