

Adult Fitness Classes



**Louis Sherman Community
Center**

3501 Hopkins • Steger IL • 708-709-
0288

www.facebook.com/LSCC3501

A.M. Aerobics

See back page for information about pricing!

Tuesday / Thursday 8:00 - 9:00 a.m.
With Jodi

This class provides repetitive movement of large muscles in arms, legs and hips for a great cardio workout to which the body quickly responds. This light to moderate intensity, self-paced class is an excellent workout for the entire body. We use weights, bands, and steps to help with muscle functions as well as blood flow. Stretching and cool down activities are employed to prevent injury and your muscles relax after the workout.

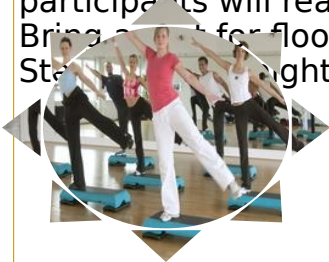


Step 'n' Tone

Tuesday 6:00 - 7:00 p.m. *
With Christine



This moderate-impact class utilizes steppers and weights in most of its routines. As a self-paced class, participant may choose whether or not to use the steps or the weights. Basic floor routines round out the workout, and participants will really see results! Bring a mat for floor work. Steppers and weights are supplied.



Pilates A.M.

Friday 8:00 - 9:00 a.m. *

With Jodi

See back page for information about pricing!



of this class is strengthening core muscles and deep muscles of the abdomen and back. As these muscles are trained, they work together with the superficial muscles of the trunk to support the trunk. As the trunk is stabilized, pressure on the back is relieved, and the body is able to move freely and efficiently. This class utilizes provided floor mats, and other equipment such as rubber bands and resistance “rings” are used to provide a gentle resistance, strength and flexibility.

All Around Fitness

Mondays and Wednesdays 6:30 - 7:30 p.m.

Kelly teaches “All-Around Fitness” cardio workout coupled with strength and toning exercises for a high-energy complete body workout.



* Occasionally classes need to be cancelled due to circumstances or gym availability. Please check the monthly Gym Schedule and postings throughout the buildings for closings. We make every attempt to contact participants of cancellations, but sometimes it is not feasible to do so. We do apologize for any inconvenience this may cause and appreciate your understanding.

Fitness Punch Card -- 15 punches per card

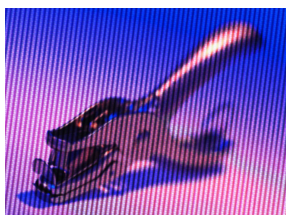
Resident; \$40

Non-Resident: \$50

Senior (60+): \$35

Drop-in: \$5 per class

(Fitness punch cards are interchangeable among these 4 classes)



www.facebook.com/LSCC3501 Get current news on class cancellations, open gym times, upcoming events, sports registrations, and other activities.