

SCHAUMBURG PARK DISTRICT

TRX/CYCLE SCHEDULE | SUMMER 2017

EFFECTIVE JUNE 5

Community Recreation Center, 505 N. Springinsguth Road, Schaumburg

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15-9 a.m. TRX Circuit • Rachel	9:30-10:30 a.m. Cycle • Rachel	9:30-10:30 a.m. TRX Circuit • Kim			8-9 a.m. Cycle • Andrea
6-7 p.m. Cycle • Andrea	5:30-6:15 p.m. TRX Strength • Sandy				9:15-10 a.m. TRX Strength • Andrea
7:15-8 p.m. TRX Strength • Andrea			7-8 p.m. Joy Ride • Nikki		

Schaumburg Tennis Plus, 1416 N. Payne Road, Schaumburg

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:15-1 p.m. TRX Circuit • Erica			11:30 a.m.-12:15 p.m. TRX Circuit • Colette	11:15-12 p.m. Cycle • Colette	
				12:15-1 p.m. TRX Strength • Colette	

