

Barrington Park District Fitness Center Group Exercise Schedule

January 9th - May 31st 2022

Check out our new classes! New classes are highlighted in green. All class descriptions on reverse side.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Cycle 5:15-6:00 am Kristy		SOULfusion™ 5:15 - 6:00 am Dance - Meg		Buns 'n Guns 5:15 - 6:00 am Dance - Brooke H.			
Flex It 7:45 - 8:45 am Studio A - Jo		Flex It 7:45 - 8:45 am Studio A - Jo		Totally Tone 7:45 - 8:45 am Studio A - Jo	Cycle 7:15 - 8:00 am Studio A - Amy		
				Fit 'n Stretch 8:15-9:15 am Dance - Lana	Flex It 8:15 - 9:15 am Studio A - Laura		
						Sunrise Yoga 9:00 - 10:00 am Studio B - Kiersten	
STRONG Nation™ 9:15-10:15 am Dance - Jess	Barre 9:15 - 10:15 am Dance - Glenna	POUND™ 9:15-10:15 am Dance - Sara	SOULfusion™ 9:15 - 10:15 am Dance - Dana	Cycle 9:15 - 10:00 am Studio A - Jess			
Totally Tone 9:15-10:15 am Studio A - Amy	Cardio Strength 9:15 - 10:15 am Studio A - Lana	Cycle 'n Strength 9:15 - 10:15 am Studio A - Amy	Fit 'n Stretch 9:15 - 10:15 am Studio A - Lana	Power Half Hour 9:15 - 9:45 am Dance - Kristy			
Gentle Yoga 10:30 - 11:30 am Studio B - Patty	Tai Chi (Cont. Dev.) 10:30 - 11:30 am Studio B - Patti	Yoga 2 10:30 - 11:30 am Studio B - Stephanie	Zumba 10:15 - 11:15 am Dance - Axana	Tai Chi (Intro) 10:00 - 11:00 am Studio B - Patti	Zumba 10:30 - 11:30 am Dance - Axana		
SilverSneakers 11:00a - 11:45am Studio A - Barb		SilverSneakers 11:00a - 11:45am Studio A - Barb		SilverSneakers 11:00a - 11:45am Studio A - Barb			
			Zumba Gold®/Chair 11:30am - 12:15pm Studio A - Axana				
					Fitness Class Memberships! <ul style="list-style-type: none"> • Access to all fitness classes, including Yoga and Tai Chi • Access to indoor running/walking track Adults: \$41/\$46 per month Students & Seniors: \$33/\$38 <i>Team training requires registration and is not included in fitness class memberships.</i>		
Cycle 5:00 - 5:45 pm Studio A - Amy		Gentle Yoga 5:15 - 6:15 pm Studio B - Patty	Cycle 5:00 - 5:45 pm Studio A - Amy				
Team Training 6:00 - 7:00 pm LAC - Amy		Zumba 6:15 - 7:15 pm Studio A - Brooke C.	Team Training 6:00 - 7:00 pm LAC - Amy		Stay in the know! Follow us on social media for the latest fitness news, class updates and events!  @barringtonpd  @barringtonparkdistrict		
Yoga 2 6:45 - 7:45 pm Studio B - Kiersten	Flex It 6:30 - 7:30 pm Dance - Laura		Step+ 6:30 - 7:30 pm Dance - Laura				