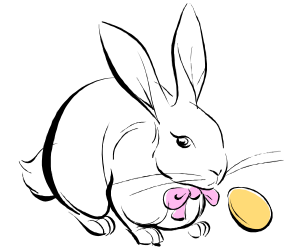


# March 2009

## Group Fitness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Dawn 9:00-9:45am FIT <i>step</i> Dawn 6:00-6:45pm Zumba	3 Joanna 9:00-9:45am FIT <i>sculpt</i> Dawn 6:00-6:45pm FIT <i>sculpt</i>	4 Season 9:30-10:15am <i>Turbo Kick</i> Jenny 6:30-7:15pm FIT <i>step</i>	5 Jenny 9:00-9:45am FIT <i>circuit</i>	6 Jenny 9:00-9:45am FIT <i>step</i>	7 Jenny 7:00-7:45 am FIT <i>sculpt</i>
8	9 Dawn 9:00-9:45am FIT <i>step</i> Dawn 6:00-6:45pm Zumba	10 Joanna 9:00-9:45am FIT <i>sculpt</i> Dawn 6:00-6:45pm FIT <i>sculpt</i>	11 Season 9:30-10:15am <i>Turbo Kick</i> Jenny 6:30-7:15pm FIT <i>step</i>	12 Jenny 9:00-9:45am FIT <i>circuit</i>	13 Jenny 9:00-9:45am FIT <i>step</i>	14 Jenny 7:00-7:45 am FIT <i>sculpt</i>
15	16 Dawn 9:00-9:45am FIT <i>step</i> Dawn 6:00-6:45pm Zumba	17 Joanna 9:00-9:45am FIT <i>sculpt</i> Dawn 6:00-6:45pm FIT <i>sculpt</i>	18 Season 9:30-10:15am <i>Turbo Kick</i> Jenny 6:30-7:15pm FIT <i>step</i>	19 Jenny 9:00-9:45am FIT <i>circuit</i>	20 Jenny 9:00-9:45am FIT <i>step</i>	21 Jenny 7:00-7:45 am FIT <i>sculpt</i>
22	23 Dawn 9:00-9:45am FIT <i>step</i> Dawn 6:00-6:45pm Zumba	24 Joanna 9:00-9:45am FIT <i>sculpt</i> Dawn 6:00-6:45pm FIT <i>sculpt</i>	25 Season 9:30-10:15am <i>Turbo Kick</i> Jenny 6:30-7:15pm FIT <i>step</i>	26 Jenny 9:00-9:45am FIT <i>circuit</i>	27 Jenny 9:00-9:45am FIT <i>step</i>	28 Jenny 7:00-7:45 am FIT <i>sculpt</i>
29	30 Dawn 9:00-9:45am FIT <i>step</i> Dawn 6:00-6:45pm Zumba	31 Joanna 9:00-9:45am FIT <i>sculpt</i> Dawn 6:00-6:45pm FIT <i>sculpt</i>		<b>847-669-3180</b> <b>www.huntleyparks.org</b>		

# April 2009 Group Fitness



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>**Sport Circuit can help improve your fitness level and athletic performance. This cardio class features sports-related drills that address endurance, speed, agility and power**</b></p> <p><b>GREAT FOR MEN &amp; WOMEN OF ALL FITNESS LEVELS</b></p>			<p>1 Season 9:30-10:15am <i>Turbo Kick</i> Jenny 6:30-7:15pm Sport Circuit*</p>	<p>2 Jenny 9:00-9:45am <i>FIT circuit</i></p>	<p>3 Jenny 9:00-9:45am <i>FIT step</i></p>	<p>4 Jenny 7:00-7:45 am <i>FIT sculpt</i></p>
<p>5 <i>NO CLASS</i></p>	<p>6 Dawn 9:00-9:45am <i>FIT step</i> Dawn 6:00-6:45pm Zumba</p>	<p>7 Joanna 9:00-9:45am <i>FIT sculpt</i> Dawn 6:00-6:45pm <i>FIT sculpt</i></p>	<p>8 Season 9:30-10:15am <i>Turbo Kick</i> Jenny 6:30-7:15pm <i>FIT step</i></p>	<p>9 Jenny 9:00-9:45am <i>FIT circuit</i></p>	<p>10 Jenny 9:00-9:45am <i>FIT step</i></p>	<p>11 Jenny 7:00-7:45 am <i>FIT sculpt</i></p>
<p>12 <i>NO CLASS</i></p>	<p>13 Dawn 9:00-9:45am <i>FIT step</i> Dawn 6:00-6:45pm Zumba</p>	<p>14 Joanna 9:00-9:45am <i>FIT sculpt</i> Dawn 6:00-6:45pm <i>FIT sculpt</i></p>	<p>15 Season 9:30-10:15am <b><i>Hip Hop Shuffle</i></b> Jenny 6:30-7:15pm Sport Circuit*</p>	<p>16 Jenny 9:00-9:45am <i>FIT circuit</i></p>	<p>17 Jenny 9:00-9:45am <i>FIT step</i></p>	<p>18 Jenny 7:00-7:45 am <i>FIT sculpt</i></p>
<p>19 <i>NO CLASS</i></p>	<p>20 Dawn 9:00-9:45am <i>FIT step</i> Dawn 6:00-6:45pm Zumba</p>	<p>21 Joanna 9:00-9:45am <i>FIT sculpt</i> Dawn 6:00-6:45pm <i>FIT sculpt</i></p>	<p>22 Season 9:30-10:15am <i>Turbo Kick</i> Jenny 6:30-7:15pm <i>FIT step</i></p>	<p>23 Jenny 9:00-9:45am <i>FIT circuit</i></p>	<p>24 Jenny 9:00-9:45am <i>FIT step</i></p>	<p>25 Jenny 7:00-7:45 am <i>FIT sculpt</i></p>
<p>26 <i>NO CLASS</i></p>	<p>27 Dawn 9:00-9:45am <i>FIT step</i> Dawn 6:00-6:45pm Zumba</p>	<p>28 Joanna 9:00-9:45am <i>FIT sculpt</i> Dawn 6:00-6:45pm <i>FIT sculpt</i></p>	<p>29 Season 9:30-10:15am <i>Turbo Kick</i> Jenny 6:30-7:15pm Sport Circuit*</p>	<p>30 Jenny 9:00-9:45am <i>FIT circuit</i></p>		

# May 2009 Group Fitness



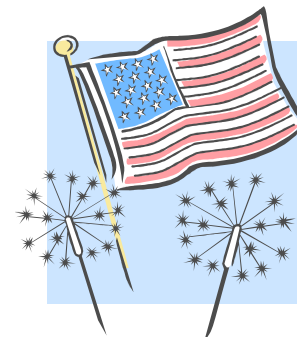
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Joanna 9:00-9:45am FIT <i>step</i>	2 Kim 7:00-7:45 am FIT <i>sculpt</i>
3 <i>No Class</i>	4 Dawn 9:00-9:45am FIT <i>step</i> or Zumba	5 Joanna 9:00-9:45am FIT <i>sculpt</i>	6 <u>Jenny 8:30-9:15am</u> FIT <i>step</i>	7 Jenny 9:00-9:45am Sport Circuit	8 Jenny 9:00-9:45am FIT <i>step</i>	9 Jenny 7:00-7:45 am FIT <i>sculpt</i>
10 <i>Mother's Day</i> <i>No Class</i>	11 Dawn 9:00-9:45am FIT <i>step</i> or Zumba	12 Joanna 9:00-9:45am FIT <i>sculpt</i>	13 <u>Kim 9:30-10:15am</u> FIT <i>cardio</i>	14 Jenny 9:00-9:45am FIT <i>circuit</i>	15 Jenny 9:00-9:45am FIT <i>step</i>	16 Jenny 7:00-7:45 am FIT <i>sculpt</i>
17 <i>No Class</i>	18 Dawn 9:00-9:45am FIT <i>step</i> or Zumba	19 Joanna 9:00-9:45am FIT <i>sculpt</i>	20 <u>Kim 9:30-10:15am</u> FIT <i>cardio</i>	21 Jenny 9:00-9:45am Sport Circuit	22 Jenny 9:00-9:45am FIT <i>step</i>	23 Jenny 7:00-7:45 am FIT <i>sculpt</i>
24 <i>No Class</i>	25 Memorial Day CLOSED	26 Joanna 9:00-9:45am FIT <i>sculpt</i>	27 <u>Kim 9:30-10:15am</u> FIT <i>cardio</i>	28 Jenny 9:00-9:45am FIT <i>circuit</i>	29 Jenny 9:00-9:45am FIT <i>step</i>	30 Jenny 7:00-7:45 am FIT <i>sculpt</i>
31 <i>No Class</i>	<p><b>Turbo Kick will NOT be available on Wednesdays for the month of May. Watch the June schedule for its return. Wednesday classes, will be taught by Jenny Clark &amp; Kim Robertson</b></p>					

# June 2009 Group Fitness



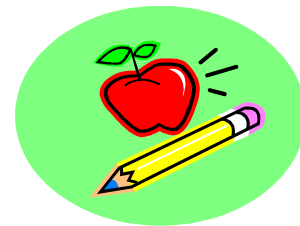
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Dawn 9:00-9:45am <b>Zumba</b>	2 Joanna 9:00-9:45am FIT Sculpt	3 <b>Kim 9:00-9:45 FITCardio</b>	4 Jenny 9:00-9:45am Sport Circuit	5 Jenny 9:00-9:45am FIT Step	6 Jenny 7:00-7:45 am FIT Sculpt
7 <i>CLOSED</i>	8 Dawn 9:00-9:45am FITStep	9 <b>Jenny 9:00-9:45am FIT Sculpt</b>	10 <b>Kim 9:00-9:45 FITCardio</b>	11 Jenny 9:00-9:45am Sport Circuit	12 <b>Joanne 9:00-9:45am FIT Step</b>	13 Jenny 7:00-7:45 am FIT Sculpt
14 <i>CLOSED</i>	15 Dawn 9:00-9:45am <b>Zumba</b>	16 Joanna 9:00-9:45am FIT Sculpt	17 <b>Kim 9:00-9:45 FITCardio</b>	18 Jenny 9:00-9:45am Sport Circuit	19 Jenny 9:00-9:45am FIT Step	20 Jenny 7:00-7:45 am FIT Sculpt
21 <i>Father's Day CLOSED</i>	22 Dawn 9:00-9:45am FIT Step	23 Joanna 9:00-9:45am FIT Sculpt	24 <b>Kim 9:00-9:45 FITCardio</b>	25 Jenny 9:00-9:45am Sport Circuit	26 Jenny 9:00-9:45am FIT Step	27 Jenny 7:00-7:45 am FIT Sculpt
28 <i>CLOSED</i>	29 Dawn 9:00-9:45am <b>Zumba</b>	30 Joanna 9:00-9:45am FIT Sculpt		<b>ANY CHANGES IN THE REGULAR SCHEDULE HAVE BEEN HIGHLIGHTED FOR YOUR CONVENIENCE!</b>  <b>HAVE A GREAT MONTH!</b>		

# July 2009 Group Fitness



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Kim 9:00-9:45 FITCardio	2 Jenny 9:00-9:45am Sport Circuit	3 Jenny 9:00-9:45am FIT Step	4 <i>CLOSED</i>
5 <i>CLOSED</i>	6 Dawn 9:00-9:45am FIT Step	7 Joanna 9:00-9:45am FIT Sculpt	8 Kim 9:00-9:45 FITCardio	9 Jenny 9:00-9:45am Sport Circuit	10 Jenny 9:00-9:45am FIT Step	11 Jenny 7:00-7:45 am FIT Sculpt
12 <i>CLOSED</i>	13 Dawn 9:00-9:45am <b>Zumba</b>	14 Joanna 9:00-9:45am FIT Sculpt	15 Kim 9:00-9:45 FITCardio	16 Jenny 9:00-9:45am Sport Circuit	17 Jenny 9:00-9:45am FIT Step	18 Jenny 7:00-7:45 am FIT Sculpt
19 <i>CLOSED</i>	20 Dawn 9:00-9:45am FIT Step	21 Joanna 9:00-9:45am FIT Sculpt	22 Kim 9:00-9:45 FITCardio	23 Jenny 9:00-9:45am Sport Circuit	24 Jenny 9:00-9:45am FIT Step	25 Jenny 7:00-7:45 am FIT Sculpt
26 <i>CLOSED</i>	27 Dawn 9:00-9:45am <b>Zumba</b>	28 Joanna 9:00-9:45am FIT Sculpt	29 Kim 9:00-9:45 FITCardio	30 Jenny 9:00-9:45am Sport Circuit	31 Jenny 9:00-9:45am FIT Step	

# August 2009 Group Fitness

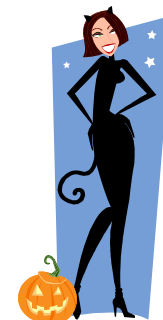


Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Jenny 7:00-7:45 am FIT Sculpt
2 <i>CLOSED</i>	3 Dawn 9:00-9:45am FIT Step	4 Joanna 9:00-9:45am FIT Sculpt	5 Kim 9:00-9:45 FITCardio	6 Jenny 9:00-9:45am Sport Circuit	7 Jenny 9:00-9:45am FIT Step	8 Jenny 7:00-7:45 am FIT Sculpt
9 <i>CLOSED</i>	10 Dawn 9:00-9:45am <b>Zumba</b>	11 Joanna 9:00-9:45am FIT Sculpt	12 Kim 9:00-9:45 FITCardio	13 Jenny 9:00-9:45am Sport Circuit	14 Jenny 9:00-9:45am FIT Step	15 Jenny 7:00-7:45 am FIT Sculpt
16 <i>CLOSED</i>	17Dawn 9:00-9:45am FIT Step	18 Joanna 9:00-9:45am FIT Sculpt	19 Kim 9:00-9:45 FITCardio	20 Jenny 9:00-9:45am Sport Circuit	21 Jenny 9:00-9:45am FIT Step	22 Jenny 7:00-7:45 am FIT Sculpt
23 <i>CLOSED</i>	24 Dawn 9:00-9:45am <b>Zumba</b>	25 Joanna 9:00-9:45am FIT Sculpt	26 Kim 9:00-9:45 FITCardio	27 <b>Kim</b> 9:00-9:45am Sport Circuit	28 <b>Joanna</b> 9:00-9:45am FIT Step	29 <b>Kim</b> 7:00-7:45 am FIT Sculpt
30 <i>CLOSED</i>	31Dawn 9:00-9:45am FIT Step		<i>Any changes to regular schedule are in <b>BOLD</b> print.</i>			

# September 2009 Group Fitness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Joanna 9:00-9:50am Body Sculpt	2 Kim 9:00-10:00am Cardio Blast *10:15-11:00am Fitness Yoga	3 Jenny 9:00-9:50am Total Fitness Circuit	4 Jenny 9:00-10:00am Step / Pump	5 Jenny 7:00-7:45am Full Body Challenge
6 <i>CLOSED</i>	7 <i>CLOSED</i> <i>Labor Day</i>	8 Joanna 9:00-9:50am Body Sculpt	9 Kim 9:00-10:00am Cardio Blast *10:15-11:00am Fitness Yoga	10 Jenny 9:00-9:50am Total Fitness Circuit	11 Jenny 9:00-10:00am Kick / Pump	12 Jenny 7:00-7:45am Full Body Challenge
13 <i>CLOSED</i>	14 Dawn 9:00-10:00am Zumba + More	15 Joanna 9:00-9:50am Body Sculpt	16 Kim 9:00-10:00am Cardio Blast *10:15-11:00am Fitness Yoga	17 Jenny 9:00-9:50am Total Fitness Circuit	18 Jenny 9:00-10:00am Step / Pump	19 Jenny 7:00-7:45am Full Body Challenge
20 <i>CLOSED</i>	21 Dawn 9:00-10:00am Step / Core	22 Joanna 9:00-9:50am Body Sculpt	23 Kim 9:00-10:00am Cardio Blast *10:15-11:00am Fitness Yoga	24 Jenny 9:00-9:50am Total Fitness Circuit	25 Jenny 9:00-10:00am Kick / Pump	26 Jenny 7:00-7:45am Full Body Challenge
27 <i>CLOSED</i>	28 Dawn 9:00-10:00am Zumba + More	29 Joanna 9:00-9:50am Body Sculpt	30 Kim 9:00-10:00am Cardio Blast *10:15-11:00am Fitness Yoga		* <b>Fitness Yoga will be held in the Multipurpose Room</b>	

# October 2009 Group Fitness



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<ul style="list-style-type: none"> <li><i>FITNESS YOGA IS HELD IN THE MULTI-PURPOSE ROOM</i></li> </ul>			1 Jenny 9:00-9:50am Total Fitness Circuit	2 Jenny 9:00-10:00am Step / Pump	3 Jenny 7:00-7:45am Full Body Challenge
4 NO CLASSES	5 Dawn 9:00-10:00am Step / Core  Zumba + More	6 Joanna 9:00-9:50am Body Sculpt	7 Kim 9:00-10:00am Cardio Blast Kim 10:15-11:00am *Fitness Yoga	8 Jenny 9:00-9:50am Total Fitness Circuit	9 Jenny 9:00-10:00am Kick / Pump	10 Jenny 7:00-7:45am Full Body Challenge
11 NO CLASSES	12 Dawn 9:00-10:00am Zumba + More	13 Joanna 9:00-9:50am Body Sculpt	14 Kim 9:00-10:00am Cardio Blast Kim 10:15-11:00am *Fitness Yoga	15 Jenny 9:00-9:50am Total Fitness Circuit	16 Jenny 9:00-10:00am Step / Pump	17 Jenny 7:00-7:45am Full Body Challenge
18 NO CLASSES	19 Dawn 9:00-10:00am Step / Core	20 Joanna 9:00-9:50am Body Sculpt	21 Kim 9:00-10:00am Cardio Blast Kim 10:15-11:00am *Fitness Yoga	22 Jenny 9:00-9:50am Total Fitness Circuit	23 Jenny 9:00-10:00am Kick / Pump	24 Jenny 7:00-7:45am Full Body Challenge
25 NO CLASSES	26 Dawn 9:00-10:00am Zumba + More	27 Joanna 9:00-9:50am Body Sculpt	28 Kim 9:00-10:00am Cardio Blast Kim 10:15-11:00am *Fitness Yoga	29 Jenny 9:00-9:50am Total Fitness Circuit	30 Jenny 9:00-10:00am Step / Pump	31 Jenny 7:00-7:45am Full Body Challenge

# November 2009

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>
<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>
<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>
<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>
<i>29</i>	<i>30</i>					

# December 2009

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		