



Summer Fitness Classes June 1-August 22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Good Mornings 6:30am-7:30am Instructor: Kevin In-Person 208028	Chair Stretch & Yoga 9:00am-10:00am Instructor: Terry In-Person 208026	Good Mornings 6:30am-7:30am Instructor: Kevin In-Person 208028	20/20/20 9:00am-10:00am Instructor: Kiki In-Person 208001	Good Mornings 6:30am-7:30am Instructor: Kevin In-Person 208028 *No Class-7/31	Strength Training 8:00am-9:00am Instructor: Monique Blended 208005
Classic Yoga 9:00am-9:45am Instructor: Dee Blended 208008	20/20/20 9:00am-10:00am Instructor: Kiki In-Person 208001	Classic Yoga 9:00am-9:45am Instructor: Dee Blended 208008	Chaos with Kiki 10:15am-10:45am Instructor: Kiki In-Person 208004	20/20/20 9:00am-10:00am Instructor: Kiki In-Person 208001	Pilates 9:15am-10:15am Instructor: Monique Blended 208006
Low Impact Dance Fitness 10:15am-11:00am Instructor: Carolyn Blended 208022	Chaos with Kiki 10:15am-10:45am Instructor: Kiki In-Person 208004	Strength Training 9:00am-10:00am Instructor: Annalise In-Person 208005	Agility & Mobility 5:00pm-5:45pm Instructor: Kiki In-Person 208025	Low Impact Dance Fitness 10:15am-11:00am Instructor: Carolyn Blended 208022	Sunday The Starting Line 1:00pm-2:00pm Instructor: Kevin In-Person 208069 *No class - 8/2
20/20/20 9:00am-10:00am Instructor: Annalise In-Person 208001		Chaos with Kiki 10:15am-10:45am Instructor: Kiki In-Person 208004	Strength Training 6:00pm-7:00pm Instructor: Rick In-Person 208005		
Circl Mobility 6:15pm-7:00pm Instructor: Lauren In-Person 208039		20/20/20 6:00pm-7:00pm Instructor: Rick In-Person 208001		In-Person Blended	
Zumba 7:15pm-8:15pm Instructor: Lauren Blended 208009		Evening Yoga 7:15pm-8:15pm Instructor: Terry In-Person 208018 *No Class-8/12		Large Group Fitness Room (Rm #147) Small Group Fitness/Dance Room (Rm #145) Fitness Center	

Class offerings are subject to change.
 Call Customer Service at 630.231.9474
 or visit our website at
we-goparks.org/fitnessclasses
 for the latest class schedule.



**Make-Up Week:
 August 24 - 29.**

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

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