



EVANSTON RECREATION CENTER

GROUP FITNESS SCHEDULE June 4 - June 29, 2018

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

Notes:

WATER FITNESS CLASSES

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

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.