

Barrington Park District Fitness Center Group Exercise Schedule

Summer 2020

Effective August 1st 2020 *SUBJECT TO CHANGE

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	
	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		
	ConditionU 9:30 - 10:30am LAC - Amy		PiYo 9:30 - 10:30am Studio B - Dana			
		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 7am to 8pm Saturday 7am to 4pm Sunday: 7am - 12pm	
					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	
	Flex It 6:30 - 7:30pm Studio A - Laura					