



Fall 2019 Group Fitness Schedule

Questions regarding Group Fitness Classes? Call (708) 457-1244

MON	TUE	WED	THU	FRI	SAT	SUN
Senior Fitness Club 8:00-9:00 am		Senior Fitness Club 8:00-9:00 am		Senior Fitness Club 8:00-9:00am	Zumba Fitness <i>Reina Gold</i> 9:00-10:00 am	
Muscle Flexx <i>Linda Hermanek</i> 10:00-11:00 am		Muscle Flexx <i>Linda Hermanek</i> Noon-1:00 pm			Total Body Blast <i>Reina Gold</i> 10:00-11:30 am	
Step, Sculpt and Abs <i>Debbie Beck</i> 6:00-6:50 pm					staBaALLize <i>Reina Gold</i> 11:30am-12:15 pm	
Zumba Toning with Toning Sticks <i>Debbie Beck</i> 7:00-8:00 pm	Zumba <i>Sandra Walter</i> 6:30-7:30 pm	Bootcamp <i>Debbie Beck and Reina Gold</i> 6:00-7:00 pm	Zumba Fitness <i>Reina Gold</i> 6:30-7:30 pm		Boxing Circuit <i>Linda Hermanek</i> 12:30-1:30 pm	Mommy & Me Yoga and More <i>Linda Hermanek</i> 2:00-3:00 pm
Get on the Ball <i>Debbie Beck</i> 8:00-8:30 pm		Strong 30 <i>Reina Gold</i> 6:30-7:00 pm	Barre Body <i>Reina Gold</i> 7:30-8:45 pm			Hula Hoop Fitness <i>Linda Hermanek</i> 3:00-4:00 pm
		Zumba Toning <i>Reina Gold</i> 7:00-8:00 pm				

Fall Session 1

Sep 9th – Oct 27th

Break Week: October 28th – November 3rd

Fall Session 2

Nov 4th – Dec 15th