



# Barrington Park District Fitness Center Group Exercise Schedule

SUMMER SCHEDULE (June 1st - August 31st 2022)

Our Ultimate (All Access) pass includes all of our fitness offerings. Ask a Fitness Attendant for details!

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	
STRONG Nation™ 9:15 - 10:00 am Dance - Jess	Barre 9:15 - 10:15 am Dance - Glenna		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 - Sara		
Gentle Yoga 10:30 - 11:30 am Studio B - Patty	Tai Chi 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		Zumba 10:30 - 11:30 am Studio A - Axana	
SilverSneakers 11:30 - 12:15am Studio A - Barb		SilverSneakers 11:30 - 12:15am Studio A - Barb	Zumba Gold®/Chair 11:30am - 12:15pm Studio A - Axana	SilverSneakers 11:30 - 12:15am Studio A - Barb		
					<p><b>Which membership is right for you?</b></p> <p><b>Fitness Classes Pass</b></p> <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> <p><b>Premium Membership</b></p> <ul style="list-style-type: none"> <li>• Access to all fitness classes, including Yoga and Tai Chi</li> <li>• Full use of our 4,500 square foot fitness floor</li> <li>• Access to locker room</li> <li>• Morning lap swim</li> <li>• Free basketball and pickleball open gym</li> <li>• Access to indoor running/walking track</li> </ul>	
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			
	Flex It 6:30 - 7:30 pm Dance - Laura					
				<p>Follow us on social media!</p> <p> @barringtonpd  @barringtonparkdistrict</p>		