



GROUP EXERCISE SCHEDULE

2025 WINTER SCHEDULE

HUNTLEY PARKS.ORG/FITNESS

MONDAY

5:50 - 6:50A
9:00 - 10:00A
10:00 - 11:00A
6:00 - 7:00P

FIT CAMP
FITBLAST
LITE & LIVELY
SPIN & TONE

KIM S
KIM R
KIM R
KIM R

TUESDAY

8:00 - 9:00A
9:00 - 10:00A
10:00 - 11:00A
5:30 - 6:30P

SPIN
STRENGTH
ZUMBA GOLD
PUNCH & PUMP

CARRIE
CARRIE
LISA
LISA

WEDNESDAY

5:50 - 6:50A
8:00 - 9:00A
9:00 - 10:00A
10:00 - 11:00A
5:30 - 6:30P
6:30 - 7:20P

FIT CAMP
STRENGTH & STRETCH
KICKBOXING
LITE & LIVELY
DANCE FUISON STRENGTH
STRENGTH

KIM S
KIM S
CARRIE
CARRIE
JEN
KIM R

THURSDAY

8:00 - 9:00A
9:00 - 10:00A
10:00 - 11:00A

SPIN
STRENGTH
LIGHTEN UP

CARRIE
CARRIE
JEN

FRIDAY

5:50 - 6:50A
8:00 - 9:00A
9:00 - 10:00A
10:00 - 11:00A

FIT CAMP
PILATES TONE
CIRCUITS
LITE & LIVELY

KIM S
KIM S
KIM R
KIM R

SATURDAY

8:00 - 9:00A
9:00 - 10:00A
9:00 - 9:45A

DANCE FUSION STRENGTH
BARRE
KIDS YOGA (FEE)

JEN
KIM R
HEATHER



VIEW CLASS DESCRIPTIONS
AND RESERVE YOUR SPOT!

DROP-IN FOR JUST \$9!