



Winter Fitness Classes

December 1 - February 21

Monday

Classic Yoga
9:00am-9:45am
Instructor: Dee
Blended
408008



Dance Fitness
10:15am-11:00am
Instructor: Carolyn
Blended
408022



20/20/20
9:00am-10:00am
Instructor: Annalise
In-Person
408001



Zumba
7:15pm-8:15pm
Instructor: Lauren
Blended
408009



Tuesday

Chair Stretch & Yoga
9:00am-10:00am
Instructor: Terry
In-Person
408026



20/20/20
9:00am-10:00am
Instructor: Kiki
In-Person
408001



Chaos with Kiki
10:15am-10:45am
Instructor: Kiki
In-Person
408004



Wednesday

Work It Wednesday
6:30am-7:30am
No Class: 12/22 - 1/2
Instructor: Kiki
In-Person
408015



Classic Yoga
9:00am-9:45am
No Class: 12/24
Instructor: Dee
Blended
408008



Strength Training
9:00am-10:00am
No Class: 12/24
Instructor: Annalise
In-Person
408005



Chaos with Kiki
10:15am-10:45am
No Class: 12/22 - 1/2
Instructor: Kiki
In-Person
408004



Chair Stretch & Yoga
12:00pm-1:00pm
No Class: 12/24
Instructor: Terry
In-Person
408026



20/20/20
6:00pm-7:00pm
No Class: 12/24
Instructor: Annalise
In-Person
408001



Evening Yoga
7:15pm-8:15pm
No Class: 12/24
Instructor: Terry
In-Person
408018



Thursday

20/20/20
9:00am-10:00am
No Class: 12/22 - 1/2
Instructor: Kiki
In-Person
408001



Chaos with Kiki
10:15am-10:45am
No Class: 12/22 - 1/2
Instructor: Kiki
In-Person
408004



Agility & Mobility
5:00pm-5:45pm
No Class: 12/22 - 1/2
Instructor: Kiki
In-Person
408025



Strength Training
6:00pm-7:00pm
No Class: 12/22 - 1/2
Instructor: Annalise
In-Person
408005



Friday

20/20/20
9:00am-10:00am
No Class: 12/22 - 1/2
Instructor: Kiki
In-Person
408001



Dance Fitness
10:15am-11:00am
Instructor: Carolyn
Blended
408022



Flex & Friends
1:00pm-2:00pm
Instructor: Monique
Blended
408045



In-Person

Blended

Large Group Fitness Room (Rm #147)

Small Group Fitness/Dance Room (Rm #145)

Fitness Center

Class Offerings Are Subject to Change.
Make-Up Week: February 22 - 28

Contact the ARC Center for more info.

Elite Members
FREE

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

Questions about group fitness can be directed to Andre Cobbs,
Recreation Manager, at acobbs@we-goparks.org or 630.231.9474 x100.