

## Group Fitness Schedule: Sept 6 – Dec 31 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-6am		HIIT Training* Kristina (G)					
6:00am-6:45am				HIIT Training Kristina (G)	Spin Kristina (A)		
6:15am-7am	Boot Camp Caroline (G)	Spin Kristina (A)	Power Sculpt Karen (G)				
7:45am-8:30am		STEP It Up! Denise (CAC)				Yogalattes Denise/Lesley (Zone)	
8:30am-9:15am	Cardio Mix Denise (G)	Body Sculpt Denise (CAC)	Multi Step Denise (G)	Body Sculpt Denise (CAC)	Cardio Mix Denise (G)	Intervelocity Laurie (Zone)	Spin Laurie/Denise (A)
9:35am-10:20am	STEP It Up! Cheryl (G)	Intervelocity Cheryl (CAC)	CSI Cheryl (G)	Intervelocity Laurie (CAC)	STEP It Up! Laurie (G)		Yogalattes Denise/Lesley (Zone)
9:35am-10:20am	Yoga Levels 1-2 Denise (Graf)		Yoga Levels 1-2 Denise (Graf)		Bal. Strength & Stretch (10am) Denise (G)		
10:40am-11:25am		Bal. Strength & Stretch Cheryl (CAC)		Gentle Yoga Lesley (Graf)			
10:30am-11:15am	SS Circuit Caroline (CAC)	SS Yoga Caroline (CAC)	SS Circuit Caroline (CAC)	SS Yoga Caroline (CAC)	SS Circuit Caroline (CAC)		
5:15pm-6pm	Power Sculpt Jackie (A)	(5:30pm) Boot Camp Jackie (A)	Power Sculpt Karen (A)				
6:30pm-7:15pm		Spin Jackie (A)		Spin Jackie (A)			

(G) = Community Center Gym (A) = Atrium / lower level of Community Center in front of Parks Plus (Zone) = Lower level of Community Center (Graf) = Lower level of Community Center  
 (CAC) = Central Athletic Complex located at 500 S. Naperville Road, next to Mariano's