



Winter Fitness Classes December 2 - February 22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Classic Yoga 9:00am-9:45am Instructor: Dee Blended 408008	Chair Stretch & Yoga 9:00am-10:00am Instructor: Terry In-Person 408026	Work It Wednesday 6:30am-7:30am Instructor: Kiki In-Person 408015	20/20/20 9:00am-10:00am Instructor: Kiki In-Person 408001	20/20/20 9:00am-10:00am Instructor: Kiki In-Person 408001	Strength Training 8:00am-9:00am Instructor: Monique Blended 408005
Dance Fitness 10:15am-11:00am Instructor: Carolyn Blended 408022	20/20/20 9:00am-10:00am Instructor: Kiki In-Person 408001	Classic Yoga 9:00am-9:45am Instructor: Dee Blended 408008	Chaos with Kiki 10:15am-10:45am Instructor: Kiki In-Person 408004	Dance Fitness 10:15am-11:00am Instructor: Carolyn Blended 408022	Pilates 9:15am-10:15am Instructor: Monique Blended 408006
20/20/20 9:00am-10:00am Instructor: Annalise In-Person 408001	Chaos with Kiki 10:15am-10:45am Instructor: Kiki In-Person 408004	Strength Training 9:00am-10:00am Instructor: Annalise In-Person 408005	Agility & Mobility 5:00pm-5:45pm Instructor: Kiki In-Person 408025	In-Person Blended	
Body Scupt & Flex 6:00pm-7:00pm Instructor: Janet Blended 408002	6 Pack Abs 5:30pm-6:00pm Instructor: Janet Blended 408000	Chaos with Kiki 10:15am-10:45am Instructor: Kiki In-Person 408004	Strength Training 6:00pm-7:00pm Instructor: Annalise In-Person 408005	Large Group Fitness Room (Rm #147) Small Group Fitness/Dance Room (Rm #145) Fitness Center	
Zumba 7:15pm-8:15pm Instructor: Lauren Blended 408009	Body Sculpt Fusion 6:00pm-6:45pm Instructor: Janet Blended 408003	Pilates Fusion 5:45pm-6:30pm Instructor: Janet Blended 408012	Class Offerings Are Subject to Change. No Class on 12/24, 12/25, 12/26, 12/27, 12/31, 1/1. Contact the ARC Center for further info.		
		Stretch & Flex 6:30pm-7:15pm Instructor: Janet Blended 408055			
		20/20/20 6:00pm-7:00pm Instructor: Annalise In-Person 408001			
		Evening Yoga 7:15pm-8:15pm Instructor: Terry In-Person 408018			

Elite Members

FREE

Resident: \$8 per class
Non-Resident: \$10 per class

Questions regarding Group Fitness can be directed to Andre Cobbs, Recreation Manager, at acobbs@we-goparks.org or 630.231.9474 x100.