LAKE FOREST

FITNESS CENTER

CHANGE YOUR BODY • CHALLENGE YOUR MIND • LIFT YOUR SPIRIT

September 3 - December 2

MONDAY	**6:00-7:00a**	**Interval Training**	**Studio 1**	**Lisa**	**Instructor Change**
	8:05-9:00a	Total Body Conditioning	Studio 1	Danielle	
	8:15-9:30a	Vinyasa Yoga	Studio 3	Amy	
	9:10-10:00a	Body HIIT	Studio 2	Joey	
	9:15-10:00a	Step & Strength	Studio 1	Gillian	
	10:00-10:15a	Core Blast	Studio 1	Gillian	
TUESDAY	6:00-7:00a	High Fitness™	Studio 1	Rozann	
	8:15-9:00a	**Tabata**	**Studio 1**	**Jen**	**Class Change, Time Change**
	8:15-9:10a	**Strictly Strength**	**Studio 2**	**Danielle**	**Instructor Change, New Class**
	8:45—10:00a	Gentle Yoga	Studio 3	Marian	
	9:35-10:35a	Piloxing®	Studio 1	Kim	
WEDNESDAY	6:00-7:00a	Barre, Strength & Core	Studio 1	Lisa	
	8:05-9:00a	Total Body Conditioning	Studio 1	Danielle	
	9:10-10:10a	Power Bootcamp	Studio 1	Joey	
	9:15-10:30a	Hatha Yoga	Studio 3	Amy	
	10:15-11:15a	Total Body Conditioning	Studio 1	Kim	
	6:00-7:00p	**Candle Light Yoga**	**Studio 1**	**Areta**	**Location Change**
THURSDAY	6:00-7:00a	Rise & Shine Yoga	Studio 3	Areta	
	8:15-9:00am	**Rip the Tread***	**Studio 1**	**Jen**	**Time Change**
	8:45-10:00a	Gentle Yoga	Studio 3	Marian	
	9:15-10:00a	Cardio Step & Kick	Studio 1	Gillian	
	10:00-10:15a	Core Blast	Studio 1	Gillian	
FRIDAY	**6:00-7:00a**	**Beach Boot Camp**	**Forest Park Beach**	**Danielle**	***Until Weather Permits**
	8:15-9:15a	Cycle/TRX*	Studio 1	Melissa	
	8:15-9:10a	**Strictly Strength**	**Studio 2**	**Gillian**	**Instructor Change**
	8:45-10:00a	Gentle Yoga	Studio 3	Marian	
	9:15-10:15a	**Cardio Barre & Tone**	**Studio 2**	**Kim**	**Instructor Change**
	9:30-10:20a	Circuits & Intervals	Studio 1	Gillian	
SATURDAY	8:00-9:00a	Strictly Strength	Studio 1	Milana	
	8:00-9:00a	Boxing Bootcamp	Studio 2	Joey	
	8:15-9:30a	Vinyasa Yoga	Studio 3	Amy	
	9:00-10:00a	Zumba	Studio 1	Milana	
	9:00-10:00a	Body HIIT	Studio 2	Joey	
SUNDAY	11:00-12:00p	Boxing Bootcamp	Studio 1	Joey	

*Sign up required 24 hours in advance

Beach Class

Updated 8/20/2019

Any questions? Please contact Danielle Knighton, Group Exercise Coordinator, at knightond@cityoflakeforest.com

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THE CITY OF LAKE FOREST