

## Group Exercise Class Schedule Effective 4/18/12

### Monday

<u>Time</u>	<u>Class</u>	<u>Instructor</u>
6:05-7:05am	Spin	Stacey
8:15-9:10am	Spin/Abs	Susan H.
9:15-10:15am	50/50	Pam
10:30-11:30am	Get Started	Reada
11:35-12:30pm	Pilates	Susan L.
5:45-6:45pm	Boot Camp Conditioning	Dena
6:00-7:00pm	Zumba	Dawn
6:50-7:50pm	Turbo Kick	Angela

### Tuesday

<u>Time</u>	<u>Class</u>	<u>Instructor</u>
6:05-7:05am	Boot Camp Blitz	Stephanie
8:15-9:10am	Spin	Susan H.
9:15-10:15am	Power Hour	Susan L.
10:30am-11:30am	Senior Aerobics & Stretch & Strength	Reada
11:45-12:30pm	Zumba Gold	Dawn
4:30-5:25pm	Step	Pam
5:30-6:25pm	Yoga Body & Mind	Colleen
5:30-6:25pm	Spin	Tory
6:30-7:25pm	Cardio/Strength	Sandy

### Wednesday

<u>Time</u>	<u>Class</u>	<u>Instructor</u>
6:05-7:05am	Spin	Stacey
8:15-9:10am	Spin/Abs	Susan H.
9:15-10:15am	BODYPUMP	Pam
10:30-11:30am	Get Started	Reada
11:35-12:30pm	Pilates	Susan L.
5:30-7:00pm	Cardio/Strength	Sandy
6:30-7:30pm	Gentle Flow Yoga	Juanita

### Thursday

<u>Time</u>	<u>Class</u>	<u>Instructor</u>
6:05-7:05am	Boot Camp Blitz	Stephanie
8:15-9:10am	Spin	Susan H.
9:15-10:15am	Power Hour	Susan L.
10:30-11:30am	Senior Aerobics & Stretch & Strength	Reada
4:30-5:25pm	Step	Nancy
5:30-6:25pm	Yoga Body & Mind	Colleen
5:30-6:30pm	BODYPUMP	Amy
6:30-7:25pm	Cardio/Strength	Sandy

### Friday

<u>Time</u>	<u>Class</u>	<u>Instructor</u>
6:05-7:05am	Spin/Abs	Stacey
8:15-9:10am	Turbo Kick	Angela
9:15-10:15am	Hot Flow Yoga	Juanita
10:30-11:30am	Senior Aerobics & Stretch & Strength	Reada
5:30-6:30pm	Zumba	Brenda

### Saturday

<u>Time</u>	<u>Class</u>	<u>Instructor</u>
7:15-8:15am	Spin	Susan H.
8:15-9:15am	BODYPUMP	Pam/Amy
9:30-10:30am	Zumba	Brenda

### Sunday

<u>Time</u>	<u>Class</u>	<u>Instructor</u>
8:15-9:15am	Spin	Tory
9:30-10:30am	Zumba	Brenda

### Group Exercise Fees

Fitness Center Member:	<i>Free</i>	
	<u>Resident</u>	<u>Non-Resident</u>
1 class	\$6	\$6
1 month unlimited*	\$45	\$64
3 month unlimited*	\$105	\$125
<i>*valid from date of purchase</i>		

*All of the following classes are held at the Rakow Center, and are available for men and women ages 14 years and older. For more information, call the Fitness Center at 847-428-7131. Classes are held in the East/West Dundee Room unless otherwise noted. Group exercise time include set-up and tear-down of equipment. Classes are not held when the Rakow Center is closed and classes are subject to change at anytime.*



Dundee Township Park District  
Rakow Center  
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