

Barrington Park District Fitness Center Group Exercise Schedule

Summer 2020

Effective July 6th 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					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 Studio A - 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 - Laura	
Gentle Yoga 9:15 - 10:15am Studio B -	Cardio Strength 9:15 - 10:15am Studio A - Lana	Totally Tone 9:15 - 10:15am Studio A - Amy	Cardio Strength 9:15 - 10:15am Studio A - Lana	Cycle N Strength 9:15 - 10:15am Studio A - Amy		
POUNI 9:30 - 10:15am Dance - Sara	ConditionU 9:30 - 10:30am LAC - Amy	Turbo Kick 9:30 - 10:30am Studio B - Jessica	Condition U 9:30 - 10:30am LAC - Amy		Zumba 9:30 - 10:30am Studio A - Beth	
			PIYo 9:30 - 10:30am Studio B - Dana			
		Yoga Tone 10:30 - 11:30am CP Pavilion - Emily		Gentle Yoga 9:30am - 10:30am CP Pavilion - Emily		
		Zumba 10:30 - 11:30am Studio A - Axana		Zumba 10:30 - 11:30am Studio A - Axana		
Fit Lite/SilverSneaker 11:30 - 12:15pm Studio A - Barb		Fit Lite/SilverSneaker 11:30 - 12:15pm Studio A - Barb		Fit Lite/SilverSneaker 12:30 - 1:15pm Studio A - Barb		
Cycle 5:00 - 5:45pm Studio A - Amy			Cycle 5:00 - 5:45pm Studio A - Amy		Fitness Center Hours Monday-Friday: 5am - 9:00pm Saturday & Sunday: 7am - 3pm	
		Yoga Tone 5:00 - 6:00pm Studio A - Kathy				
Cycle N Strength 6:00 - 6:45pm Studio A - Amy			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	
Yoga Challenge 7:45 - 8:45pm Studio B - Nikki	Flex It 6:30 - 7:30pm Studio A - Laura					