



| START TIMES | Classes are 45 minutes | Exceptions: 30 m * 60 m ** | EDITED 11/9/21 | LOCATIONS KEY: | A AEROBICS STUDIO | Q QUEENAX STUDIO | | | V VIRTUAL BUT SUPERVISED |
|-------------|------------------------|-----------------------------------------------|-------------------------------------------------------|-----------------------------------------------|------------------------------------------|------------------------------------------|-------------------------------------------------------|-----|------------------------------------------------------------------------|
| | | MON | TUE | WED | THU | FRI | SAT | SUN | |
| 7 AM | | MAT PILATES DORENE 7 AM A tbaV | | MAT PILATES DORENE 7 AM A tbaV | | | | | VIRTUAL START DATES TO BE ANNOUNCED |
| 8:30 AM | | Morning Yoga ** CHRIS 8:30 AM A | Morning Yoga ** CHRIS 8:30 AM A | Vinyasa Yoga ** JEN 8:30 AM A | Morning Yoga ** CHRIS 8:30 AM A | Morning Yoga ** CHRIS 8:30 AM A | T2 STEP EMILY 8:30 AM A | | |
| 9 AM | | | POP UP CLASSES & INSTRUCTOR 9:30 AM A TBA DATES | | | | POP UP CLASSES & INSTRUCTOR 9:30 AM A TBA DATES | | POP UPS ARE ONE-TIME SCHEDULED CLASSES (OR IF SUBS) |
| 10 AM | | FIT MIX CANDICE 10 AM A ** | STRETCH-ABILITY CYNDI 10:45 AM A | GENTLE TAI CHI/YOGA RUTH 10 AM A | FIT MIX CANDICE 10 AM A ** | GENTLE TAI CHI & YOGA RUTH 10 AM A | YOUT DANCE SPORTS A | | T 11/23/21 PILATES DORENE 9:30 T 11/30/21 SALSA DEISY 9:30 AM |
| 5 PM | | KETTLEBELLS RACHEL 5:15 PM A | KARATE YOUTH SPORTS A | | KARATE YOUTH SPORTS A | YOUTH DANCE SPORTS A | | | |
| | | | | EVENING YOGA CHRIS 5 PM ** A | | | | | |
| 6 PM | | CARDIO KICKBOXING Joe 6:15 PM A or Q | HIIT AEROBICS TINA 6:45 PM ** A | CARDIO KICKBOXING Joe 6:15 PM A or Q | HIIT AEROBICS TINA 6:45 PM ** A | | | | CYNDI HUNT HEALTHY LIVING DIR CELL PHONE 815/386-0720 |
| 7 PM | | CORE CONDITIONING Joe 7 PM * A or Q | | CORE CONDITIONING Joe 7 PM * A or Q | | | | | MIKE CURRAN SPORTS DIR CELL PHONE 815/953-4626 |

SPECIAL EVENT: **GRATITUDE YOGA** essentials donations to VETS & food donations to Salvation Army for Thanksgiving
 WED NOVEMBER 10th 5 PM & 6:15 PM INSTRUCTOR: CHRIS