

SPRING 2024

# GROUP EXERCISE NEWSLETTER

## Did You Know?

“Stillness” is the enemy of biology. Our bodies were designed for movement and thrive on circulation and the delivery of oxygenated blood during muscle activation, yet one of the primary solutions to the problem of people spending so much time being sedentary has been to make the sitting experience as artificial as possible, with high-tech chairs and such designed to support the body. In this environment, the body is artificially propped up and stagnant, without the stimulation of the major muscles and soft tissues of the body.

Activity of all types and levels have been shown to be beneficial to biological systems because of variability. Variability gives the body opportunity to prepare, unload, progress and thrive. Variability encompasses the physiological, neurological, myofascial and skeletal systems. Variability also happens during non-exercise activity thermogenesis (NEAT). NEAT is a key component of energy expenditure and represents such common daily activities as weight shifts, fidgeting and standing. Over the course of a day, those micromovements have a small metabolic cost, little to no cognitive load that would distract one from the task in front of them and can accumulate and contribute to improved metabolic health which results in a variance of muscle activity, improving circulation and tissue hydration.

## Group Exercise Highlights: VAUGHAN

Monthly Class Special: 10:15 a.m. Sundays May 5 and June 2 - Restorative Yoga with Deb

May 1-31 – Can You Go the Distance? Challenge: Participants log their distance in the month of May in every Vaughan cycle class they take if they choose to compete. The

top 3 males and top 3 females with the largest cumulative distance for the month win! Winners will receive Fox Fitness swag and bragging rights! WINNERS WILL BE NOTIFIED ON MONDAY, JUNE 3.

## EOLA - BEGINNING APRIL 9

\*NEW\* Mondays at 8 p.m. Stretch with Charis  
\*NEW\* Tuesdays at 10 a.m. Zumba with Charis  
Tabata is BACK! Thursdays at 9 a.m. with Paula

## Other Fox Fitness Happenings:

### Exercise for Better Balance & Strength

411403-03 • March 27-May 1  
411403-04 • May 8-June 12  
111403-01 • June 19-July 24

## EGGERCISE FEST

Vaughan, Eola and Prisco  
March 25 - 31

Take any group exercise classes and get an Easter egg from the instructor after class. Inside the egg will be an instant winner ticket for a swag item or a raffle ticket to enter to win a \$50 Amazon gift card! Participants can take as many classes as they want during the week-long challenge. The more classes taken increases your chance of winning!



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](https://twitter.com/FoxValleyParks)

## Fitness Desk Spotlight – March (Copley) Ivan Gomez



Ivan has been working at the Fox Valley Park District in various roles for more than 10 years. He currently works at Fox Fitness Copley because he likes to give back to his community.

Ivan's favorite thing about working at the FVPD has always been the diverse staff and patrons that he meets and interacts with. Ivan truly feels like that these experiences are a good reflection of the welcoming feel that Aurora brings. Community members are welcoming and always willing to help others, without judgment.

Ivan's favorite pieces of equipment are kettlebells because it's easy to create a full body workout with them.

In his free time, Ivan likes to work-out and tend to his garden.

## APRIL CHALLENGE



## What's your favorite workout? Tell the front desk and win Fox Fitness swag!

Research has shown that it's important to get all four types of exercise: endurance, strength, balance, and flexibility.

Each one has different benefits. Doing one kind also can improve your ability to do the others, and variety helps reduce boredom and risk of injury.

ASK THE FITNESS DESK FOR DETAILS

## March Rowing Challenge

The Irish good luck saying "go n-éirí leat" translates to "may you succeed" and in this context means "best of luck to you".

Row 1,000 meters in 5 minutes or less at Fox Fitness Copley, Eola or Vaughan and win a Fox Fitness t-shirt (while supplies last)!

**FOXfitness**

**MARCH**

**ROWING CHALLENGE**

The Irish good luck saying "go n-éirí leat" translates to "may you succeed" and in this context means "best of luck to you".

Row 1,000 meters in 5 minutes or less at Fox Fitness Copley, Eola or Vaughan and win a Fox Fitness t-shirt (while supplies last)!

**\*Ask the fitness desk for details.**  
Valid on Concept 2 rowers only with damper set at 10. Show the fitness desk attendant your picture of the console with the time and distance (meters) for successful proof of completion.

## Quote of the Quarter:

**Good things come to those who believe, better things come to those who are patient and the best things come to those who don't give up.**

Any questions, comments or feedback regarding the Fox Fitness Department can be directed to:

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