

Barrington Park District Fitness Center Group Exercise Schedule

Winter/Spring 2020

Effective January 2, 2020 to May 31, 2020

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	
 POUNI  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		
		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 - Patty	Fit Lite/SilverSneaker 11:30 - 12:15pm Studio A - Barb		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				
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			