

## 2024 Spring Schedule

Included in your membership

REC Center | 847-669-3180

Check Lobby TV daily upon arrival for class location.



### Monday

6:15-7:15a	Yoga Morning Flow	Hannah
9:00-10:00a	Fitblast	Kim R
10:00-11:00a	Lite & Lively	Kim R
6:00-7:00p	Strength	Kim R

### Tuesday

7:00-8:00a	Total Body Toning	Kim S
8:00-9:00a	Spin	Carrie
9:00-10:00a	Strength	Carrie
5:30-6:30p	Dance Party	Carissa

### Wednesday

8:00-9:00a	Boot Camp	Kim S
9:00-10:00a	Kickboxing	Carrie
10:00-11:00a	Lite & Lively	Carrie
4:30-5:30p	Yoga Vinyasa	Hannah
6:00-7:00p	Cardio Kettlebell	Kim R

### Thursday

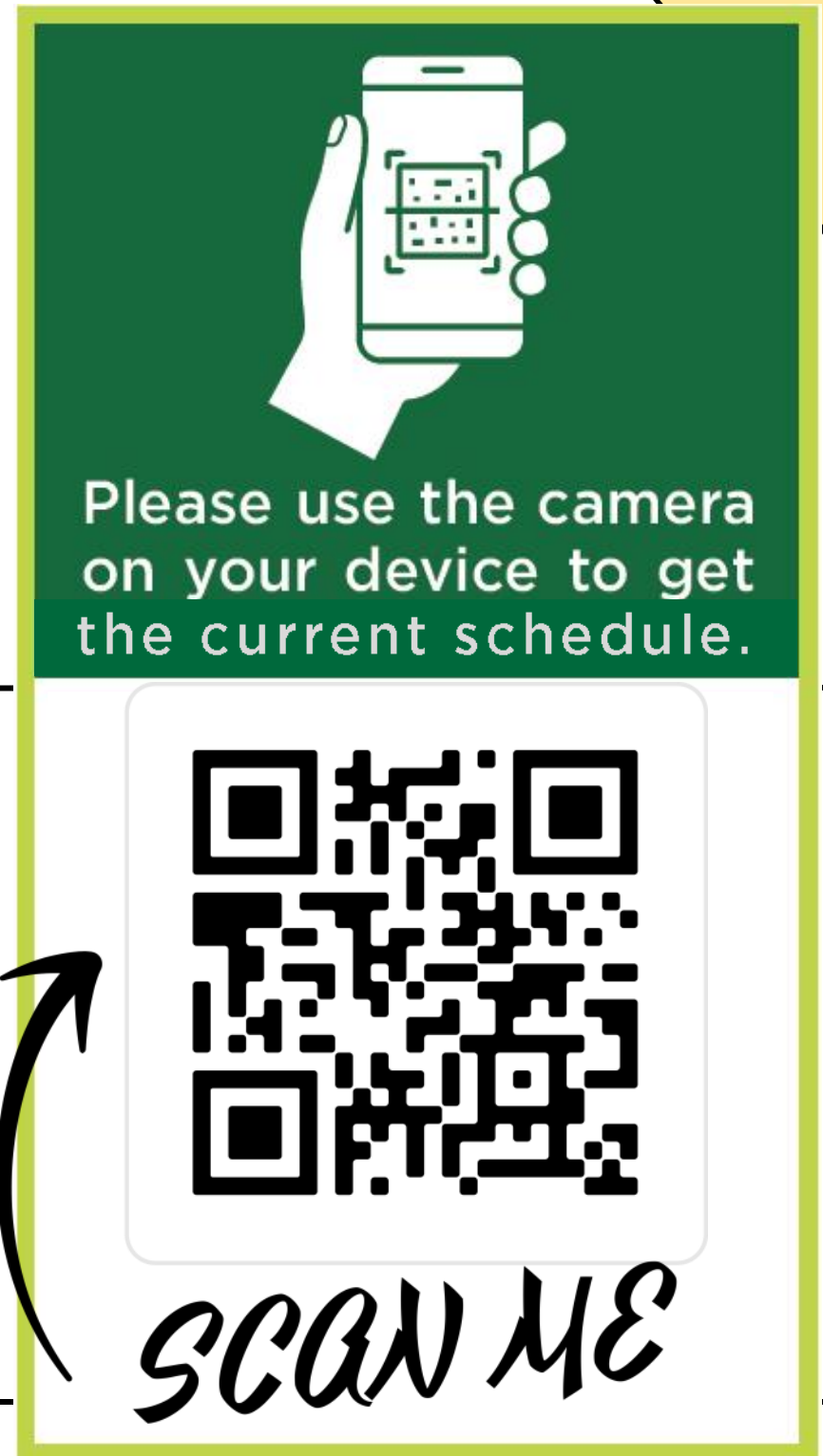
8:00-9:00a	Spin	Carrie
9:00-10:00a	Strength	Carrie
5:30-6:30p	Total Body Sculpt	Carissa

### Friday

9:00-10:00a	Circuits	Kim R
10:00-11:00a	Lite & Lively	Kim R
4:30-5:30p	Yoga Vinyasa	Hannah

### Saturday

9:00-10:00a	Barre	Carissa
9:00-9:45a	Kids Yoga (Extra Fee)	Heather



**10-Visit Punch Pass\***

**\$70**

*Workout when you want without paying a drop-in!*

Access to the Fitness Center & Group Exercise classes  
\*1 visit = per person

Learn more at [www.HuntleyParks.org/Fitness](http://www.HuntleyParks.org/Fitness)