

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Classic Yoga 9:00am-9:45am Instructor: Dee Blended 208008	Chair Stretch & Yoga 9:00am-10:00am Instructor: Terry In-Person 208026	Work It Wednesday 6:30am-7:30am Instructor: Kiki In-Person 208015	20/20/20 9:00am-10:00am Instructor: Kiki In-Person 208001	20/20/20 9:00am-10:00am Instructor: Kiki In-Person 208001	Strength Training 8:00am-9:00am Instructor: Monique Blended 208005
Dance Fitness 10:15am-11:00am Instructor: Carolyn Blended 208022	20/20/20 9:00am-10:00am Instructor: Kiki In-Person 208001	Classic Yoga 9:00am-9:45am Instructor: Dee Blended 208008	Strength Training 9:00am-10:00am Instructor: Annalise In-Person 208005	Dance Fitness 10:15am-11:00am Instructor: Carolyn Blended 208002	Pilates 9:15am-10:15am Instructor: Monique Blended 208006
20/20/20 9:00am-10:00am Instructor: Annalise In-Person 208001	Chaos with Kiki 10:15am-10:45am Instructor: Kiki In-Person 208004	Chaos with Kiki 10:15am-10:45am Instructor: Kiki In-Person 208004	Chaos with Kiki 10:15am-10:45am Instructor: Kiki In-Person 208004	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 5px;"> In-Person </div> <div style="display: flex; align-items: center; margin-bottom: 5px;"> Blended </div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 2px;">Large Group Fitness Room (Rm #147)</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 2px;">Small Group Fitness/Dance Room (Rm #145)</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 2px;">Small Group Fitness/Spin Room (Rm #143)</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 2px;">Fitness Center</div> <p style="font-size: small; text-align: center;">Class Offerings Are Subject to Change. Contact the ARC Center for Further Info.</p> <div style="border: 2px solid yellow; padding: 10px; text-align: center; width: 100%;"> <p style="margin: 0;">Elite Members</p> <p style="margin: 0; font-size: 2em; font-weight: bold;">FREE</p> <hr style="width: 50%; margin: 5px auto;"/> <p style="margin: 0; font-size: small;">Resident: \$8 per class</p> <p style="margin: 0; font-size: small;">Non-Resident: \$10 per class</p> </div> </div>	
Body Scupt & Flex 6:00pm-7:00pm Instructor: Janet Blended 208002	6 Pack Abs 5:30pm-6:00pm Instructor: Janet Blended 208000	Pilates Fusion 5:45pm-6:30pm Instructor: Janet Blended 208012	Agility & Mobility 5:00pm-5:45pm Instructor: Kiki In-Person 208025		
Zumba 7:15pm-8:15pm Instructor: Lauren Blended 208009	Body Scupt Fusion 6:00pm-6:45pm Instructor: Janet Blended 208003	Stretch & Flex 6:30pm-7:15pm Instructor: Janet Blended 208055	Strenth Training 6:00pm-7:00pm Instructor: Annalise In-Person 208005		
		20/20/20 6:00pm-7:00pm Instructor: Annalise In-Person 208001			
		Evening Yoga 7:15pm-8:15pm Instructor: Terry In-Person 208018			

Class Dates: June 3rd - August 24th



Questions regarding Group Fitness can be directed to Ben Nelson,
 Superintendent of Recreation, at bnelson@we-goparks.org or 630.231.9474 x107.