

Barrington Park District Fitness Center Group Exercise Schedule

Fall 2019

Effective September 1, 2019 to December 31, 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|---|---|--|
| Cycle 5:15 - 6:00am Studio A - Brooke | Team Training 5:45 - 6:45am LAC - AJ | PiYo 5:15 - 6:00am Dance - Dana | Team Training 5:45 - 6:45am LAC - AJ | ConditionU 5:15 - 6:00am Dance - Brooke | Cycle 7:15 - 8:00am Studio A - Amy | |
| Flex It 7:45 - 8:45am Studio A - 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 | Bootybarre 8:00 - 8:45am Dance - Aneta | |
| | | | | Pilates Tone 8:30 - 9:30am Dance - Lana | Flex It 8:15 - 9:15am Studio A - Laura | |
| | | | | | Small Group Training 8:15 - 9:15am LAC - Marco | |
| Team Training 9:15 - 10:15am LAC - AJ | Team Training 9:15 - 10:15am LAC - AJ | | Team Training 9:15 - 10:15am LAC - AJ | Team Training 9:15 - 10:15am LAC - Brooke | 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 | Cycle N Strength 9:30 - 10:30am Studio A - Amy | Team Training 9:30 - 10:30am LAC - Marco | |
| POUND 9:30 - 10:15am Dance - Sara | ConditionU 9:30 - 10:30am Dance - Amy | Turbo Kick 9:30 - 10:30am Dance - Jessica | Cycle N Strength 9:30 - 10:30am Studio A - Amy | Turbo Kick 9:30 - 10:30am Dance - Jess/Adr | Zumba 9:30 - 10:30am Studio A - Beth | |
| Totally Tone 9:30 - 10:30am Studio A - Kristy | Tai Chi 1 9:15 - 10:15am Studio B - Patty | Totally Tone 9:30 - 10:30am Studio A - Amy | PiYo 9:30 - 10:30am Studio B - Dana | | | |
| | Tai Chi 2 10:30 - 11:30am Studio B - Patty | Yoga Tone 10:30 - 11:30am Studio B - Emily | | Gentle Yoga 9:30am - 10:30am Studio B - Emily | | |
| | Bootybarre 10:30 - 11:15am Dance - Taylor | Zumba 10:30 - 11:30am Dance - Axana | | Zumba 10:30 - 11:30am Studio A - Axana | | |
| Fit Lite/SilverSneaker 11:30 - 12:15pm Studio A - Barb | Fit Lite/SilverSneaker 11:45 - 12:30pm Studio A - Amy | Fit Lite/SilverSneaker 11:30 - 12:15pm Studio A - Barb | Fit Lite/SilverSneaker 11:45 - 12:30pm Studio A - Amy | Fit Lite/SilverSneaker 12:30 - 1:15pm Studio A - Barb | | |
| Team Training 12:00 - 1:00pm LAC - AJ | | Team Training 12:00 - 1:00pm LAC - AJ | | Team Training 12:00 - 1:00pm LAC - Marco | | |
| Yoga Jr 4:15 - 5:15pm Studio B - Megan | | | | | | |
| Cycle 5:00 - 5:45pm Studio A - Amy | Small Group Training 4:00 - 5:00pm LAC - Marco | | Cycle 5:00 - 5:45pm Studio A - Amy | | Fitness Center Hours Monday-Friday: 5am - 9:30pm Saturday & Sunday: 7am - 6pm | |
| Teen Yoga 5:15 - 6:15pm Studio B - Megan | | Yoga Tone 5:00 - 6:00pm Studio B - Kathy | | | | |
| Youth Team 5:00 - 6:00pm LAC - TBA | Youth Team 5:00 - 6:00pm LAC - TBA | Youth Team 5:00 - 6:00pm LAC - TBA | Youth Team 5:00 - 6:00pm LAC - TBA | Youth Team 5:00 - 6:00pm LAC - TBA | | |
| Cycle N Strength 6:00 - 6:45pm Studio A - Amy | Zumba 6:00 - 6:50pm Studio A - Aneta | | Zumba 6:00 - 6:50pm Studio A - Brooke C | | Red font denotes roster classes (require registration to attend) Black font denotes Passport classes (included in Premium Membership) Yellow highlighted = Silver Sneakers/Premium Senior members | |
| | Team Training 6:15 - 7:15pm LAC - Marco | Team Training 6:15 - 7:15pm LAC - AJ | Team Training 6:15 - 7:15pm LAC - Brooke H | | | |
| Yoga Challenge 7:45 - 8:45pm Studio B - Nikki | 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 | | | |