## WOOD 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

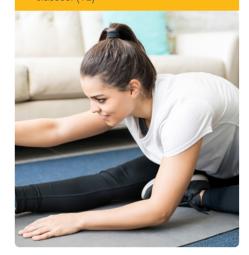
Month Fitness+ and Core Class Pass Memberships Apply

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

MON _	9:00-10:00A	Ageless Areobics	Exercise	Marki
	5:30-6:15P	Cycling	Cycling Lounge	Larry
	7:15-8:15P	Zumba	Exercise	Lucy
_				
TUE	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
WED	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
THU _	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
FRI _	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
SAT	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