



# LINDA

## GROUP fitness INSTRUCTOR

Linda is a dedicated group fitness instructor at DPCC, leading the Classic Fitness class mornings at 8:30 AM. She helps beginners, older adults, and those with movement challenges stay active through fun, music-driven exercises. Her class focuses on improving strength, flexibility, and daily mobility using hand-held weights, resistance bands, and optional chair support.

Join Linda for an uplifting workout designed to keep you moving and feeling great!

### CLASSIC FITNESS CLASS\*:

Classic Fitness - Beginner/Mature Adult - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights and elastic tubing with handles are offered for resistance and a chair is used for seated and/or standing support.

*Class designed for new exercisers, older adults or individuals with movement challenges. Format may be suitable for seated activity.*

\*We have a few classes conducted at Dellwood Park Community Center that are an added perk for Insurance Based members. These classes are FREE to those with Renew Active, Silver Sneakers, AARP Medicare Supplement or a CF Senior Membership. If you are interested in taking these classes and do not have any of the listed above memberships it is \$4.00 per class as a walk-in.



### MOVE BETTER, FEEL STRONGER, TOGETHER!

The **Classic Fitness** class offers numerous benefits, especially for beginners, older adults, and individuals with movement challenges.

Here's how this class can help:

- Improves Strength & Endurance
- Boosts Flexibility & Range of Motion
- Enhances Balance & Coordination
- Supports Heart Health
- Reduces Stress & Boosts Mood

# Did You Know?

GROUP FITNESS CLASSES INCLUDED WITH MEMBERSHIP!



LockportPark.org

815.838.3621

2021 Lawrence Ave., Lockport IL 60441



# LISA V

## GROUP fitness INSTRUCTOR

Lisa V. is a dedicated group fitness instructor at DPCC, leading the Classic Fitness class mornings at 8:30 AM. She helps beginners, older adults, and those with movement challenges stay active through fun, music-driven exercises. Her class focuses on improving strength, flexibility, and daily mobility using hand-held weights, resistance bands, and optional chair support.

Join Lisa for an uplifting workout designed to keep you moving and feeling great!

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# MIKE

## GROUP fitness INSTRUCTOR

Mike brings encouragement, energy, and a friendly smile to his Classic Fitness class at DPCC. With a focus on functional movement, he helps beginners, older adults, and those with mobility challenges build strength, improve flexibility, and move with confidence.

Using music, light resistance, and chair support, Mike creates a welcoming environment where everyone can enjoy staying active and healthy.

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