

VILLA PARK RECREATION CENTER (VPRC)

320 E. Wildwood Avenue Room 204 (Dance/Fitness Room) Schedule starting on 1/5*

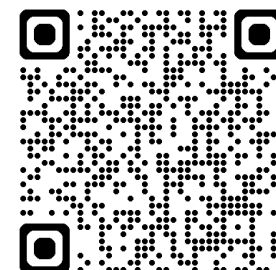


Punch Pass GROUP FITNESS Programs Winter/Spring 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Cardio Circuits 6-6:45am Brian	Core and Flow 5:30-6:15am Patrick	Cardio Circuits 6-6:45 am Brian	Bulletproof Basics 5:30-6:15am Patrick	Cardio Circuits 6-6:45am Brian	
	Functional Fitness 10:15-11am Brian	Balance Strength and Core- CIRCUIT 10:15-11 am Patrick	Functional Fitness 10:15-11am Brian	Line Dancing 9-10 am Linda	Next Level Motion 8-8:45am Patrick
	Kettlebell Strength & Conditioning 11:15am-12pm Brian	Senior Functional Fitness and Strength 11:15-12pm Brian	Kettlebell Strength & Conditioning 11:15am-12pm Brian		Heavy Lifting Foundations 9-9:45am Brian
Weights & Cardio 12:15-1pm Brian	Weights & Cardio 12:15-1pm Brian	Weights & Cardio 12:15-1 pm Brian	Weights & Cardio 12:15-1pm Brian	Weights & Cardio 12:15-1pm Brian	Next Level Motion 12-12:45pm Patrick
	Core and Flow 6:30-7:15pm Patrick	Mat Pilates 3:30-4:15 pm Patrick	Bulletproof Basics 3:30-4:15pm Patrick	Mat Pilates 3:30-4:15pm	
				BoxFit Circuit 5:30-6:15pm Brian	

Punch Pass	Basic Punch Pass Fee	Membership 10% Discount
10 Punch Pass	\$65	\$58.50
14 Punch Pass	\$80	\$72
18 Punch Pass	\$95	\$85.50
22 Punch Pass	\$110	\$99

Here is our
Membership



Villa Park
Recreation
Center
630-749-3200