Barrington Park District Fitness Center Group Exercise Schedule
Effective June 2021
*Note- Tue 630pm Flex It and Sat 8:15am Flex It Returning in July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Cycle 7:15 - 8:00am Studio A - Amy	
Flex It 7:45 - 8:45am Studio A - Jo		Flex It 7:45 - 8:45am Studio A - Jo		Totally Tone 7:45 - 8:45am Studio A - Jo		
				Pilates Tone 8:30 - 9:30am Dance - Lana	Flex It 8:15 - 9:15am Studio A - Laura	
			SoulFusion 9:15 - 10:15am Dance - Dana			
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	Cardio Strength 9:15 - 10:15am Studio A - Lana	Cycle 9:15 - 10:00am Studio A - Jess	Zumba 10:30 - 11:30am Dance - Axana	
Gentle Yoga 10:30- 11:30am Studio B - Patty	Tai Chi 10:30 - 11:30am Studio B- Patti	Yoga 2 10:30 - 11:30am Studio B - Steph	Zumba 10:30 - 11:30am Dance - Axana			
SilverSneaker 11:30 - 12:15pm Studio A - Barb		SilverSneaker 11:30 - 12:15pm Studio A - Barb		SilverSneaker 11:30 - 12:15pm Studio A - Barb		
					Check out our DROP IN ONLY CLASSES! $10/$12 per class	
Cycle 5:00 - 5:45pm Studio A - Amy			Cycle 5:00 - 5:45pm Studio A - Amy			
		Gentle Yoga 5:15 - 6:15pm Studio B - Patty				
Team Training 6 - 7:00pm LAC - Amy		Zumba 6:15 - 7:15pm Studio A - Brooke	Team Training 6 - 7:00pm LAC - Amy			
Yoga 2 6:45 - 7:45pm Studio B -Kiersten					Red font denotes roster classes (require registration to attend) Black font denotes Passport class, join by punch card or Class Pass membership Yellow = Silver Sneakers	
	Flex It 6:30 - 7:30pm Dance - Laura					