

2024 Winter Schedule

Included in your membership

REC Center | 847-669-3180

Check Lobby TV daily upon arrival for class location.

Monday

9:00-10:00a	Align & Define	Carissa
10:00-11:00a	Lite & Lively	Carissa
6:00-7:00p	Strength	Kim

Daily Drop-in

\$9

Tuesday

8:00-9:00a	Spin	Carrie
9:00-10:00a	Strength	Carrie
5:30-6:30p	Dance Party	Carissa

Wednesday

8:00-9:00a	Stretch & Relax Yoga	Donna
9:00-10:00a	Kickboxing	Carrie
10:00-11:00a	Lite & Lively	Carrie
6:00-7:00p	Cardio Kettlebell	Kim

Thursday

8:00-9:00a	Spin	Carrie
9:00-10:00a	Strength	Carrie
5:30-6:30p	Head-to-Toe	Carissa

Friday

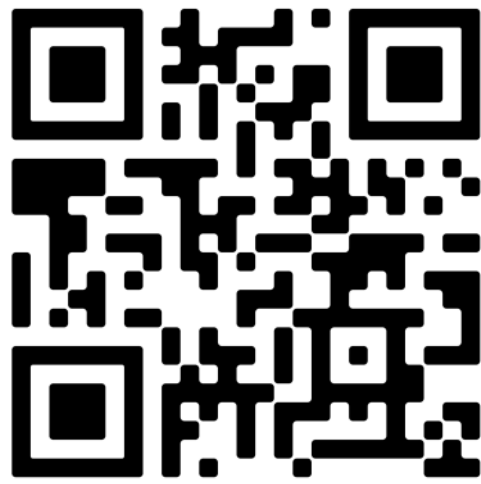
9:00-10:00a	Circuits	Kim
10:00-11:00a	Lite & Lively	Kim

Saturday

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



Please use the camera on your device to get the current schedule.



SCAN ME

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