



Group Fitness Class Schedule

January 1st – May 4th 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 – 7:50 am  Revolution Dance Studio	8:15 - 9:00 am Morning Core Dance Studio <i>Esther or 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>		7:50 - 8:50 am Pilates Elm Room <i>Susan</i>
9:05 - 10:00 am Interval Training Dance Studio <i>Esther</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>Esther</i>	9:00 – 9:50 am Fitness Freestyle Dance Studio <i>Ellyn</i>
10:30 - 11:30 am Lite & Lively (55+) Dance Studio <i>Matt</i>	10:15 - 11:10 am Studio Cycle Dance Studio <i>Lana</i>	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!
11:30 – 12:30 pm Yoga Essentials Elm Room <i>Cathleen</i>		6:00 – 6:50 pm Evening Knockout Elm Room <i>Kate</i>	6:00 – 6:50 pm Total Body Conditioning Dance Studio <i>Kate</i>	Group Fitness Membership Registration (Fee) Classes 55+ Senior Classes	
6:00 – 6:50 pm Studio Cycle Dance Studio <i>Kim</i>		6:00 – 6:50 pm Zumba Oak Room <i>Kim</i>	<p>Try a Class Pass and take any combination of the listed classes!</p> <p>\$75 for 10 classes</p> <p>For current class schedule, go to www.huntleyparks.org</p> <p><i>Class formats and instructors are subject to change without notice.</i></p>		
7:00 - 7:50 pm C.T.C. Dance Studio <i>Kim</i>	7:00 - 8:00 pm Yoga Flow Dance Studio <i>Susan</i>	7:00 – 7:50 pm Yogalates Oak Room <i>Kim</i>			