



Techny Prairie Activity Center

Group Fitness Schedule

June 7 - September 5

In-person indoor capacity is limited during COVID-19 mitigations **Reservations are recommended for classes with ****. Reservations can be made by calling 847-897-6180 or by utilizing the ActivateNB app.

In-Person at TPAC	Fitness On Demand Livestream Location
Studio A	Techny Prairie Activity Center
Studio B	Techny TPAC 2

Outdoor Classes		
Techny Prairie Parking Lot	Techny Prairie Park and Fields Turf Field	Techny Prairie Park and Fields Ball Field #27

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8am		8:00-9:00am CARDIO/STRENGTH CIRCUIT	8:00- 9:00am MAT PILATES	8:15-9:15am ALL LEVEL YOGA	8:15-9:15am BARRE	8-9am CARDIO/ STRENGTH CIRCUIT 8:30-9:30am POWER FLOW YOGA	8:30-9:30am ALL LEVEL YOGA 8:45-9:45am PILATES FUSION
9am	9:30-10:30am PURE STRENGTH**	9:15-10:15am POWER FLOW YOGA 9:15-10:00 CYCLE JOURNEY** (No livestream) 9:30-10:30am SCULPT & TONE	9:15-10:15am POWER PUMP 9:30-10:30am ZUMBA	9:30-10:30am W.O.W. (Wonderful Overall Workout)** 9:30-10:30am YOGA TUNE UP	9:15-10:15am WERQ	9:30-10:30am CYCLE JOURNEY** (No Livestream) 9:45-10:45am BARRE	9-10am WERQ
10am	10-11am CHAIR YOGA**	10:15-11:15am ZUMBA GOLD®	10:30-11:30am W.O.W. (Wonderful Overall Workout)**		9:30-10:30am PILATES FUSION		10:30-11:30am FLEX YOGA
5pm	5:30-6:30pm WERQ 5:30-6:30pm BODYWEIGHT & BANDS	5:45-6:45pm PURE STRENGTH	5:30-6:30pm YOGA BARRE SCULPT	5:15-6:15pm VINYASA FLOW YOGA 5:30-6:30pm WERQ			
6pm	6:00-7:00pm POWER FLOW YOGA		6:00-7:00pm STAGES FLIGHT RIDE** (No Livestream)				

TPAC Group Fitness Classes

TPAC offers group fitness classes in-person at Techny Prairie Activity Center and most indoor classes are also available livestreamed through Fitness On Demand™—TPAC’s virtual platform

All Level Yoga

This Hatha-based, Vinyasa-infused yoga practice is appropriate for yoga enthusiasts of all levels.

Equipment: Mat

Barre

Ballet inspired moves are combined with elements of Pilates, dance, yoga and strength training in this hybrid workout class.

Equipment: Mat, chair for balance

Bodyweight & Bands (outdoor only)

Power Up with this full body strength class using only your bodyweight and various types of bands.

Cardio/Strength Circuit

This well-rounded workout includes cardiovascular exercises alternating with strength work. Appropriate for all fitness levels, high and low intensity and impact options are demonstrated during each class.

Equipment: Dumbbells, resistance band

Chair Yoga

Done seated, this yoga class includes breathing techniques and a wide variety of poses.

Equipment: Chair

Cycle Journey

This indoor cycling journey is a combination of music, metrics and fun.

Flex Yoga

Enjoy a session of muscle, ligament and tendon stretches and poses designed to increase flexibility, promote overall joint and muscle health and help prevent injuries.

Equipment: Mat, strap, block

Mat Pilates

Based on the original exercises of Joseph Pilates, this muscle-strengthening and lengthening form of exercise focuses on core muscles and the toning of arms and legs.

Equipment: Mat

Pilates Fusion (indoor and outdoor)

This class takes the best practices from Pilates and fuses them with yoga poses and strength training.

Equipment: Mat, Pilates ball, dumbbells

Power Flow Yoga

Participants move fluidly from one pose to the next while connecting their breath to their movements with this powerful and energetic form of yoga.

Equipment: Mat, strap, block

Power Pump

This barbell strength class consists of ten tracks of work, focusing on one muscle group for each track to achieve maximum fat burn and muscular endurance.

Equipment: Barbell, plates, mat

Pure Strength

Build strength and add definition in this all-strength class that focuses on repetitions to define and sculpt muscles.

Equipment: Mat, dumbbells, resistance band

Sculpt & Tone (outdoor only)

Using light weights and high repetitions, and set to the beat of the music, the class will rhythmically sculpt and tone your muscles.

Stages Flight Ride

Entertainment meets training in this interactive indoor cycling and multimedia experience.

Vinyasa Yoga

Vinyasa is a style of yoga characterized by stringing postures together so that you move seamlessly from one to another using your breath.

Equipment: Mat, strap, block

WERQ (indoor & outdoor)

This wildly addictive cardio dance class is based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps.

W.O.W.

(Wonderful Overall Workout)

This low impact class focuses on light cardio, strength and balance work.

Equipment: Chair for balance, light-weight dumbbells, resistance band

Yoga Barre Sculpt

This class is a combination of yoga poses, bodyweight exercises, light dumbbell repetitions and ballet barre movement.

Equipment: Chair for balance, mat, light dumbbells

Yoga Tune Up (outdoor only)

This yoga class is built around the 3 P’s: improve posture, enhance performance, and eradicate pain.

Zumba® (outdoor only)

Combining Latin and international music with dance moves, routines incorporate interval training to help improve cardiovascular fitness.

Zumba Gold®

A modified version of Zumba, this class is geared toward active, older adults seeking lower-impact workouts.

Techny Prairie Activity Center
180 Anets Drive, Northbrook
nbfitness.org 847-897-6180

Home Equipment Substitutions:

(Or ask at the fitness desk about our Fitness To Go option!)

Dumbbell:	Water bottles or soup cans
Pilates ball:	Small pillow
Resistance band:	Elastic robe tie or bungee cord
Yoga block:	Thick, hardcover book
Yoga strap:	Belt, long towel