ARC CENTER Winter Group Fitness Classes

Dec. 1 - Feb. 21

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Good Mornings 6:30am-7:30am Instructor: Kevin In-Person 408028	**20/20/20** 9:00am-10:00am Instructor: Kiki In-Person 408001	**Good Mornings** 6:30am-7:30am Instructor: Kevin In-Person 408028	**20/20/20** 9:00am-10:00am Instructor: Kiki In-Person 408001	**Good Mornings** 6:30am-7:30am Instructor: Kevin In-Person 408028 No Class: 12/25, 1/1	**Strength Training** 8:00am-9:00am Instructor: Monique Blended 408005
Classic Yoga 9:00am-9:45am Instructor: Dee Blended 408008	**Chair Stretch & Yoga** 9:00am-10:00am Instructor: Terry In-Person 408026	**Strength Training with Annalise** 9:00am-10:00am Instructor: Annalise In-Person 408005	**Chaos with Kiki** 10:15am-10:45am Instructor: Kiki In-Person 408004	**20/20/20** 9:00am-10:00am Instructor: Kiki In-Person 408001 No Class: 12/25, 1/1	**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 Blended 408004	**Classic Yoga** 9:00am-9:45am Instructor: Dee Blended 408008	**Forever Fit II** 11:00am-11:45am Instructor: Rick Blended 408019	**Dance Fitness** 10:15am-11:00am Instructor: Carolyn Blended 408022 No Class: 12/25, 1/1	**Sunday** **Starting Line** 1:00pm-2:00pm Instructor: Kevin In-Person 408069
Dance Fitness 10:15am-11:00am Instructor: Carolyn Blended 408022	**Forever Fit I** 11:00am-11:45am Instructor: Rick Blended 408019	**Kick It with Kiki** 9:00am-10:00am Instructor: Kiki In-Person 408021	**Agility & Mobility** 5:00pm-5:45pm Instructor: Kiki In-Person 408025	In-Person Blended	
	Stretch & Mobility 5:00pm-5:45pm Instructor: Rick Blended 408016	**Indoor-Outdoor Strides** 10:00am-10:30am Instructor: Annalise In-Person 404029	**Strength Training II** 6:00pm-7:00pm Instructor: Rick In-Person 408005	Large Group Fitness Room (Rm #147) Small Group Fitness/Dance Room (Rm #145) Fitness Center	
	Core Connection 6:00pm-6:45pm Instructor: Rick In-Person 408014	**Chaos with Kiki** 10:15am-10:45am Instructor: Kiki In-Person 408004			
		Strenth Training I 6:00pm-7:00pm Instructor: Rick In-Person 408001			
		Evening Yoga 7:15pm-8:15pm Instructor: Terry In-Person 408018			

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Make-up week: Feb. 22-Feb. 28

Classes are subject to change. Visit we-goparks.org/fitnessclasses or call 630.231.9474 for the latest schedule.

Zoom information for blended classes will be emailed to all registered participants the first week of class.

Questions? Reach out to Andre Cobbs at 630.231.9474 x100 or acobbs@we-goparks.org.

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