



EVANSTON RECREATION CENTER

GROUP FITNESS SCHEDULE June 4 - June 29, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
STRONG by Zumba 5:30 - 6:30 am <i>Makaylee/Kate (18th)</i>	Pop Pilates 5:30 - 6:15 am <i>Jayceen (Upstairs)</i>	Zumba 5:30 - 6:30 am <i>Makaylee/Kate (18th)</i>	Pop Pilates 5:30 - 6:15 am <i>Jayceen (Upstairs)</i>	STRONG by Zumba 5:30 - 6:30 am <i>Erica</i>
	Barbell 6:10 - 6:50 am <i>Jen</i>		Barbell 6:10 - 6:50 am <i>Jen</i>	
Pilates 7:00 - 7:45 am <i>Jayceen</i>	Group Cycling 7:00 - 7:45 am <i>Cathy</i>	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>
HIGH Fitness 8:00 - 9:00 am <i>Michelle (Upstairs)</i>	Power Yoga - Upstairs 8:00 am - 9:00 am <i>Gina June 12, 26 Only</i>		Yoga - Upstairs 8:15 - 9:15 am <i>Deborah</i>	
Yoga 8:15 - 9:15 am <i>Carrie</i>	Barbell 8:30 - 9:15 am <i>Kim</i>	Yoga 8:15 - 9:15 am <i>Carrie</i>	Zumba 8:30 - 9:15 am <i>Kim</i>	Balance 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>Kate (Starting 18th)</i>	Zumba 9:30 - 10:30 am <i>Melissa</i>	Barbell 9:15 - 10:00 am <i>Kim</i>	
Pop Pilates 4:00 - 4:45 pm <i>Jayceen</i>				
Muscle Fusion 5:30 - 6:45 pm <i>Nena</i>		Muscle Fusion 5:30 - 6:45 pm <i>Nena</i>		
Pound 7:00 - 7:50 pm <i>Renee</i>		Pound 7:00 - 7:50 pm <i>Renee</i>		
Zumba 8:00 - 9:00 pm <i>Callie</i>	Zumba 8:00 - 9:00 pm <i>Kim</i>	Zumba 8:00 - 9:00 pm <i>Callie</i>	HIGH Fitness 8:00 - 9:00 pm <i>Michelle</i>	
		Pole Fitness 8:00 - 9:00 pm <i>Kelli (Upstairs)</i>		

Notes:

WATER FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
Open Water Exercise 8:00 - 8:50 am <i>No Instructor</i>		Open Water Exercise 8:00 - 8:50 am <i>No Instructor</i>		Open Water Exercise 8:00 - 8:50 am <i>No Instructor</i>
Water Exercise 6:00 - 6:55 pm <i>Sara</i>		Water Exercise 6:00 - 6:55 pm <i>Sara</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.