



OAK BROOK RACQUET & FITNESS CLUB

GROUP EXERCISE SCHEDULE

Begins April 19th, 2010
630-654-2442



MORNING CLASSES

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00 am Grp Ex	Step Michelle	6:00 am Grp Ex	Boot Camp Ed	6:00 am Grp Ex	Cardio Mix Michelle	6:00 am Grp Ex	Boot Camp Ed	6:00 am Grp Ex	Kickboxing Michelle	7:45 am Grp Ex	Boot Camp Ed
7:30 Pool	Aquatics In Action Pam	7:00 Mind Body	Yoga 1	6:00 Mind Body	Pilates Linda/MJ	7:00 Mind Body	Yoga 1	7:30 Pool	Aquatics In Action Sandi	8:00 Pool	Aquatics In Action Judy
8:00 Strive Room	Express Pat	7:30 Pool	Aquatics In Action MJ	7:30 Pool	Aquatics In Action MJ	7:30 Pool	Aquatics In Action Sandi	8:00 Strive Room	Express Pat	9:00 Mind Body	Pilates Mary French
8:30 Mind Body	Yoga 1 Janelle	8:15 Grp Ex	Boot Camp Ed	8:00 Strive Room	Express Ed	8:15 Grp Ex	Cycle Ed	8:00 Grp Ex	Boot Camp Ed	9:00 Grp Ex	Boot Camp Ed
9:00 Grp Ex	Cardio Ball Julie	9:00 Mind Body	Pilates Kat	8:30 Mind Body	Yoga 1 Christy	8:30 Mind Body	Pilates Salle	8:30 Mind Body	Yoga 1 Amal	9:00 Pool	Aquatics In Action Judy
9:40 Mind Body	Yoga 1-2 Janelle	9:15 Grp Ex	Zumba Martha	8:45 Grp Ex	Sculpt Kat	9:00 Grp Ex	Step Gina	9:30 Grp Ex	Boot Camp Ed	10:15 Grp Ex	Zumba Rotate
10:00 Grp Ex	Abs & Flex Julie	10:00 Grp Ex	Definition Kat	9:40 Mind Body	Yoga 1-2 Christy	10:00 Grp Ex	Definition Laura	9:40 Mind Body	Yoga 1-2 Amal	10:00 Mind Body	Yoga Amal
				9:45 Grp Ex	Kickboxing Julie						
				10:40 Mind Body	\$ Yamuna Mary Fazio						

MIDDAY CLASSES

12:30 Grp Ex	Cycle Char	12:00 Strive Room	Express Pat	12:30 Grp Ex	Cycle Char	12:00 Strive Room	Express Pat	1:00 Pool	Aquatics In Action Char
1:00 Pool	Aquatics In Action MJ	1:00 Pool	Aqua Pilates MJ	1:00 Pool	Aquatics In Action Dawn	1:00 Pool	Aquatics In Action Dawn	2:00 Pool	Ai Chi Sandi

EVENING CLASSES

5:00 pm Grp Ex	Cycle Vince	5:15 pm Grp Ex	Cardio Ball Julie	5:15 pm Grp Ex	Boot Camp Ed	5:15 pm Grp Ex	Zumba Cecilia
6:00 Grp Ex	Definition Laura	6:15 Mind Body	Pilates Julie			6:00 Mind Body	Pilates Linda
6:00 Pool	Hydro format rotates Cardiotonics Danielle					6:00 Pool	Aqua Pilates MJ
6:30 Mind Body	Yoga 1 Mary Kay					6:00 Grp Ex	Express Ed

Thursday morning Step class will now be an hour long, starting at 9:00 am.

Ed will teach a 45 minute cycle class at 8:15 Thursday mornings.

Char is now teaching M&W 12:30 cycle.