








GROUP EXERCISE SCHEDULE

Wednesday, January 20, 2021 --- Sunday, January 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:00 - 6:45 am Boot Camp Aaron S.			
					8:00 - 8:45 am BodyCombat - Amy C
		9 - 9:45 am Aqua Aerobics Loralee	8:30 - 9:15 am BodyCombat Amy C		9:00 - 9:45 am Body Pump Victor
		9:00 - 9:25 am Core Conditioning Lora	9 - 9:45 am Aqua Aerobics Carl	9:15 - 10:00 am Cycle Susan E	9:15 - 10:00 am Cycle Melissa
		9:15 - 10:00 am Cycle Susan E			10:15 - 11:00 am Yoga Sculpt Susan E
		9:30 - 10:15 am Adult Ballet (AOA) Werner	9:30 - 10:15 am The Barre Class Janine	10:00 - 10:45 am Chair Yoga (AOA) Kris	10:15 - 11:00 am (AOA) Aqua Yoga Canella
		9:40 - 10:25 am Simply Strength Lora	9:30 - 10:15 am Pilates & Equipment Loralee		
					SUNDAY
		11:30 - 3:00 pm Parkinson's Wellness <i>Registration Required</i>	10:30 - 11:15 am Body Pump Loralee	11:15 am - 12:00 pm (AOA) Heart Plus Toning Werner	9:00 - 9:45 am Vinyasa Flow Yoga Susan E
			11:30 - 3:00 pm Parkinson's Wellness <i>Registration Required</i>	12:30 - 1:15 pm (AOA) Therapeutic Yoga Marlene	2:00 - 2:45 pm Total Body Yoga Susan E
			5:15 - 6:00 pm Pilates Yoga Fusion Werner		

AOA = Active Older Adult
CODES:
 Cycle Studio 
 Lap Pool 
 Main Studio 
 Mind/Body Studio 
 Fitkids 

We have limited spots available for each class. Participants are required to register by calling the front desk at **847.535.7060** no sooner than the day before. A few things to know:

We recommend arriving 15 minutes before class to allow time for the screening process and avoid losing your spot in class.

- Masks are required in the facility at all times including when you are exercising.
- To ensure everyone can enjoy his or her favorite class, we are asking that you cancel at least 6 hours before the scheduled time by calling the front desk at **847.535.7060**.
- Classes will be 45 minutes in length to allow for cleaning between classes.
- We ask that you adhere to the 6-foot social distancing policy and avoid congregating outside the studios.
- Members are required to wipe equipment before & after use.