

## 2024 Summer Schedule

Included in your membership

REC Center | 847-669-3180

Check Lobby TV daily upon arrival for class location.

Daily Drop-in  
\$9

### Monday

6:15-7:15a	Yoga Morning Slow Flow	Hannah
9:00-10:00a	Fitblast	Kim R
10:00-11:00a	Lite & Lively	Kim R
6:00-7:00p	Strength	Kim R

### Tuesday

6:00-7:00a	Total Body Pilates	Kim S
7:00-8:00a	Total Body Toning	Kim S
8:00-9:00a	Spin	Carrie
9:00-10:00a	Strength	Carrie
5:30-6:30p	Dance Party	Carissa

### Wednesday

8:00-9:00a	Boot Camp	Kim S
9:00-10:00a	Kickboxing	Carrie
10:00-11:00a	Lite & Lively	Carrie
4:30-5:30p	Gentle Yoga	Hannah
6:00-7:00p	Cardio Kettlebell	Kim R

### Thursday

8:00-9:00a	Spin	Carrie
9:00-10:00a	Strength	Carrie
5:30-6:30p	Sculpt	Carissa

### Friday

8:00-9:00a	Pilates Tone	Kim S
9:00-10:00a	Circuits	Kim R
10:00-11:00a	Lite & Lively	Kim R
4:30-5:30p	Gentle Yoga	Hannah

### Saturday

9:00-10:00a	Barre	Carissa
10:00-11:00a	Arms & Abs	Carissa

Please use the camera on your device to get the current schedule.



SCAN ME

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)