

WINTER 2024

GROUP EXERCISE NEWSLETTER

Did You Know?

There is a large-scale lack of connection between how much an adult knows about diet and exercise and their behaviors so it's important to foster behavioral changes that are resilient. These efforts are worthwhile because 50 to 60% of adults starting or restarting an exercise program are predicted to drop out within several weeks or months, and regain of lost weight (sometimes beyond baseline weight) is highly predictable beyond an initial six to nine months of the weight loss.

The good news is that while attaining 150 minutes of weekly exercise is a laudable goal, the performance of far less exercise is associated with substantial impacts on anxiety and depression. Additionally, research suggests that while increased exercise is associated with controlled eating and weight loss, frequency of moderate-intensity bouts of exercise (of at least 15 minutes each) does not matter very much, as long as a two session per week are consistently met.

Group Exercise Highlights: VAUGHAN

If you haven't already, come try our new classes!

CIRCL Mobility with Julie – Tuesdays at 7:15 a.m.

Cycling with Stacey – Wednesdays at 9:15 a.m.

Group Strength with Chrissa – Thursdays at 5:15 p.m.

Due to your overwhelming response to Deb's class on Sunday, December 3, Deb will be leading Restorative Yoga at Vaughan on the first Sunday of every month at 10:15 a.m.! She looks forward to welcoming you on January 7, February 4, March 3, and April 7.

EOLA



Chitra has worked in Marketing, Advertising and Retail before finding her passion for yoga after immigrating to the USA. Blessed with the best teachers and guides, she earned her 200 hour teacher training certification from Prairie Yoga in 2018. Her training was an "all embracing" approach based on the belief that yoga is

for every-body and can be adapted to anyone. She has been practicing yoga for 18 years and began teaching at Fox Valley Park District in 2019. She continues learning at every opportunity through her students, practicing with amazing teachers and attending workshops. She teaches an Alignment-Based style that combines Asana, Pranayama and Meditation. Chitra's classes combine the nerdy science of yoga with it's ancient, yet relevant philosophy. You will find a strong sense of community, fresh perspectives, laughter, and lightness in her classes.

She finds leading a yoga practice and the coming together of like-minded individuals reaping the benefits of this powerful practice very fulfilling and rewarding. She loves animals, running and being outdoors.

Join Alignment-Based Yoga with Chitra on Saturdays at 10 a.m. Eola Community Center!



For schedules and more information: [foxfitness.info](https://www.foxfitness.info)
Follow Fox Fitness on social media, like and share!

Facebook: Fox Fitness, Instagram:
[foxvalleyparkdistrict](https://www.instagram.com/foxvalleyparkdistrict), Twitter: @FoxValleyParks

PRISCO



Rose is a Fox Fitness yoga instructor at both Prisco and Vaughan teaching students of all ages the joy of yoga. You can find her on Monday mornings at Vaughan or Saturday mornings at Prisco!

Other Fox Fitness Happenings:

2nd Annual BOost Your Fitness Routine Challenge -
Congratulations to our winners!



VAUGHAN
RUTH GRAMS



PRISCO
OLGA SANCHEZ



EOLA
SUSAN KULCZYCKI

Member Appreciation Day – October 20 was a day filled with fun and fitness! Our incredible members deserved nothing by the best, and we made sure of it! From the healthy goodies to Fox Fitness gear, the appreciation was felt all day long!



Exercising for Better Balance & Strength - Prisco



EXERCISING FOR BETTER BALANCE & STRENGTH

Jan. 3-Feb. 7 • Wednesdays • 2:30-3:30 p.m.
Feb. 14-March 20 • Wednesdays • 2:30-3:30 p.m.
Prisco Community Center (dance studio 117)

This class is designed to help you improve your quality of life for added strength, balance, flexibility and mobility using intentional movement for physical wellness. Those who most benefit from this class are those with balance problems or other movement disorders and those living with Parkinson's disease. All ability levels are welcome. Please bring a water

bottle and tennis shoes. The class can be done seated or standing. Chairs are provided.
\$75(M) • \$100(R) • \$150(N)
Jan. 3 - Feb. 7 • 311403-01
Feb. 14 - March 20 • 311403-03
Spring Speciality Fitness
March 27 - May 1 • 411403-03
May 8 - June 12 • 411403-04
foxfitness.info

This class is designed to help you improve your quality of life for added strength, balance, flexibility and mobility using intentional movement for physical wellness. Those who most benefit from this class are those with balance problems or other movement disorders and those living with Parkinson's disease. All ability levels are welcome. Please bring a water bottle and tennis shoes. The

class can be done seated or standing.

\$75(M) \$100(R) \$150(N)

1/3-2/7 • Wednesday • 2:30-3:30 p.m. • 311403-01

2/14-3/20 • Wednesday • 2:30-3:30 p.m. • 311403-03

3/27-5/1 • Wednesday • 12:30-1:30 p.m. • 411403-03

5/8-6/12 • Wednesday • 2:30-3:30 p.m. • 411403-04

Eggercise Fest Group Exercise Challenge

March 25 - 31. More information to come!

Quote of the Quarter:

From the moment you wake up to the moment you rest your head at night, everything is up to you. Your emotions, your thoughts, your perception and your reactions. Every moment is all about your mindset.

Any questions, comments or feedback regarding the Fox Fitness Department can be directed to:
Brett Meier, Fox Fitness General Manager 630-907-9600 X1102, bmeier@fvpd.net
Danielle Nachtigall, Group Exercise Supervisor 630-907-9600 X1105, dnachtigall@fvpd.net