

CARDIO & STRENGTH

ACT FAST Women's Self Defense

The A.C.T.F.A.S.T. seminar emphasizes how to develop the mentality needed not to panic, freeze and be incapacitated if confronted by a bigger, stronger, violent predator. Learn 30 plus tactics and techniques that can help make you safer plus much more! Learn to think fast, learn to act and learn to survive! KW

Ages 18 & up | R\$52/NR \$62 | Min. 8/Max. 30

Program #	Day	Date	Time	Location
44150B1	Sa	Sep. 23	9-11:30a	Plfd Twp Community Center 15014 S. DesPlaines Street
44150C1	W	Oct. 25	6:30-9p	

Total Body Conditioning

Mix it up with a fun and challenging workout! This class includes 20 minutes of cardio to improve your endurance, 20 minutes of weight training to increase muscle strength and 20 minutes of mat work for balance, flexibility and to tone your entire body. You'll leave class feeling more energized, positive and healthy! This class is for all levels. Please bring a mat, clean shoes and water to class. Instructor: Clete Richardson

Ages 18 & up | No class November 23 | R\$43/NR \$53
Min. 5/Max. 15

Program #	Day	Date	Time	Location
44204A1	M	Sep. 11-Oct. 23	6-6:55p	Streams Rec Center 24319 Cedar Creek Ln.
44204A2	Th	Sep. 7-Oct. 19	6-6:55p	Rec/Admin Center 23729 W. Ottawa St.
44204B1	M	Oct. 30-Dec. 11	6-6:55p	Streams Rec Center
44204B2	Th	Oct. 26-Dec. 14	6-6:55p	Rec/Admin Center

Fitness for the Active Adult

Exercise has been proven to reduce pain and stiffness, as well as improving strength and overall health! This class is designed for the Active Adult who wants to experience an introduction to cardiovascular fitness while incorporating both strength and balance. Improve your strength, flexibility and posture! Instructor Brenda Boryca KW

Ages 55 & up | No class November 21, November 23
Min. 10/Max. 20

Program #	Day	Date	Time	Price	Location
45200A1	Tu,Th	Sep. 5-Oct. 26	9-9:45a	R/NR \$40	Plfd Twp Community Center 15014 S. DesPlaines St.
45200A2	Tu,Th	Sep. 5-Oct. 26	10-10:45a	R/NR \$40	
45200B1	Tu,Th	Oct. 31-Dec. 21	9-9:45a	R/NR \$35	
45200B2	Tu,Th	Oct. 31-Dec. 21	10-10:45a	R/NR \$35	

Power Up!

Strength = Power! 45 minutes of resistance training designed to increase lean muscle mass and build strength! We will use bands, tubing, balls and hand weights. Floor exercise on a mat will be incorporated into class using body weight as resistance. Leave this class strong and confident! Bring a mat to class. Instructor Brenda Boryca KW

Ages 40 & up | No class November 24 | R/NR \$16
Min. 10/Max. 15

Program #	Day	Date	Time	Location
45201A1	F	Sep. 8-Oct. 20	10-10:45a	Plfd Twp Community Center 15014 S. DesPlaines Street
45201A2	F	Oct. 27-Dec. 15	10-10:45a	

Cardio Fun!

Step it up a notch with this cardio class especially designed for the adult who wants a faster tempo and motivational exercises! Improve your agility, balance and coordination! This class includes moderate to moderately heavy low impact cardio exercise, focusing on major muscle groups and strengthening for the heart and lungs. Instructor Brenda Boryca KW

Ages 40 & up | No class November 24 | R/NR \$16
Min. 10/Max. 15

Program #	Day	Date	Time	Location
45202A1	F	Sep. 8-Oct. 20	9-9:45a	Plfd Twp Community Center 15014 S. DesPlaines St.
45202A2	F	Oct. 27-Dec. 15	9-9:45a	



Walk with Ease



Experience the Walk With Ease Program
Arthritis Foundation Certified. Doctor Recommended

No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk with Ease program can teach you how to safely make physical activity part of your everyday life. Studies show that Walk with Ease is proven to reduce the pain and discomfort of arthritis, increase balance, strength and walking pace, build confidence in your ability to be physically active and improve overall health. KW

Ages 55 & up | R/NR \$10 | Min. 10/Max. 25

Program #	Day	Date	Time	Location
45203A1	M,W,F	Sep. 11-Oct. 20	11:30a-12:30p	Clow Stephens 16650 S. Lily Cache Rd.



Tai Chi - NEW!

Tai chi improves muscular strength, flexibility, fitness, improve immunity, relieve pain and improve quality of life. Muscle strength is important for supporting and protecting joints and is essential for normal physical function. Flexibility exercises enable people to move more easily, and facilitate circulation of body fluid and blood, which enhance healing. Fitness is important for overall functioning of the heart, lungs, and muscles. In addition to these components, tai chi movements emphasize weight transference to improve balance and prevent falls. Instructor Erica Bough KW

Ages 20 & up | R\$67/NR \$77 | Min. 5/Max. 20

Program #	Day	Date	Time	Location
45216A1	W	Sep. 13-Oct. 18	9-9:45a	Plfd Twp Community Center
45216B1	W	Oct. 25-Dec. 6	9-9:45a	15014 S. DesPlaines Street

Functional Fitness

This class is designed for the active older adult in mind! Functional training incorporates movements that are essential to human movement, push/pull, squats, lunges and multi directional reaches. Cardiovascular exercise, strength and balance are the focus. Instructor: Debbie Stapleton is an ACE Certified Medical Exercise Specialist. KW

Ages 50 & up | No class November 20 | R/NR \$20
Min. 10/Max. 20

Program #	Day	Date	Time	Location
45207A1	M	Oct. 23- Dec. 18	9:15-10a	Plfd Twp Community Center 15014 S. DesPlaines Street

Strength & Balance

Participants will concentrate on the strength needed to perform activities of daily living such as, rising from a chair, reaching the top shelf, lifting groceries and feeling confident as you walk. We will use bands, tubing and weights to aide in building strength. This class is designed in a small group atmosphere, beginning level, in order to ensure that all participants make positive changes in strength and balance. Instructor Debbie Stapleton is an ACE Certified Medical Exercise Specialist. KW

Ages 55 & up | No class November 20, November 23.
R\$37/NR \$37 | Min. 10/Max. 15

Program #	Day	Date	Time	Location
45206A1	M,Th	Sep. 11-Oct. 26	10:15-11a	Plfd Twp Community Center
45206B1	M,Th	Oct. 30-Dec. 21	10:15-11a	15014 S. DesPlaines Street

SILVER & FIT

Plainfield Park District is a Silver & Fit participating fitness facility! Silver & Fit provides eligible participants with no-cost class participation through arrangements with certain health plans. Silver & Fit is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated.

If your health plan offers Silver & Fit contact Plainfield Township Community Center at (815) 267-3350 or visit www.SilverandFit.com.



Keep up with the latest news!

“Active Adult News” Newsletter

The “Active Adult News” advertises all programs, services and activities geared toward active adults offered by Plainfield Township and the Plainfield Park District. If you do not currently receive the newsletter call the Plainfield Township Community Center to find out how you can receive one at (815) 267-3350.



YOGA

Little Kids Yoga

Join our playful yoga class that will help strengthen bodies as they learn how to focus by using breathing and relaxation techniques. We hope to help build social skills in this energy releasing class. Instructor: Recreation Staff. MB

R\$35/NR \$44 | Min. 6/Max. 12

Program #	Day	Date	Time	Ages	Location
41211A1	Tu	Sep. 12-Oct. 17	9-9:45a	3-4	Streams Rec Center 24319 Cedar Creek Ln.
41211A2	Tu	Sep. 12-Oct. 17	10-10:45a	4-5	
41211B1	Tu	Oct. 31-Dec. 5	9-9:45a	3-4	
41211B2	Tu	Oct. 31-Dec. 5	10-10:45a	4-5	

Kids Yoga

Improve strength, flexibility, and coordination. Children will learn how to focus and center themselves with various breathing and visualization techniques through some challenging poses. Instructor: Recreation Staff. MB

Ages 6-10 | R\$35/NR \$44 | Min. 6/Max. 12

Program #	Day	Date	Time	Location
42250A1	M	Sep. 11-Oct. 16	5-5:45p	Streams Rec Center 24319 Cedar Creek Ln.
42250B1	M	Oct. 30-Dec. 4	5-5:45p	

Yoga

Yoga enhances flexibility, strengthens muscles, and offers a new outlook on life. This class is designed to ease adults into a discipline that will help refresh their bodies and minds. Participants should bring a yoga mat and refrain from eating at least two hours before class. KW

No class November 24 | Ages 18 & up | Min. 5/Max. 15

Program #	Day	Date	Time	Price	Location
44250A1	M	Sep. 11-Oct. 16	7-8p	R \$67 NR \$77	Pflfd Twp Community Center 15014 S. DesPlaines Street
44250A2	W	Sep. 13-Oct. 18	9:15-10:15a	R \$67 NR \$77	
44250A3	F	Sep. 15-Oct. 20	10:30-11:30a	R \$67 NR \$77	
44250B1	M	Oct. 23-Nov. 27	7-8p	R \$67 NR \$77	
44250B2	W	Oct. 25-Nov. 29	9:15-10:15a	R \$67 NR \$77	
44250B3	F	Oct. 27-Dec. 8	10:30-11:30a	R \$67 NR \$77	
44250C1	M	Dec. 4-18	7-8p	R \$33 NR \$43	
44250C2	W	Dec. 6-20	9:15-10:15a	R \$33 NR \$43	

Yoga, Wine and Cheese Night

Come unwind for a great evening event. Join Melissa Hart for a yoga workshop. As yoga finishes you are welcome to relax with wine, small snacks and friendship. Bring your own yoga mat, bottle of wine and a friend. KW

Ages 21 & up | R\$25/NR \$30 | Min. 10/Max. 20

Program #	Day	Date	Time	Location
44401A1	Th	Sep. 28	7-9p	Pflfd Twp Community Center 15014 S. DesPlaines Street
44401B1	Th	Nov. 9	7-9p	

Gentle Yoga

You don't need to stand up to reap the benefits of yoga! Instead of using a yoga mat, a chair is used for the different postures. This class includes centering, yoga warm-ups, postures, concentrations, breathing exercises and guided relaxation and meditation. Gentle yoga is a safe and effective way to offer yoga to any group, age and level of health. Instructor: Melissa Hart, ERYT KW

Ages 20 & up | Min. 5/Max. 15

Program #	Day	Date	Time	Price	Location
44249A1	M	Sep. 11-Oct. 16	6-6:45p	R \$52 NR \$62	Pflfd Twp Community Center 15014 S. DesPlaines Street
44249A2	W	Sep. 13-Oct. 18	10:30-11:15a	R \$52 NR \$62	
44249A3	F	Sep. 15-Oct. 20	9:30-10:15a	R \$52 NR \$62	
44249B1	M	Oct. 23-Nov. 27	6-6:45p	R \$52 NR \$62	
44249B2	W	Oct. 25-Nov. 29	10:30-11:15a	R \$52 NR \$62	
44249B3	F	Oct. 27-Dec. 8	9:30-10:15a	R \$52 NR \$62	
44249C1	M	Dec. 4-18	6-6:45p	R \$26 NR \$36	
44249C2	W	Dec. 6-20	10:30-11:15a	R \$26 NR \$36	

Basic Beginning Yoga

A welcoming space for students who are new to yoga, or for more experienced students who want to reconnect with the fundamentals. This class is taught in the Vinyasa style, but with special attention paid to alignment and breath. Instructor: Melissa Hart, ERYT KW

Ages 18 & up | Min. 5/Max. 12

Program #	Day	Date	Time	Price	Location
44251A1	W	Sep. 13-Oct. 18	6:30-7:30p	R \$67 NR \$77	Pflfd Twp Community Center 15014 S. DesPlaines St.
44251B1	W	Oct. 25-Nov. 29	6:30-7:30p	R \$67 NR \$77	
44251C1	W	Dec. 6-20	6:30-7:30p	R \$33 NR \$43	