

Barrington Park District Fitness Center

Group Exercise Schedule- Begins May 3rd 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						715am – 8 am Cycle Studio A- Amy
	745am- 845am Flex It Studio A - Jo		745am- 845am Flex It Studio A - Jo		745am- 845am Flex It Studio A - Jo	815am-915am Flex It Studio A- Laura
				915am- 1015am SoulFusion Dance- Dana	830am – 930am Fit N Stretch Studio B - Lana	
	915am- 1015am Totally Tone Studio A- Amy	915am – 1015am Cardio Strength Studio A- Lana	915am – 1015am Cycle N’ Strength Studio A- Amy	915am – 1015am Cardio Strength Studio A- Lana	915am – 10am Cycle Studio A - Jessica	1030am-1130am Zumba Studio A- Axana
		915am – 1015am Group Training LAC - Amy		915am – 1015am Group Training LAC - Christi		
	1030am- 1130am Gentle Yoga Studio B- Pat	1030am- 1130am Tai Chi 1 Studio B- Patty	1030am- 1130am Yoga 2 Studio B- Steph	1030am– 1130am Zumba Studio A- Axana		
	11a – 1145am Silver Sneakers Studio A- Barb		11a – 1145am Silver Sneakers Studio A- Barb	1230p – 1pm Cycle Express Studio A- Amy	11a – 1145am Silver Sneakers Studio A- Barb	
	5p- 545pm Cycle Studio A- Amy		515pm – 615pm Gentle Yoga Studio B Pat	5p – 545pm Cycle Studio A- Amy	2540	
	6pm- 7pm Group Training LAC- Amy		615pm- 715pm Zumba Dance - Brooke	6pm- 7pm Group Training LAC- Amy		
	645pm – 745pm Yoga 2 Studio B- Kiersten	630pm- 730pm Flex It Dance - Laura				

