

Barrington Park District Fitness Center Group Exercise Schedule

Fall 2018

Effective September 1, 2018 to December 31, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 5:15 - 6:00am Studio A - Brooke	Team Training 5:45 - 6:45am LAC - Stacey	PiYo 5:15 - 6:00am Dance - Dana	Team Training 5:45 - 6:45am LAC - Stacey	ConditionU 5:15 - 6:00am Dance - Brooke	Cycle 7:15 - 8:00am Studio A - Brooke H	
Flex It 7:45 - 8:45am Studio A - Jo	Fit N Stretch 8:00 - 9:00am Studio A - Lana	Flex It 7:45 - 8:45am Dance - Jo	Fit N Stretch 8:00 - 9:00am Dance - Lana	Totally Tone 7:45 - 8:45am Studio A - Jo	Bootybarre 8:00 - 8:45am Dance - Aneta	
				Pilates Tone 8:30 - 9:30am Dance - Lana	Flex It 8:15 - 9:15am Studio A - Laura	
	FC CIRCUIT 8:45 - 9:15am MAIN FC - Kristy	Cycle Express 8:45 - 9:15am Studio A - Adrienne	⚡ POUND ⚡ 8:30 - 9:15am Studio A - Sara	FC CIRCUIT 8:45 - 9:15am MAIN FC - Kristy	Small Group Training 8:15 - 9:15am LAC - Marco	
Team Training 9:15 - 10:15am LAC - Stacey	Team Training 9:15 - 10:15am LAC - Stacey	Team Training 9:15 - 10:15am LAC - Brooke	Team Training 9:15 - 10:15am LAC - Stacey	Team Training 9:15 - 10:15am LAC - Stacey	Gentle Yoga 9:00 - 10:00am Studio B - Megan	Sunrise Yoga 9:00 - 10:00am Studio B - Catherine
Gentle Yoga 9:15 - 10:15am Studio B - Nikki	Cardio Strength 9:15 - 10:15am Studio A - Lana	Yoga w/ Board 9:00 - 10:00am Studio B - Nikki	Cardio Strength 9:15 - 10:15am Dance - Lana	Turbo Kick 9:30 - 10:30am Dance - Jessica	Team Training 9:30 - 10:30am LAC - Marco	
⚡ POUND ⚡ 9:30 - 10:15am Dance - Adrienne	ConditionU 9:30 - 10:30am Dance - Amy	Turbo Kick 9:30 - 10:30am Dance - Adrienne	Cycle N Strength 9:30 - 10:30am Studio A - Amy	Gentle Yoga 9:30am - 10:30am Studio B - Emily	Zumba 9:30 - 10:30am Studio A - Beth	
Totally Tone 9:30 - 10:30am Studio A - Sara	Yoga Tone 9:30 - 10:30am Studio B - Holly	Totally Tone 9:30 - 10:30am Studio A - Amy	PiYo 9:30 - 10:30am Studio B - Dana	Zumba 10:30 - 11:30am Studio A - Axana	Yoga Jr 10:15 - 11:15am Studio B - Megan	
Cycle Express 10:35 - 11:05am Studio A - Adrienne	Bootybarre 10:30 - 11:15am Dance - Taylor	Yoga Tone 10:30 - 11:30am Studio B - Emily		Bootybarre 10:30 - 11:15am Dance - Taylor		
		Zumba 10:30 - 11:30am Dance - Axana				
Fit Lite/SilverSneaker 11:30 - 12:15pm Studio A - Barb	SilverChair Yoga 11:30 - 12:30pm Studio B - Catherine	Fit Lite/SilverSneaker 11:30 - 12:15pm Studio A - Barb	FC CIRCUIT 11:30 - 12:15pm MAIN FC - Kelly	Fit Lite/SilverSneaker 12:30 - 1:15pm Studio A - Barb		
Team Training 12:00 - 1:00pm LAC - Stacey		Team Training 12:00 - 1:00pm LAC - TBA	Cycle Express 12:30 - 1:00pm Studio A - Kelly	Team Training 12:00 - 1:00pm LAC - Marco		
SilverChair Yoga 4:00 - 5:00pm Studio B - Catherine	Fit Lite/SilverSneaker 4:00 - 4:45pm Studio A - Amy	FC CIRCUIT 4:00 - 4:45pm MAIN FC - Brooke H	Fit Lite/SilverSneaker 4:00 - 4:45pm Studio A - Amy		<p style="text-align: center;">Check out our DROP IN ONLY CLASSES!</p> <p style="text-align: center;">\$6 per class, per person</p> <p style="text-align: center;">Includes FC Circuit & P.O.W.E.R. Box</p>	
Cycle 5:00 - 5:45pm Studio A - Amy	Small Group Training 4:45 - 5:45pm LAC - Marco	Totally Tone 5:00 - 6:00pm Studio A - Brooke H	Cycle 5:00 - 5:45pm Studio A - Kelly			
Teen Yoga 5:15 - 6:15pm Studio B - Megan		Yoga Tone 5:00 - 6:00pm Studio B - Kathy	P.O.W.E.R. Box 5:15 - 6:00pm Dance - Kristy			
Team Training 5:30 - 6:30pm LAC - Brooke H						
PiYo 6:00 - 6:50pm Studio A - Kristy	Zumba 6:00 - 6:50pm Studio A - Aneta	⚡ POUND ⚡ 6:00 - 6:50pm Studio A - Jessica	Zumba 6:00 - 6:50pm Studio A - Brooke C		<p>Red font denotes roster classes (require registration to attend)</p> <p>Black font denotes Passport classes (included in Premium Membership)</p> <p>Yellow highlighted = Silver Sneakers/Premium Senior members</p> <p>Green highlighted = drop in classes, \$6 per person</p>	
	Team Training 6:15 - 7:15pm LAC - Marco	Team Training 6:15 - 7:15pm LAC - Brooke H	Team Training 6:15 - 7:15pm LAC - Jeff			
	Flex It 6:30 - 7:30pm Dance - Laura	Yoga w/ Board 6:30 - 7:30pm Studio B - Kathy	Flex It 6:30 - 7:30pm Dance - Laura			