

EVANSTON RECREATION CENTER



GROUP FITNESS SCHEDULE January 2, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STRONG by Zumba 5:30 - 6:30 am <i>Makaylee</i>	Pop Pilates 5:30 - 6:30 am <i>Jayceen</i>	Zumba 5:30 - 6:30 am <i>Makaylee</i>	Pop Pilates 5:30 - 6:30 am <i>Jayceen</i>	STRONG by Zumba 5:30 - 6:30 am <i>Nikki</i>	
Pilates 7:00 - 7:45 am <i>Jayceen</i>	Group Cycling 7:00 - 7:45 am <i>Cathy</i>	Open Pilates 7:00 - 7:45 am <i>Jayceen</i>	Group Cycling 7:00 - 7:45 am <i>Cathy</i>	Cycle Boot Camp 7:00 - 7:45 am <i>Cathy</i>	<i>Super Saturday January 6 9:00 am TBD</i>
Yoga (Jan 8) 8:15 - 9:15 am <i>Carrie</i>	Barbell Class 8:30 - 9:20 am <i>Kim</i>	Yoga 8:15 - 9:15 am <i>Carrie</i>	Yoga 8:15 - 9:15 am <i>Deborah</i>	Gentle Yoga 8:15 - 9:15 am <i>Carrie</i>	
Zumba 9:30 - 10:30 am <i>Melissa</i>	Zumba 9:30 - 10:30 am <i>Caddie</i>	Zumba 9:30 - 10:30 am <i>Melissa</i>	Zumba 9:30 - 10:30 am <i>Caddie</i>	STRONG/Zumba 9:30 - 10:30 am <i>Makaylee</i>	<i>January 6, 20 Combo Class 10:00-11:30 am</i>
Group Cycling 9:30 - 10:30 pm <i>Lindsay (Upstairs)</i>	Kettlebell 9:15 - 10:30 am <i>Maggie (Upstairs)</i>	Group Cycling 9:30 - 10:30 pm <i>Lindsay (Upstairs)</i>	Kettlebell 9:15 - 10:30 am <i>Maggie (Upstairs)</i>		
Yoga 10:30 - 11:00 am <i>Melissa (Upstairs)</i>	Pop Pilates 10:30 - 11:00 am <i>Maggie</i>	Yoga 10:30 - 11:00 am <i>Melissa</i>	Pop Pilates 10:30 - 11:00 am <i>Maggie</i>		
Group Cycling 12:00 - 12:50 pm <i>Cathy</i>					
	Intensity 4:15 - 5:00 pm <i>Emilie</i>		Intensity 4:15 - 5:00 pm <i>Emilie</i>	Power Yoga 4:15 - 5:15 pm <i>Carrie (Jan 19 Only)</i>	
Muscle Fusion 5:30 - 6:30 pm <i>Nena</i>		Muscle Fusion 5:30 - 6:30 pm <i>Nena</i>		Evening Aerobics 5:30 - 6:30 pm <i>Nena</i>	
Intensity 7:00 - 7:50 pm <i>Emilie</i>	Pound 7:00 - 7:50 pm <i>Renee</i>	Intensity 7:00 - 7:50 pm <i>Emilie</i>	Pound 7:00 - 7:50 pm <i>Renee (Upstairs)</i>		
Zumba 8:00 - 9:00 pm <i>Nikki</i>	Zumba 8:00 - 9:00 pm <i>Anya</i>	Zumba 8:00 - 9:00 pm <i>Nikki</i>	Zumba 8:00 - 9:00 pm <i>Anya</i>		
		Pole Fitness 8:00 - 9:00 pm <i>Kelli (Upstairs)</i>			

WATER FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
Water Aerobics 9:00 - 9:50 am <i>Caddie</i>	Water Exercise 9:15 - 10:00 am <i>Sam</i>	Water Aerobics 9:00 - 9:50 am <i>Caddie</i>	Water Exercise 9:15 - 10:00 am <i>Sam</i>	Water Aerobics 9:00 - 9:50 am <i>Caddie</i>
Water Exercise 6:00 - 6:55 pm <i>No Instructor</i>		Water Exercise 6:00 - 6:55 pm <i>No Instructor</i>		

Fitness Class Schedule and Instructors subject to change.
All classes listed above are included with General Admission or Pass
This schedule is also available at evanstonparksandrec.org
Watch our Facebook page for updates on aerobics classes.