


# 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
		SOULfusion™ 5:15 - 6:00 am Dance - Meg		Buns 'n Guns 5:15 - 6:00 am Dance - Kristy 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	
			Barre+ 8:15 - 9:00 am Dance - Taylor	Fit 'n Stretch 8:30 - 9:30 am Dance - Lana	Flex It 8:15 - 9:15 am Studio A - Laura	
	Team Training 9:15 - 10:15 am LAC - Amy		Team Training 9:15 - 10:15 am LAC - Brooke H.		Team Training 8:15 - 9:15 am LAC - Amy	Sunrise Yoga 9:00 - 10:00 am Studio B - Kiersten
STRONG Nation™ 9:15 - 10:00 am Dance - Jess	Barre 9:15 - 10:15 am Dance - Glenna	POUND® 9:15 - 10:00 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 10:00 - 10:35 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 Studio A - Axana	
SilverSneakers 11:00 - 11:45am Studio A - Barb		SilverSneakers 11:00 - 11:45am Studio A - Barb		SilverSneakers 11:00 - 11:45am Studio A - Barb		
			Zumba Gold®/Chair 11:30am - 12:15pm Studio A - Axana			
					<b>Fitness Class Memberships!</b> <ul style="list-style-type: none"> <li>• Access to all fitness classes, including Yoga and Tai Chi</li> <li>• Access to indoor running/walking track</li> </ul> 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 - Megan	Cycle 5:00 - 5:45 pm Studio A - Amy			
Team Training 6:00 - 7:00 pm LAC - Joanna			Team Training 6:00 - 7:00 pm LAC - Joanna		<b>Stay in the know!</b>  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					