



Fall Fitness Classes September 2 - November 22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Classic Yoga 9:00am-9:45am Instructor: Dee Blended 308008-01	Chair Stretch & Yoga 9:00am-10:00am Instructor: Terry In-Person 308026	Work It Wednesday 6:30am-7:30am Instructor: Kiki In-Person 308015	20/20/20 9:00am-10:00am Instructor: Kiki In-Person 308001	20/20/20 9:00am-10:00am Instructor: Kiki In-Person 308001	Strength Training 8:00am-9:00am Instructor: Monique Blended 308005
Dance Fitness 10:15am-11:00am Instructor: Carolyn Blended 308022	20/20/20 9:00am-10:00am Instructor: Kiki In-Person 308001	Classic Yoga 9:00am-9:45am Instructor: Dee Blended 308008-02	Chaos with Kiki 10:15am-10:45am Instructor: Kiki In-Person 308004	Dance Fitness 10:15am-11:00am Instructor: Carolyn Blended 308022	Pilates 9:15am-10:15am Instructor: Monique Blended 308006
20/20/20 9:00am-10:00am Instructor: Annalise In-Person 308001	Chaos with Kiki 10:15am-10:45am Instructor: Kiki In-Person 308004	Strength Training 9:00am-10:00am Instructor: Annalise In-Person 308005	Agility & Mobility 5:00pm-5:45pm Instructor: Kiki In-Person 308025	<div style="display: flex; justify-content: space-around;"> <div> In-Person</div> <div> Blended</div> </div> <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> Large Group Fitness Room (Rm #147) </div> <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> Small Group Fitness/Dance Room (Rm #145) </div> <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> Small Group Fitness/Spin Room (Rm #143) </div> <div style="border: 1px solid black; padding: 2px; margin-top: 5px; text-align: center;"> Fitness Center </div>	
Body Scupt & Flex 6:00pm-7:00pm Instructor: Janet Blended 308002	6 Pack Abs 5:30pm-6:00pm Instructor: Janet Blended 308000	Chaos with Kiki 10:15am-10:45am Instructor: Kiki In-Person 308004	Streth Training 6:00pm-7:00pm Instructor: Annalise In-Person 308005		
Circl Mobility 6:15pm-7:00pm Instructor: Lauren Blended 308039	Body Sculpt Fusion 6:00pm-6:45pm Instructor: Janet Blended 308003	Pilates Fusion 5:45pm-6:30pm Instructor: Janet Blended 308012			
Zumba 7:15pm-8:15pm Instructor: Lauren Blended 308009			Stretch & Flex 6:30pm-7:15pm Instructor: Janet Blended 308055		
			20/20/20 6:00pm-7:00pm Instructor: Annalise In-Person 308001		
			Evening Yoga 7:15pm-8:15pm Instructor: Terry In-Person 308018		

Class Offerings Are Subject to Change.
 Contact the ARC Center for Further Info.

Elite Members
FREE

Resident: \$8 per class
 Non-Resident: \$10 per class

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