

Land Fitness							Fitness Unlimited	Fitness Unlimited PLUS (Includes all classes)	*Active Older Adult
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
Community Recreation Center: 847/490-7020 Rooms: FS-Fitness Studio WS-Wellness Studio D3-Dance Room 3 Gym TRX- TRX Studio CS-Cycle Studio									
9-10 a.m. Vanessa Cardio Kick Box • WS	8:50-9:30 a.m. Kim Total Body Strength • WS	9-10 a.m. Colette Barbell Blast • WS	9-9:50 a.m. Colette Cycle • CS	9-10 a.m. Colette Interval Intrigue • WS	8-9 a.m. Maria Cycle • CS	9:15-10:30 a.m. Sandy Strength & Stretch • WS			
9-10 a.m. Jen Strong Heart & Body* • Gym	9-10 a.m. Jim Tai Chi* • D3	9-10 a.m. Kathy Cardio Conditioning* • Gym	9-9:50 a.m. Marzena Boot Camp Blast • WS	9-10 a.m. Jen Cardio Conditioning* • Gym	8:15-9 a.m. Eileen/Alexis HIIT • WS				
10:15-11:15 a.m. Amanda Yoga Fusion • WS	9:45-10:45 a.m. Kim Cycle • CS	9:30-10:30 a.m. TRX Circuit • TRX	9-10 a.m. Jim Tai Chi* • D3	10:05-10:45 a.m. Colette Core & More • WS	9:15-10:15 a.m. Alexis RIP • WS				
10:15-11:15 a.m. Kathy Gentle Yoga* • FS	10-11 a.m. Jim Tai Chi (Beg/Int)* • D3	10:15-11:15 a.m. Kathy Gentle Yoga* • FS	9:50-10:40 a.m. Marzena Yoga Fusion* • WS	10:15-11:15 a.m. Kathy Gentle Yoga* • FS	9:15-10 a.m. TRX Strength • TRX				
5:30-6 p.m. Sarah Core & More • FS	10-11 a.m. Traci Cardio Conditioning* • Gym	5:30-6:30 p.m. Colleen Cardio Sculpt • FS	10-11 a.m. Colette Strong Heart & Body* • Gym	10:15-11:15 a.m. Traci Zumba Gold • D3	10:30-11:30 a.m. Alexis Boot Camp Blast • WS				
6-7 p.m. Sarah Cardio Kickbox • FS	5:30-6:15 p.m. Sandy TRX Strength • PS	6-7 p.m. Maria Cycle • CS	10-11 a.m. Jim Tai Chi (Beg/Int)* • D3						
6:15-7:15 p.m. Angie RIP • WS	6:15-7:15 p.m. Sandy Total Body Strength • WS	6:30-7 p.m. Colleen Core & More • WS	6:15-7:15 p.m. Sandy Total Body Strength • WS						
	7:20-8:20 p.m. Marzena Yoga Fusion • WS	7:15-8 p.m. TRX Strength • TRX							

Take advantage of all of our fitness classes with a Fitness Unlimited PLUS membership!

Schedule begins April 2

Free Week April 2-8



Meineke Recreation Center: 847/985-2143 Room: Studio				
5:45-6:30 a.m. Rachel Tabata Boot Camp	5:45-6:30 a.m. Rachel Cardio Kick Box	5:45-6:30 a.m. Alexis Cardio Sculpt	5:45-6:30 a.m. Rachel Core and More	5:45-6:30 a.m. Rachel Barbell Blast
8:40-9:40 a.m. Lyn Cardio Combo	8:40-9:30 a.m. Lyn Cardio Sculpt	8:40-9:40 a.m. Lyn Step Circuit	8:40-9:30 a.m. Lyn Cardio Sculpt	8:40-9:30 a.m. Lyn Core & More
9:45-11 a.m. Lyn Strength & Stretch	9:35-10:05 a.m. Lyn Total Body Stretch	9:45-11 a.m. Lyn Strength & Stretch	9:40-10:40 a.m. Dina Yoga Flow	
6-7 p.m. Vanessa PiYo	6:15-7:15 p.m. Eileen BANG	6:15-7:15 p.m. RIP	6-7 p.m. Heather RIP	
7:30-8:30 p.m. Vanessa Zumba	7:30-8:15 p.m. Eileen Pilates	7:30-8:30 p.m. Vanessa Zumba		

Schaumburg Tennis Plus: 847/884-0678 Room: Fitness Studio				
11:30 a.m.-12:30 p.m. Andrea Core & More	11:30 a.m.-12:15 p.m. Andrea Cardio Kickbox	11:30 a.m.-12:15 p.m. Andrea Boot Camp Blast	11:30 a.m.-12:15 p.m. Colette TRX Circuit	11:30 a.m.-12:15 p.m. Andrea Cycle
12:30-1:15 p.m. Andrea TRX Circuit	12:15-1 p.m. Andrea Barbell Blast	12:30-1:15 p.m. Andrea Yoga Flow	12:15-1 p.m. Colette Cardio Kickbox	12:30-1:15 p.m. Andrea TRX Strength

Aqua Fitness							Deep Water (Diving Well)	Shallow Water (Lap Pool)
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
The Water Works: 847/490-2505								
6:10-7:10 a.m. Kathy Aqua Step	6:10-7:10 a.m. Donna Deep Dynamics	6:10-7:10 a.m. Kathy Power Splash	6:10-7:10 a.m. Donna Deep Dynamics	6:10-7:10 a.m. Donna Deep Dynamics	7:30-8:20 a.m. Angela Power Splash	8-9:30 a.m. Maria/Judy Power Splash		
7:30-8:20 a.m. Kathy Aqua Motion	7:30-8:30 a.m. Donna Power Splash	7:30-8:20 a.m. Kathy Aqua Motion	7:30-8:30 a.m. Donna Deep Dynamics	7:30-8:30 a.m. Donna Power Splash	8:30-9:30 a.m. Angela Deep Dynamics			
9-10 a.m. Donna Deep Dynamics	9-10 a.m. Cyndi Aqua Interval	9-10 a.m. Donna Deep Dynamics	9-10 a.m. Cyndi Power Splash	9-10 a.m. Donna Deep Dynamics				
6-7 p.m. Maria Deep Dynamics				11-11:50 a.m. Marzena Aqua Motion				

Schaumburg Tennis Plus: 847/884-0678				
9-10 a.m. Janice Power Splash	4-5 p.m. Cheryl Power Splash	9-10 a.m. Cyndi Power Splash	4-5 p.m. Cheryl/Donna Power Splash	9-10 a.m. Janice Aqua Interval
11-11:50 a.m. Marzena Aqua Motion			11-11:50 a.m. Marzena Aqua Motion	6-7 p.m. Maria Power Splash
5:30-6:30 p.m. Mary Aqua Motion			5:30-6:30 p.m. Mary Aqua Motion	

