

# LAKE FOREST

FITNESS  CENTER

CHANGE YOUR BODY • CHALLENGE YOUR MIND • LIFT YOUR SPIRIT

## December 4 – March 5

MONDAY	6:00-7:00a	High Fitness	Studio 1	Rozann
	8:00-9:00a	Total Body Conditioning	Studio 1	Danielle
	8:15-9:00a	Vinyasa Yoga	Studio 3	Amy
	9:10-10:00a	Circuit Burn	Studio 2	Joey
	9:15-10:00a	Cardio Kickbox	Studio 1	Jen
	<b>10:00-10:45a</b>	<b>Pilates Sculpt</b>	<b>Studio 3</b>	<b>Lori</b> (Format and Instructor Change)
	10:10-11:00a	Pure Cycle	Studio 1	Jen
	10:15-11:00a	Zumba Gold	Studio 2	Kristin V.
4:00-5:00p	Tween Yoga	Training Room	Areta Registration Class	
<b>~Pilates Sculpt will begin on 12/11~</b>				
TUESDAY	6:00-7:00a	Cardio, Strength & Core	Studio 1	Milana
	8:15-9:15a	Cycle & TRX*	Studio 1	Jen
	8:00-9:00a	Salsarobics	Studio 3	Esther
	8:15-9:10a	Cardio Cut	Studio 2	Milana
	9:00-9:55a	Gentle Yoga	Studio 3	Marian
	9:15-10:15a	Zumba®	Studio 2	Kristen V.
	9:35-10:35a	Piloxing®	Studio 1	Danielle
WEDNESDAY	6:00-7:00a	Barre, Strength & Core	Studio 1	Lisa H.
	8:00-9:00a	Total Body Conditioning	Studio 1	Lisa H.
	9:10-10:10a	Cardio Kickboxing	Studio 1	Joey
	9:15-10:30a	Hatha Yoga	Studio 2	Amy
	10:15-11:15a	Total Body Conditioning	Studio 1	Danielle
	6:00-7:00p	Candlelight Yoga	Studio 1	Areta
THURSDAY	6:00-7:00a	Interval Training	Studio 1	Lisa H.
	8:00-9:00a	Salsarobics	Studio 3	Esther
	<b>8:15-9:15a</b>	<b>Rip the Tread*</b>	<b>Studio 1</b>	<b>Jen</b> (Format Change)
	9:00-10:00a	Gentle Yoga	Studio 3	Marian
	9:15-10:00	Cardio Kickbox	Studio 1	Jen
	4:00-5:00p	Youth Boxing	Studio 1	Joey Registration Class
FRIDAY	<b>6:00-7:00a</b>	<b>Stretch, Release &amp; Core</b>	<b>Studio 1</b>	<b>Lisa H.</b> (New Format, New Instructor)
	8:15-9:15a	Cycle & TRX*	Studio 1	Jen
	8:15-9:10a	Strictly Strength	Studio 2	Milana
	9:15-10:15a	Cardio Zone	Studio 2	Milana
	9:30-10:15a	Intervals & Circuits	Studio 1	Jen
	<b>9:35-10:30</b>	<b>Zumba</b>	<b>Studio 3</b>	<b>Kristen V.</b> (No Class on 12/15)
<b>~Stretch Release &amp; Core will begin 1/5~</b>				
SATURDAY	8:00-9:00a	Strictly Strength	Studio 1	Milana
	8:00-9:00a	Boxing Class	Studio 2	Joey
	8:15-9:30a	Vinyasa Yoga	Studio 3	Amy
	9:00-10:00a	Zumba	Studio 1	Milana
	9:00-10:00a	Circuit Burn	Studio 2	Joey
SUNDAY	11:00-12:00p	Boxing Class	Studio 1	Joey

\*Sign up required 24 hours in advance

Any questions? Please contact Danielle Knighton, Group Exercise Coordinator, at [knightond@cityoflakeforest.com](mailto:knightond@cityoflakeforest.com)

400 Hastings RD • LAKE FOREST, IL 60045 • TEL 847.810.3932 • WWW.LFREC.COM

