

# Group Exercise Schedule

# Summer 2010

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
5:45a		Group Cycling 5:45-6:30am					
6:00a							
6:30a							
8:00a	Aqua Aerobics 8:00-8:45am		Aqua Aerobics 8:00-8:45am		Aqua Aerobics 8:00-8:45am		
8:30a							
9:00a	Aqua Aerobics 9:00-9:45am	Aqua Aerobics 9:00-9:45am	Aqua Aerobics 9:00-9:45am	Aqua Aerobics 9:00-9:45am	Aqua Aerobics 9:00-9:45am	<b>**Saturday Special**</b> 9:00-10:00am	<b>Power Step Intervals</b> 9:00-10:15am
9:15a	Muscle Madness 9:15-10:15am	Silver Sneakers I Muscular Strength & Range of Movement 9:15-10:00am	Muscle Madness 9:15-10:15am	Silver Sneakers I Muscular Strength & Range of Movement 9:15-10:00am	Zumba 9:15-10:15am		
9:15a		Group Cycling 9:15-10:00am		Group Cycling 9:15-10:00am			
9:30a							
10:00a							
10:15a	Aqua Aerobics 10:15-11:00am	Aqua Aerobics 10:15-11:00am	Aqua Aerobics 10:15-11:00am	Aqua Aerobics 10:15-11:00am	Aqua Aerobics 10:15-11:00am		
10:30a	Gentle Yoga 10:30-11:30am		Silver Sneakers II Cardio Circuit 10:30-11:30am				White Water Workout 10:30-11:15am
6:00p	Group Strength & Power 6:00-7:00pm	Step Abs Plus 6:00-7:00pm		Step Abs Plus 6:00-7:00pm			
6:00p				Group Cycling 6:00-6:45pm			
6:15p							
6:30p			Body Challenge 6:30-7:30pm				
7:00p	Jab, Cross, Jab Kickboxing 7:00-8:00pm			Group Strength & Power 7:00-8:00pm			
7:00p	Aqua Aerobics 7:00-7:45pm						
7:15p		Aqua Aerobics 7:15-8:00pm		Aqua Aerobics 7:15-8:00pm			

**\*\*Saturday Special** is a class that changes instructor and class type each week. To find out the class and instructor, look at the calender by the front desk.\*\*

Classes shaded with gray are specialty classes which require pre-registration and a fee. These classes are dependent upon the number enrolled and are subject to cancellation, if enrollment is not met one week prior to class start date. See the Tinley Park-Park District Brochure for prices and session dates.  
**ALL OTHER CLASSES ARE INCLUDED IN MEMBERSHIP.**

**Tinley Fitness**  
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