

# WOOD<sup>St.</sup> fitness center



## AUG 31 - DEC 6 CLASS SCHEDULE

Class schedule updates will be posted on Rainout Line, call (630) 230-1028 or visit BvilleParks.org for information.



Daily Pass \$6 R | \$8 NR | Punch Pass 11 Classes \$60 R | \$80 NR | Month Fitness+ and Core Class Pass Memberships Apply

Please check in at the Front Desk. All classes are first-come, first serve. Max 7-10 depending on the room.

<b>MON</b>	9:00-10:00A	Ageless Areobics	Exercise	Marki
	5:30-6:15P	Cycling	Cycling Lounge	Larry
	7:15-8:15P	Zumba	Exercise	Lucy
<b>TUE</b>	10:15-11:15A	Zumba Gold	Exercise	Silvia
	6:00-7:00P	20/20/20	Exercise	Debbie R.
	6:00-7:00P	Small Group Training	Sycamore	Traci
	7:30-8:30P	Zumba Toning	Exercise	Lucy
<b>WED</b>	9:15-10:00A	Chair Yoga	Exercise	Marki
	5:30-6:15P	Cycling	Cycling Lounge	Larry
	6:30-7:15P	CYCLE-Delic	Cycling Lounge	Larry
	7:00-8:00P	Yoga for Relaxation	Exercise	Marki
<b>THU</b>	10:15-11:00A	Core Foundations	Exercise	Silvia
	6:00-7:00P	Cardio Blast	Exercise	Debbie R.
	7:30-8:30P	Hatha Yoga	Exercise	Marki
<b>FRI</b>	9:00-10:00A	Ageless Areobics	Exercise	Marki
	6:00-7:00P	Strong by Zumba/Stretch	Exercise	Lucy
	6:00-7:00P	Zumba Kids	Dance	Silvia
	6:00-7:00P	TRX	Sycamore	Traci
<b>SAT</b>	9:00-10:00A	Zumba low Intensity	Exercise	Silvia
	10:30-11:30A	Hatha Yoga (begins 09/19)	Exercise	Rita

### VIRTUAL PASS FITNESS CLASSES

Can't make it into the DGLC to take a class, then Virtual classes are the way to go! **Our virtual classes will be run simultaneously with our current fitness classes!** Workout alongside of DGLC fitness class members from the comfort of your own home. Just look for the classes marked with the

The fee for this pass is \$15 per month. Classes are not included with the Fitness Memberships. You must have a Zoom account to participate in all virtual classes. (TL)



### OUTDOOR CLASSES

All outdoor classes will be held near the Kiwanis Shelter or Water Park Parking Lot, the cost will be \$5 per person per class, classes are not included with the Fitness Memberships. Please call (630)766-7015 to register. Classes will run until nature says otherwise.

Saturday | 11:30A-12:30A | Zumba | Water Park Parking Lot | Lucy