

FITNESS SCHEDULE: JUNE 3-SEPTEMBER 1

Updated on 5/22/19

FITNESS SCHEDULE SUBJECT TO CHANGE, CHECK PALATINEPARKS.ORG FOR UPDATES.

MORNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
★ Rise & Sweat 6:00-6:45am Kristina	★ Rise & Sweat 6:00-6:45am Kristina	★ Rise & Sweat 6:00-6:45am Janet	★ STRONG® 6:00-6:45am Lisa	★ Rise & Sweat 6:00-6:45am Kristina	Intro to Suspension 7:15-7:45am Janet	Aqua Zumba® 8:30-9:30am Del
★ Step & Core 8:45-9:15am Connie	Tai Chi 7:30-8:30am Patti	★ Muscle Conditioning 8:45-9:20am Connie	★ Muscle Conditioning 8:15-9:00am Jody	Prime Balance & Strength 8:15-9:00am Connie	★ Zumba® 7:50-8:50am Lisa	Intermediate Vinyasa 9:00-10:00am Kathy
20-20-20 Toning 9:00-10:00am Janet	★ 360 Toning 8:15-9:00am Jody		★ Intro to PiYo 9:15-10:00am Alison	Gentle Yoga 9:15-10:15am Kathleen	Suspension Training Combo 8:00-8:45am Janet	Beginning Yoga 101 9:30-10:30am Peg
★ Muscle Conditioning 9:30-10:15am Connie	Prime Weights 8:30-9:15am Connie	★ Tabata 9:30-10:15am Connie	Prime Weights 10:15-11:00am Connie	★ Zumba® 9:15-10:15am Del		Tai Chi QiGong 10:30-11:30am Scott
Prime Zumba® Gold Toning 10:30-11:30am Del	★ Cardio Stretch 9:15-10:15am Kathleen	Prime Movers 10:30-11:30am Peggy		Adult Suspension 9:15-10:00am Connie	Intro to Suspension 9:00-9:30am Alison	
	EZ Suspension 9:15-10:00am Alison	Prime Intro to Tai Chi 11:45-12:30pm Patti		★ Step & Core 9:15-10:00am Janet	★ Balls, Bars, & Bells 9:00-9:45am Janet	
	Hatha Yoga 9:30-10:30am Melissa	Strengthening Vinyasa Yoga 11:45am-1:00pm Beth		Prime Mixed Cardio/Stretch 10:45-11:30am Kathleen	Pilates 10:00-11:00am Janet	
	Prime Weights 10:30-11:30am Kathleen					

EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
★ Cardio Blast 6:00-6:45pm Janet		Beginner Yoga 5:45-6:45pm Jeanne				
Yoga for Athletes 6:00-7:00pm Kristin	Hip Openers 5:30-6:30pm Melissa	★ Muscle Conditioning 7:00-7:45pm TBD				
Vinyasa Yoga 7:00-8:00pm Deepa	★ TurboKick® 6:00-6:45pm Alison		★ TurboKick® 6:00-6:45pm Jody			
★ Intro to PiYo 7:00-7:45pm Alison	★ Muscle Conditioning 7:00-7:45pm Janet		Yoga Flow 6:00-7:00pm Jeanne/TBD			
★ Zumba® 8:00-9:00pm Lisa	Intermediate Vinyasa Yoga 7:00-8:00pm Kathy		PiYo® 6:45-7:45pm Alison			
	Gentle Yoga 8:00-9:00pm Marisa		★360 Toning 7:00-7:45pm Jody			

SUMMER FITNESS SCHEDULE JUNE 3 TO SEPTEMBER 1

No classes all locations: 7/4

No classes Birchwood: 6/8, 6/9, 7/6, 7/7

No classes Community Center: 7/2-7/7

No classes Falcon Park: 8/12-8/16

Fitness schedule is subject to change.
Visit palatineparks.org for updates.

Location Key:

Birchwood	Community	Falcon	Eagle Pool
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Prime Classes:
denoted by "Prime"

Flex Classes:
denoted by ★



Palatine Park District
palatineparks.org
847.991.0333