




START TIMES	Classes are 45 minutes	Exceptions: 30 m * 60 m **	EDITED 11/9/21	LOCATIONS KEY:	A AEROBICS STUDIO	B BASEMENT STUDIO	C CYCLING STUDIO	Q QUEENAX STUDIO	V VIRTUAL BUT SUPERVISED
		MON	TUE	WED	THU	FRI	SAT	SUN	
5 AM		EARLY BIRD CYCLING MIKE 5:15 AM C	QUEENAX CIRCUIT MIKE 5:15 AM Q	EARLY BIRD CYCLING MIKE 5:15 AM C	QUEENAX CIRCUIT MIKE 5:15 AM Q	EARLY BIRD CYCLING MIKE 5:15 AM C			
7 AM		MAT PILATES DORENE 7 AM A tba V		MAT PILATES DORENE 7 AM A tba V					VIRTUAL START DATES TO BE ANNOUNCED
8 AM			CROSSFIT TABATA DEISY 8:45 AM Q	BALANCE & STABILITY: ACTIVE SRS CYNDI 8:45 AM Q			DESTINATION CYCLING: ITALY SHAUN 8:15 AM ** C \$		SPECIAL GR FIT EVENTS: \$2.50 FEE FOR THEMED W/ VIDEO/SNACK
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	YOUTH DANCE SPORTS A		T 11/23/21 PILATES DORENE 9:30 T 11/16/21 TBD ? 9:30 AM



GROUP FITNESS SCHEDULE



START TIME	Classes are 45 minutes	Exception: 30 m * 60 m **	Edited 11-9-21		A AEROBICS STUDIO	B BASEMENT STUDIO	C CYCLING STUDIO	Q QUEENAX STUDIO	V VIRTUAL AEROBICS STUDIO
		MON	TUE	WED	THU	FRI	SAT	SUN	
5 PM		T3 CYCLING DEANNA 5:15 PM C	BEAT CYCLE EMILY 5:15 PM Q	T3 CYCLING DEANNA 5:15 PM C	BEAT CYCLE EMILY 5:15 PM Q		CLOSED AT 5 PM	CLOSED AT 3 PM	
5 PM		KETTLEBELLS RACHEL 5:15 PM A	KARATE YOUTH SPORTS A	KETTLEBELLS RACHEL 5:15 PM Q	KARATE YOUTH SPORTS A	YOUTH DANCE SPORTS A			
		BARRE: BALLET LEE ANN 5:30 PM Q		EVENING YOGA CHRIS 5 PM ** A	SM GROUP TRAINING CYNDI 5:30 PM Q				SMALL GROUP TRAINING free to first 5 to arrive
6 PM			FREESTYLE STEP LEAH 6:30 PM Q	EVENING CYCLE SHAUN 6:30 PM C	ZUMBA AEROBICS AMELIA 6:30 PM Q				
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	KICKBOXING & TRX CANDICE 6 PM ** Q			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