



# Spring Fitness Classes March 1 - May 23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Good Mornings</b> 6:30am-7:30am Instructor: Kevin In-Person 108028	<b>Chair Stretch &amp; Yoga</b> 9:00am-10:00am Instructor: Terry In-Person 108026	<b>Good Mornings</b> 6:30am-7:30am Instructor: Kevin In-Person 108028	<b>20/20/20</b> 9:00am-10:00am Instructor: Kiki In-Person 108001	<b>Good Mornings</b> 6:30am-7:30am Instructor: Kevin In-Person 108028	<b>Strength Training</b> 8:00am-9:00am Instructor: Monique Blended 108005
<b>Classic Yoga</b> 9:00am-9:45am Instructor: Dee Blended 108008	<b>20/20/20</b> 9:00am-10:00am Instructor: Kiki In-Person 108001	<b>Classic Yoga</b> 9:00am-9:45am Instructor: Dee Blended 108008	<b>Chaos with Kiki</b> 10:15am-10:45am Instructor: Kiki In-Person 108004	<b>20/20/20</b> 9:00am-10:00am Instructor: Kiki In-Person 108001	<b>Pilates</b> 9:15am-10:15am Instructor: Monique Blended 108006
<b>Dance Fitness</b> 10:15am-11:00am Instructor: Carolyn Blended 108022	<b>Chaos with Kiki</b> 10:15am-10:45am Instructor: Kiki In-Person 108004	<b>Strength Training</b> 9:00am-10:00am Instructor: Annalise In-Person 108005	<b>Agility &amp; Mobility</b> 5:00pm-5:45pm Instructor: Kiki In-Person 108025	<b>Dance Fitness</b> 10:15am-11:00am Instructor: Carolyn Blended 108022	<b>Sunday</b> <b>The Starting Line</b> 1:00pm-2:00pm Instructor: Kevin 108069
<b>20/20/20</b> 9:00am-10:00am Instructor: Annalise In-Person 108001		<b>Chaos with Kiki</b> 10:15am-10:45am Instructor: Kiki In-Person 108004	<b>Strength Training</b> 6:00pm-7:00pm Instructor: Annalise In-Person 108005	<div style="text-align: center;">  In-Person   Blended  <hr/> <b>Large Group Fitness Room (Rm #147)</b>  <b>Small Group Fitness/Dance Room (Rm #145)</b>  <b>Fitness Center</b> </div> <p>Class Offerings Are Subject to Change.            Make-Up Week: May 26 - June 3</p> <p>Contact the ARC Center for more info.</p>	
<b>Circl Mobility</b> 6:15pm-7:00pm Instructor: Lauren In-Person 108039		<b>Evening Yoga</b> 7:00pm-8:00pm Instructor: Terry In-Person 108018			
<b>Zumba</b> 7:15pm-8:15pm Instructor: Lauren Blended 108009					

**Elite Members**

# FREE

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**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](mailto:acobbs@we-goparks.org) or 630.231.9474 x100.