

SPRING 2025

GROUP EXERCISE NEWSLETTER

Group Exercise Highlights: VAUGHAN

Restorative Yoga with Deb on the first Sunday of the month at 10:15 a.m. – April 6, May 4, June 1.

EASTER • SUNDAY, APRIL 20
FITNESS CENTER • 6 TO 11 A.M.

GROUP EXERCISE

Group Strength • 8:30-9:30 a.m. • Chrissa

Come experience a purposeful class filled with the exercise your body deserves to give you the energy of life this Easter morning!

Recover & Restore • 9:30-10 a.m. • Chrissa

The great gift of Easter is hope. Renew the love and compassion you have for yourself. Muscle lengthening and stretching will leave you more peaceful and well-balanced.

CHILDCARE • FIELD HOUSE • TENNIS GUEST SERVICES
• AQUATICS • Membership. CLOSED.

PRISCO

Golden Fit with Karla on Wednesdays at 8:15am

KARLA BARRERA



*Silver Sneakers participants are eligible to take group exercise classes at Prisco at no cost.

Other Fox Fitness Happenings:

XTREME
HIP-HOP with
PATRICE
APRIL 8-MAY 1
& MAY 6-29
T/TH • 6:45-7:45 P.M.
PRISCO • \$65(R) / \$75(N)

REGISTER TODAY!



Fitness Desk Spotlight –
March (Eola) – Mike Avalos



Fitness Desk Spotlight –
April (Copley) –
Alexis Ramirez



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)

FOXfitness

FFR
FOX FITNESS RACING

**THE BEST
45-MINUTE
WORKOUT
YOU'VE
NEVER TRIED**

**APRIL 5
18Y & UP
\$30(R) / \$40(N)**

TIRE FLIP
FLIP A TIRE AS MANY REPETITIONS AS POSSIBLE

SKIERG
400 METERS (F)
450 METERS (M)

FARMER'S CARRY
TWO 25LB KETTLEBELLS CARRIED 300 FEET (F)
TWO 40LB KETTLEBELLS CARRIED 450 FEET (M)

ROW
450 METERS (F)
500 METERS (M)

WALL BALLS
5LB SLAM BALL TOSSED TO A 6 FOOT HIGH SQUARE ON THE WALL (F)
10LB SLAM BALL TOSSED TO A 10 FOOT HIGH SQUARE ON THE WALL (M) AS MANY REPETITIONS AS POSSIBLE

SLED PULL
100LBS (F)
210LBS (M)
PULLED 100 FEET

SLED PUSH
100 FEET

CYCLE
50 MILES (F)
55 MILES (M)

QR Code

June Member Challenge

JUNE BENCH BODY WEIGHT CHALLENGE

FOXfitness

In June try bench pressing your bodyweight to win a free Fox Fitness T-shirt! Women can bench 70% of their bodyweight to win a free Fox Fitness T-shirt! All locations: VAC, Eola, Prisco & Copley.

ASK THE FITNESS DESK FOR DETAILS

Scan Here to Register!

FOXfitness

EXERCISING FOR BETTER BALANCE & STRENGTH

Wednesdays • 12:30-1:30 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)
Winter Specialty Fitness
January 22 - February 26
311403-04

Spring Specialty Fitness
March 5 - April 9 • 411403-05
April 16 - May 21 • 411403-06
May 28 - July 2 • 411403-07

foxfitness.info

Exercise for Better Balance & Strength
Wednesdays, 12:30 p.m. Prisco #117
411403-06, April 16 - May 21
411403-07 May 28 - July 2

Quote of the Quarter:
A beautiful day begins with a beautiful mindset.

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