

# Barrington Park District Fitness Center Group Exercise Schedule Summer 2018

Effective April 30<sup>th</sup> 2018 to September 1, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
Cycle Works 5:15 - 6:00am Studio A - Brooke	<b>Team Training</b> 5:45am - 6:45am LAC - Stacey	PIYo 5:15 - 6:00am Dance - Dana	<b>Team Training</b> 5:45am - 6:45am LAC - Stacey	ConditionU 5:15 - 6:00am Dance - Brooke	CycleWorks 7:15 - 8:00am Studio A - Ann	
Flex It 7:45 - 8:45am Dance - Jo	Fit N Stretch 8:00 - 9:00am Studio B - Lana	Flex It 7:45 - 8:45am Dance - Jo	Fit N Stretch 8:00 - 9:00am Studio B - Lana	Totally Tone 7:45 - 8:45am Studio A - Jo	Flex It 8:15 - 9:15am Studio A - Luara	
	<b>FC Circuit</b> 8:00 - 8:45am MAIN FC - Kristy		<b>POUND</b> 8:30 - 9:15am Dance - Sara	<b>FC Circuit</b> 8:00 - 8:45am MAIN FC - Amy	BootyBarre 8:00 - 8:45am Dance - Aneta	
<b>Yoga Restore</b> 9:15 - 10:15am Studio B - Nikki	Cardio Strength 9:15 - 10:15am Studio A - Lana	<b>Yoga w/Board</b> 9:00 - 10:00am Studio B - Nikki	Cardio Strength 9:15 - 10:15am Studio A - Lana	Pilates Tone 8:30 - 9:30am Dance - Lana	<b>Small Group Training</b> 8:15 - 9:15am LAC - Marco	Sunrise Yoga 9:00 - 10:00am Studio B - Catherine
<b>Team Training</b> 9:15 - 10:15am LAC - Stacey	<b>Team Training</b> 9:15 - 10:15am LAC - Stacey	<b>Small Group Training</b> 9:15 - 10:15am LAC - Brooke	<b>Team Training</b> 9:15 - 10:15am LAC - Stacey	<b>Small Group Training</b> 9:15 - 10:15am LAC - Stacey	<b>Yoga Restore</b> 9:00 - 10:00am Studio B - TBA	
<b>POUND</b> 9:30 - 10:15am Dance - Adrienne	ConditionU 9:30 - 10:30am Dance - Amy	TurboKick 9:30 - 10:30am Dance - Adrienne	ConditionU 9:30 - 10:30am Dance - Amy	TurboKick 9:30 - 10:30am Dance - Jessica	<b>Team Training</b> 9:30 - 10:30am LAC - Marco	
Totally Tone 9:30 - 10:30am Studio A - Sara	<b>Yoga Tone</b> 9:30 - 10:30am Studio B - Holly	Totally Tone 9:30 - 10:30am Studio A - Amy	PIYo 9:30 - 10:30am Studio B - Dana	<b>Yoga w/ Board</b> 10:30 - 11:30 am Studio B - Emily	Zumba 9:30 - 10:30am Studio A - Beth	
CycleWorkz Express 10:45 - 11:15am Studio A - Adrienne	BootyBarre 10:30 - 11:15am Dance - Taylor	<b>Yoga Tone</b> 10:30 - 11:30am Studio B - Emily		BootyBarre 10:30 - 11:15am Dance - Taylor	<b>Yoga Jr.</b> 10:15 - 11:15am Studio B - TBA	
		Zumba 10:30 - 11:30am Dance - Axana	<b>FC Circuit</b> 11:00 - 11:45am MAIN FC - Kelly	Zumba 10:30 - 11:30am Studio A - Axana		
<b>Fit L.I.T.E</b> 11:30 - 12:15pm Studio A - Barb	<b>SilverChair Yoga</b> 11:30 - 12:30pm Studio B - Catherine	<b>Silver SneakersClassic</b> 11:30 - 12:15pm Studio A - Barb		<b>Silver SneakersClassic</b> 12:30 - 1:15pm Studio A - Barb		
<b>Team Training</b> 12:00 - 1:00pm LAC - Stacey	<b>P.O.W.E.R Box</b> 12:15 - 12:50pm Dance - Adrienne	<b>Team Training</b> 12:00 - 1:00pm LAC - Marco	CycleWorkz Express 12:15 - 12:50pm Studio A - Kelly	<b>Team Training</b> 12:00 - 1:00pm LAC - Dana	<b>Check out our ALL NEW DROP IN ONLY CLASSES! \$8 per class, per person. P.O.W.E.R Boxing &amp; FC Circuit AND CYCLEWORKZ now in Studio A!</b>	
<b>SilverChair Yoga</b> 4:00 - 5:00pm Studio B - Catherine	<b>SilverSneakerClassic</b> 4:00 - 4:45pm Studio A - Amy	<b>FC Circuit</b> 4:00 - 4:45pm MAIN FC - Brooke	<b>SilverSneaker Circuit</b> 4:00 - 4:45pm Studio A - Amy			
CycleWorkz 5:00 - 5:45pm Studio A - Ann	<b>Small Group Training</b> 4:45 - 5:45pm LAC - Marco	<b>Yoga Tone</b> 5:00 - 6:00pm Studio B - Kathy	CycleWorkz 5:00 - 5:45pm Studio A - Kelly			
	<b>Teen Yoga</b> 5:15 - 6:15pm Studio B - Lauren	Totally Tone 5:15 - 6:00pm Studio A - Brooke	<b>P.O.W.E.R Box</b> 5:30 - 6:15pm Dance - Kristy			
ConditionU 6:00 - 6:50pm Studio A - Amy	Zumba 6:00 - 6:50pm Dance - Aneta	<b>POUND</b> 6:00 - 6:50pm Studio A - Jessica	Zumba 6:00 - 6:50pm Dance - Aneta		<b>Red Font</b> denotes roster classes (classes that need to be registered for). <b>Black Font</b> denotes Passport Classes, which are <i>included</i> in Premium, Team and Small Group Training Membership <b>Yellow Highlighted</b> = Silver Sneakers/premium Senior members <b>Green Highlighted</b> = drop in only \$8 per class per person	
	<b>Team Training</b> 6:30 - 7:30pm LAC - Marco	<b>Team Training</b> 6:15 - 7:15pm LAC - Brooke	<b>Small Group Training</b> 6:30 - 7:30pm LAC - Marco			
<b>Yoga Challenge</b> 7:45 - 8:45pm Studio B - Nikki	Flex It 6:30 - 7:30pm Dance - Laura	<b>Yoga w/Board</b> 6:45 - 7:45pm Studio B - Kathy	Flex It 6:30 - 7:30pm Dance - Laura			