



# Palos Health & Fitness Center Group Exercise Schedule

June 9 – September 7, 2008



TIME	STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30am	A/B			Body Works Mary Beth				
5:45-6:30	C		*Cycle Karen		*Cycle Diana			
8:15-9:00	A	Arms & Abs Mary Beth		Arms & Abs Kathy				
8:30-9:20	A/C				*Bosu Blast Ellen(8:30-9:30)		Power Cycle Rotation	
8:30-9:15	B/C		Dance Aerobics Jan			*Cycle Kristen		
8:30-9:30	A					Dance Aerobics (8:30-9:10)Linda	Step & Sculpt Rotation	Hi/Low aerobics
9:00-9:50	B/C				Pilates /Doreen (9:00 -10:00)			*Cycle Rotation
9:15-10:00	A/B		Get On the Ball Jan			Yoga "Lite" Barb		
9:15-10:00	Con. Rm. C,D	Gentle Yoga Paula /Izzy		Gentle Yoga Linda				
9:15-10:15	A	Step & Sculpt Patty		Step Interval Patty		Body Works Kristen		
9:15-10:00	C		*Cycle / Maria		*Cycle / Diane			
9:15-10:15	C/Track	*Ride & Stride Kelly						
9:15-10:00	FF			*Power Tredd Kathy				
9:30-10:15	FF					*Power Strides Mary Beth		
9:35-10:35	B						Pilates II Doreen/Maria	
9:45-10:45	A						Body Works Rotation	
10:00-11:00	B/A	Pilates Yoga Mix /Maria	Body Works Maria		Body Works Diane			
10:20-11:15	A/B	MS Yoga Paula		Pilates II Maria				
10:30-11:30	A					Young at Heart/Tom		
10:30-11:15				Zumba® Linda				
10:30-11:45	B		Yoga / Izzy			Pilates Express (10:30-11:10)		
10:45-Noon	B						Vinyasa Yoga Mary Ann	
11:00 -12:15	B	Tai Chi intro (11-11:30) Bill			Tai Chi / Bill (11-12:00)			Yoga Rotation
11:30-12:15	B	Tai Chi Bill				*Parkinson's (11:45-12:45)		
4:30-5:30pm	B	Yoga Mary Ann						
5:00-5:55	A			Body Works Kristen	Cardio & Sculpt Maria			
5:30-6:30	A	Zumba® Joanne						
6:00-7:00	A	Cycle Circuit Meet in Studio C / Kathy	Step & Sculpt Sherry					
6:00-6:45	C		*Cycle Gerry	*Cycle Kristen	*Cycle Nicole			
6:00-6:55	B			Pilates Doreen				
7:00-8:10	A/B	Body Works Kathy	Yoga Rotation		Yoga Izzy/Maria			

Studio A = Large Studio

Studio B = Mind Body Studio

Studio C = Cycling Studio

FF = Fitness Floor

\*Pre-registration required on or the day before scheduled class date at the front desk 708.226.0555

- Instructors occasionally sub out classes please check Group Exercise bulletin board for weekly changes •

*Classes with consistent low attendance (six or less participants for a four week time period) will be subject to cancellation*

