


GROUP FITNESS

FALL 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
7:00-7:55 am Maria SPIN!	7:30-8:25 am Jena SPIN!	7:30-8:25 am Brittany Yoga Flow	7:30-8:25 am Jena SPIN!	7:30-8:25 am Brittany Yoga Flow	
8:00-8:55 am Sophia Core Power Yoga	8:30-9:00 am Jena Core Complete		8:25-9:00 am Jena Core Complete		
11:45 am -12:30 pm Reba Guns, Buns and Abs	9:00-9:55 am Alyce Yoga Fit	11:30 am -12:25 pm Sophia Core Power Yoga	11:30-11:55 pm Linnea All Abs		
12:30-1:25 pm Gloria Sivananda Yoga (Begins Sept. 14th)	10:00-10:55 am Hilary SPIN!		12:00-12:45 pm Linnea Step Express	12:00-12:55 pm Hilary SPIN!	
	11:00-11:55 am Erin Pilates		1:00-1:55 pm Melody TBC		
3:00-3:45 pm Reba Guns, Buns and Abs	12:50- 1:20 pm Linnea All Abs	3:00-3:55 pm Erin Pilates	2:00-2:25 pm Melody All Abs		10:00-10:55 am Nicole Pilates
4:00-4:55 pm Alyce Yoga Fit	1:30-2:25 pm Linnea Spin!	4:00-4:55 pm April Boxing Bootcamp	4:00-4:55 pm Arturo Cardio Boxing	3:00-3:55 pm Maria SPIN! (Begins Sept 4th)	11:00-12:30 pm Nicole Ballet
5:00-5:25 pm April All Abs	4:00-4:55 pm Arturo Cardio Boxing	5:00-5:25 pm April All Abs	5:00-5:25 pm April All Abs	4:00-4:55 pm Umair Kickbox!	
5:30-6:25 pm April Boxing Bootcamp	5:00-5:25 pm Melody All Abs	5:30-6:25 pm Maria SPIN!	5:30-6:25 pm Alyce Yoga-lates	5:00-5:25 pm Melody All Abs	
6:00-6:55 pm Hilary SPIN!	5:30-6:25 pm Melody TBC	5:30-6:25 pm Gloria Sivananda Yoga (Begins Sept 2nd)	6:30-7:25 pm Erin Pilates	5:30-6:25 pm Melody TBC	4:00-4:55 pm Brittany Yoga Flow
6:30-7:25 pm Erin Pilates	6:30-6:55 pm Umair All Abs	7:00-7:55 pm Hilary SPIN!		6:30-6:55 pm Umair All Abs	
7:30-8:25 pm Sophia Yoga II*	7:00-7:55 pm Umair Kickbox!	6:30-7:25 pm April Skinny Jeans	7:30-8:30 pm Mariana Zumba!	7:00-7:55 pm Umair Kickbox!	
8:30-9:25 pm Jackie Hip Hop Cardio	8:00-9:00 pm Mariana Zumba!	7:30-8:25 pm Melody TBC			
		8:30-9:25 pm Jackie Hip Hop Cardio			

**ALL CLASSES
FREE TO HALAS
MEMBERS!!**

Join the Halas Facebook
Group! Search 'Halas
Recreation Center'!

Schedule valid Aug. 24th- Dec 6th!

GROUP FITNESS FALL 2009 Join the Halas Facebook Group under "Halas Recreation Center"