



START TIMES	Class = 45 min	Exceptions: 30 m * 60 m **	EDITED 11/9/21							A AEROBICS STUDIO	Q QUEENAX STUDIO
			LOCATIONS KEY:	MON	TUE	WED	THU	FRI	SAT		
5 AM				QUEENAX CIRCUIT MIKE 5:15 AM Q			QUEENAX CIRCUIT MIKE 5:15 AM Q				
8 AM				CROSSFIT TABATA DEISY 8:45 AM Q		BALANCE & STABILITY: ACTIVE SENIORS CYNDI 8:45 AM Q					
5 PM		BARRE: BALLET LEE ANN 5:30 PM Q			KETTLEBELLS RACHEL 5:15 PM Q		SM GROUP TRAINING CYNDI 5:30 PM Q		CLOSED AT 5 PM	CLOSED AT 3 PM	SMALL GROUP TRAINING free to first 5 to arrive
6 PM				FREESTYLE STEP LEAH 6:30 PM Q			ZUMBA AEROBICS AMELIA 6:30 PM Q				
6 PM		CARDIO KICKBOXING Joe 6:15 PM Q see below			CARDIO KICKBOXING Joe 6:15 PM Q see below			KICKBOXING & TRX CANDICE 6 PM ** Q			
7 PM		CORE CONDITIONING Joe 7 PM * Q see note below			CORE CONDITIONING Joe 7 PM * Q see note below						CYNDI HUNT HEALTHY LIVING DIR CELL PHONE 815/386-0720

NOTES: Cardio Kickboxing & Core Conditioning M & W are scheduled for the Aerobics Studio but may be moved to the Queenax Studio by instructor as available

Kettlebells is also available in Aerobics Studio on Mondays at 5:15 pm

Pop Up Class Zumba available once on 11/30 at 9:30 in AEROBICS STUDIO