

## 2024 Fall Schedule

Included in your membership

REC Center | 847-669-3180

Check Lobby TV daily upon arrival for class location.



### Monday

9:00-10:00a	Fitblast	Kim R
10:00-11:00a	Lite & Lively	Kim R
6:00-7:00p	Fitblast	Kim R

### Tuesday

8:00-9:00a	Spin	Carrie
9:00-10:00a	Strength	Carrie
10:00-11:00a	Zumba Gold	Lisa
5:30-6:30p	Zumba	Lisa

### Wednesday

8:00-9:00a	Strength & Stretch	Kim S
9:00-10:00a	Kickboxing	Carrie
10:00-11:00a	Lite & Lively	Carrie
6:30-7:20p	Strength	Kim R

### Thursday

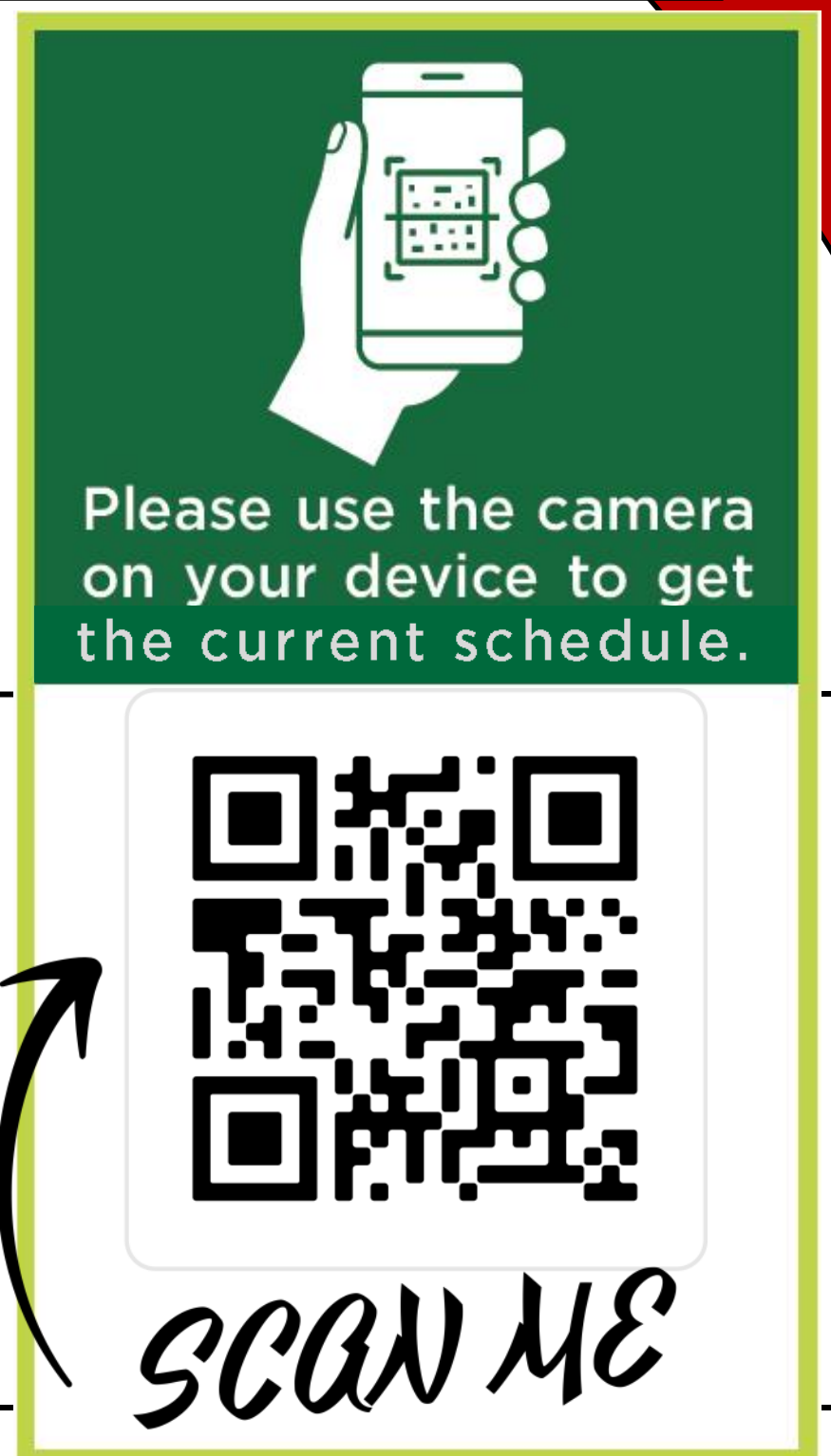
8:00-9:00a	Spin	Carrie
9:00-10:00a	Strength	Carrie

### Friday

8:00-9:00a	Pilates Tone	Kim S
9:00-10:00a	Circuits	Kim R
10:00-11:00a	Lite & Lively	Kim R

### Saturday

9:00-10:00a	Barre	Kim R
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**10-Visit Punch Pass\***

**\$70**

*Workout when you want without paying a drop-in!*

Access to the Fitness Center & Group Exercise classes  
\*1 visit = per person

Learn more at [www.HuntleyParks.org/Fitness](http://www.HuntleyParks.org/Fitness)