

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM		Body Pump AERO Annette		Cycling ZONE Kerry 45 min	Body Pump AERO Jen 45 min		
7:00 AM						Body Pump AERO Becky/Annette	
8:00 AM						Zumba BRAC Gym Regina	Body Pump AERO Holly
8:30 AM		Pi/Yo AERO Becky					Cycling ZONE Courtney
9:00 AM						CXWORX AERO Tisha 30 min	
9:35 AM	Cycling/CXWORX ZONE Kerry 90 min	Body Pump AERO Jen 9:45AM	Cardio Fusion AERO Jen	Turbo Kick AERO Becky/Jen	Cycling/CXWORX ZONE Kerry 90 min		CXWORX ZONE Courtney
	Zumba Toning ACC Madeline		Zumba Gold ACC Madeline	Bosu Blast ZONE Debbie	Zumba ACC Annette		
10:30 AM		Silver Sneakers MSROM ZONE Debbie/Kerry		Silver Sneakers MSROM ZONE Debbie/Kerry			
12:30 PM	Body Pump AERO Selina	Fit Camp BRAC GYM Debbie	CXWORX AERO Kerry 30 min	Piloxing AERO Kerry	Body Pump AERO Selina		
4:00 PM							Cycling ZONE Kerry 60 min
5:00 PM							CXWORX ZONE Kerry 30min
5:30 PM	Body Pump AERO Holly						
6:00 PM		Cycling/CXWORX ZONE Courtney		Turbo Kick AERO Becky/Jen			
		Zumba ACC Rosalind					
6:15 PM				Body Pump AERO Becky			
6:45 PM	Zumba AERO Tisha 45min						
7:00 PM	Cycling/CXWORX ZONE Kerry 90 min	Piloxing ACC Kerry		Cycling/CXWORX ZONE Courtney			
7:30 PM					Zumba AERO Tisha 45 min		
8:15 PM					CXWORX AERO Tisha 30 min		

February

Group Exercise Schedule

New Evening Piloxing at Annerino!

You asked for it and we delivered. Tuesday at 7:00 pm. Piloxing gloves available at the Customer Care desk.

Have you met our new instructor?

Holly is our newest addition to our instructor team. Join her Body Pump class on Monday at 5:30 pm or Sunday at 8:00 am.

Fitness Frenzy

Tell all of your friends about the FRENZY!!!
Check the Fitness Frenzy schedule for free classes for non-members through February.

NEW! Sunday afternoon Cycling and CXWORX classes!

Schedule is subject to change. Visit us at www.bolingbrookparks.org or call 630.739.1705 for current info.

AERO - Aerobic room at Bolingbrook Recreation and Aquatic Complex
ZONE - Multipurpose room at Bolingbrook Recreation and Aquatic Complex
ACC - Annerino Community Center

