

GROUP EXERCISE CLASS SCHEDULE

June 3 – September 5

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 –9:50 am Yoga Essentials Willow Room <i>Donna</i>	8:15 - 9:00 am Morning Core Dance Studio <i>Ellyn</i>	8:00 - 9:00 am Yoga Rise Dance Studio <i>Donna</i>	8:15 - 9:00 am Spin Dance Studio <i>Lana</i>	
9:05 - 10:00 am Interval Training Dance Studio <i>Lana</i>	9:05 - 10:00 am Body Sculpt Dance Studio <i>Lana</i>	9:05 - 10:00 am Cardio Kickboxing Dance Studio <i>Carrie</i>	9:05 - 10:00 am Power Pump Dance Studio <i>Lana</i>	9:05 - 10:00 am Fitness Mashup Dance Studio <i>Eileen</i>
10:05 - 11:00 am Total Fit Theater <i>Eileen</i>	250+ Classes Equipment Provided	10:05 - 11:00 am Total Fit Theater <i>Eileen</i>		10:05 - 11:00 am Total Fit Theater <i>Eileen</i>
10:30 - 11:30 am Lite & Lively (55+) Dance Studio <i>Matt</i>	Customize to Your Level Leading Fitness Brand Instructors	10:30 - 11:30 am Lite & Lively (55+) Dance Studio <i>Carrie</i>	10:15 - 11:10 am S.W.A.T. Dance Studio <i>Carrie</i>	10:30 - 11:30 am Lite & Lively (55+) Dance Studio <i>Kate</i>
	 Call for availability!	6:10 – 7:00 pm Cardio, Tone, & Core Elm Room <i>Kim</i>	6:10 – 7:00 pm Zumba Elm Room <i>Kate</i>	
	7:00 - 8:00 pm Yoga Flow Elm/Dance Studio <i>Susan</i>	7:10 – 8:00 pm Piloga Elm Room <i>Kim</i>	<div>Group Fitness Membership</div> <div>Registration (Fee) Classes</div> <div>55+ Senior Classes</div>	

Try a **Class Pass** and take any combination of the listed classes!

\$75 for 10 punches

For current class schedule, go to www.huntleyparks.org

Class formats and instructors are subject to change without notice.