

# GROUP FITNESS CALENDAR

**Your fitness matters to us!**

All fitness equipment, all fitness classes, free all week long January 7-12.

**SESSION 1: 01/07-02/16**

**SESSION 2: 02/25-04/06**

**SESSION 3: 04/22-05/25**

Class schedule updates will be posted on Rainout Line, call (630) 230-1028 or visit [BensenvilleParkDistrict.org](http://BensenvilleParkDistrict.org) for information.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Ageless Aerobics</b> 9-10am</p> <p><b>Core Foundations</b> 10:15-11am</p>	<p><b>X-Biking</b> 8:30-9:15am</p> <p><b>Zumba® Gold</b> 9-10am</p>	<p><b>Chair Yoga</b> 9:15-10am</p>	<p><b>Zumba® Gold</b> 9-10am</p> <p><b>Core Foundations</b> 10:15-11am</p>	<p><b>Ageless Aerobics</b> 9:15-10am</p>	<p><b>X-Biking</b> 8:30-9:15am</p> <p><b>STRONG®</b> 9:25-10:25am</p> <p><b>Zumba®</b> 10:30-11:30am</p>
<p><b>X-Biking</b> 5:30-6:15pm</p> <p><b>HIIT</b> 6-6:30pm</p> <p><b>Interval Sculpt</b> 6:30-7:10pm</p> <p><b>Zumba®</b> 7:15-8:15pm</p>	<p><b>Small Group Training</b> 6-7pm</p> <p><b>20/20/20</b> 6:40-7:40pm</p> <p><b>Zumba® Toning</b> 7:15-8:15pm</p>	<p><b>X-Biking</b> 5:30-6:15pm</p> <p><b>Interval Sculpt</b> 6-6:45pm</p> <p><b>Yoga Flow</b> 6:50-7:50pm</p>	<p><b>Cardio Blast</b> 5:45-6:30pm</p> <p><b>Tween Hatha Yoga</b> 6:15-7pm</p> <p><b>STRONG®</b> 6:35-7:35pm</p> <p><b>Hatha Yoga</b> 7:15-8:15pm</p>	<p><b>Zumba® Beg. &amp; Fam.</b> 5-5:55pm</p> <p><b>STRONG®/Stretch</b> 6-7pm</p> <p><b>Zumba® Kids*</b> 6-7pm</p>	

\*These classes are not a part of the Class Fitness Pass and fees apply.