

Group Exercise Schedule

Winter 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	**Saturday Special** 9:00-10:00am	Power Step Intervals 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			
10:30a	Gentle Yoga 10:30-11:30am		Silver Sneakers II Cardio Circuit 10:30-11:30am				White Water Workout 10:30-11:15am
4:15p				Zumbatomic 4:15-5:00pm			
5-5:15p				Aqua Zumba 5:15-6:00pm	**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.**		
6:00p		Step Abs Plus 6:00-7:00pm	Step Abs Plus 6:00-7:00pm				
6:00p					Classes shaded with gray are specialty classes which require pre-registration and a fee. These classes are dependent upon the number of enrollment and are subject to cancellation, if enrollment is not met one week prior to class start date. See the Tinley Park District Brochure for prices and session dates. ALL OTHER CLASSES ARE INCLUDED IN MEMBERSHIP. Classes subject to		
6:15p							
6:30p			Body Challenge 6:30-7:30pm				
7:00p		Zumba 7:00-8:00pm (6 week sessions only)		Group Strength & Power 7:00-8:00pm			
7:00p							
7:15p		Aqua Aerobics 7:15-8:00pm		Aqua Aerobics 7:15-8:00pm			
8:15p							

Tinley Fitness
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