

# Summer Online Fitness Class Schedule

June 1 - September 4, 2020

All Fitness levels welcome. Modifications made per individual needs.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Saturday</b>
	10-11am <b>CSI</b> Esther	8:45-9:45am <b>Zumba®</b> Silvia	10-11am <b>CSI</b> Esther	8:45-9:45am <b>Zumba®</b> Silvia	9-10am <b>Zumba®</b> Nicole
6:30 - 7:30pm	<b>Zumba®</b> Rachel	<b>Zumba®</b> Nicole		<b>CSI</b> Rachel	
7:30 - 8:30pm	<b>CSI</b> Rachel			<b>Cardio Craze</b> Rachel	

## Virtual Fitness Class Punch Pass Pricing

**Individual Fitness Classes** Residents: \$5/class. Non-residents: \$6/class

\$45.00	10-Punch Pass (\$4.50/class)	\$38.30 if purchased by May 31, 2020 (\$3.83/class)
\$61.32	14-Punch Pass (\$4.38/class)	\$52.08 if purchased by May 31, 2020 (\$3.72/class)
\$76.50	18-Punch Pass (\$4.25/class)	\$64.98 if purchased by May 31, 2020 (\$3.61/class)
\$90.86	22-Punch Pass (\$4.13/class)	\$77.22 if purchased by May 31, 2020 (\$3.51/class)

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

**Please register now** for summer fitness classes.

- Register [here](#). Your email is your username and your password is your **L**ast name (first letter capitalized).
- If you do not have a household account, please call the office Monday-Friday 9a-4:45p and Cathy or Sam will help you get set up and help you register for fitness classes: 630-834-8970.
- Step 1: Choose a [Virtual Punch Pass](#) or day pass. Step 2: [Choose your classes](#). Step 3: Check out.
- You will receive a Zoom Meeting link 24-48 hours before class. You will be required to go through a Zoom registration process that is free at the basic level. This will allow us to keep track of attendance.

If you have any questions about registering online, or if you prefer us to manage your registration, please don't hesitate to call the office any time between 9am and 4:45pm Monday to Friday at 630-834-8970.

**CSI - Cardio Strength Intervals** - This class will utilize a variety of equipment with alternating segments of cardiovascular and strength training to give you a total body workout.

**Cardio Craze** - This invigorating fast paced interval class will challenge you with high intensity cardio and strength training. This heart healthy workout will help build endurance and muscle. After a gradual cool down you will continue with a relaxing stretch.

**Zumba®** - This class incorporates Latin and international rhythms along with dance steps like Salsa, Merengue, Cumbia, Reggaeton and more in a class that is fun and easy to do. Zumba ® brings a party atmosphere into your workout.