



Spring Fitness Classes March 3-May 23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Classic Yoga 9:00am-9:45am Instructor: Dee Blended 108008-01	Chair Stretch & Yoga 9:00am-10:00am Instructor: Terry In-Person 108026-01	Work It Wednesday 6:30am-7:30am Instructor: Kiki In-Person 108015-01	20/20/20 9:00am-10:00am Instructor: Kiki In-Person 108001-05	20/20/20 9:00am-10:00am Instructor: Kiki In-Person 108001-06	Strength Training 8:00am-9:00am Instructor: Monique Blended 108005-01
Low Impact Dance Fitness 10:15am-11:00am Instructor: Carolyn Blended 108022-01	20/20/20 9:00am-10:00am Instructor: Kiki In-Person 108001-03	Classic Yoga 9:00am-9:45am Instructor: Dee Blended 108008-02	Chaos with Kiki 10:15am-10:45am Instructor: Kiki In-Person 108004-03	Low Impact Dance Fitness 10:15am-11:00am Instructor: Carolyn Blended 108022	Pilates 9:15am-10:15am Instructor: Monique Blended 108006-01
20/20/20 9:00am-10:00am Instructor: Annalise In-Person 108001-01	Chaos with Kiki 10:15am-10:45am Instructor: Kiki In-Person 108004-01	Strength Training 9:00am-10:00am Instructor: Annalise In-Person 108005-04	Agility & Mobility 5:00pm-5:45pm Instructor: Kiki In-Person 108025-01	In-Person Blended	
Body Sulpt & Flex 6:00pm-7:00pm Instructor: Janet Blended 108002-01	6 Pack Abs 5:30pm-6:00pm Instructor: Janet Blended 108000-01	Chaos with Kiki 10:15am-10:45am Instructor: Kiki In-Person 108004-01	Streth Training 6:00pm-7:00pm Instructor: Annalise In-Person 108005-02	Large Group Fitness Room (Rm #147) Small Group Fitness/Dance Room (Rm #145) Fitness Center	
Circl Mobility 6:15pm-7:00pm Instructor: Lauren In-Person 108039-01	Body Sulpt Fusion 6:00pm-6:45pm Instructor: Janet Blended 108003-01	Pilates Fusion 5:45pm-6:30pm Instructor: Janet Blended 108012-01	<div style="background-color: #1a3d54; color: white; padding: 10px; border: 1px solid white;"> <p>Class Offerings Are Subject to Change. Make-Up Week: May 26-June 3</p> <p>Contact the ARC Center for more info.</p> <div style="border: 2px solid yellow; padding: 10px; text-align: center; margin-top: 10px;"> <p>Elite Members</p> <p>FREE</p> <hr/> <p>Resident: \$8 per class Non-Resident: \$10 per class</p> </div> </div>		
Zumba 7:15pm-8:15pm Instructor: Lauren Blended 108009-01	Stretch & Flex 6:30pm-7:15pm Instructor: Janet Blended 108055-01				
20/20/20 6:00pm-7:00pm Instructor: Annalise In-Person 108001-01					
Evening Yoga 7:00pm-8:00pm Instructor: Terry In-Person 108001-01					

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