



FITNESS PROGRAMS

Schedule: September-December 2023

Phillips Recreation Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am		Totally Toning 7-7:50am		Totally Toning 7-7:50am	
9:00am	Flow Yoga 9-10am		Flow Yoga 9-10am		Flow Yoga 9-10am
10:15am	Senior Strengtheners 10:15-11:05am	Tai Chi (10:30-11:30am-Beg.) (10:30am-12pm-Adv.)	Get Fit Where You Sit! Chair Yoga 10:15-11:05am & Senior Strengtheners 10:15-11:05am	Tai Chi (10:30-11:30am-Beg.) (10:30am-12pm-Adv.)	
10:30am					
12:00pm	Boot Camp 12-12:50pm	H.I.I.T. Revolution 12-12:50pm	Boot Camp 12-12:50pm	H.I.I.T. Revolution 12-12:50pm	Boot Camp 12-12:50pm
3:45pm	Zumba 3:45-4:35pm		Zumba 3:45-4:35pm		Zumba 3:45-4:35pm
5:00pm		Work-it Circuit 5-5:50pm		Work-it Circuit 5-5:50pm	
5:30pm	Hard Core 5:30-6:20pm		Hard Core 5:30-6:20pm		
6:00pm				Dance It UP! 6pm – 7:30pm	
6:30pm	Tai Chi (6:30-7:30pm-Beg.) (6:30-8pm-Adv.)		Tai Chi (6:30-7:30pm-Beg.) (6:30-8pm-Adv.)		

Lake House in Crystal Lake Park

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30pm-6:45pm		Yoga for Every Body		Yoga for Every Body	



Instructor List

Phillips Recreation Center

- Boot Camp (MWF) 12:00-12:50pm with Kate
- Flow Yoga (MWF) 9-10am with Lynn
- Get Fit Where You Sit! Chair Yoga (W) 10:15-11:05am with Robin
- Hard Core (MW) 5:30-6:20pm with Davon
- H.I.I.T. Revolution (Tu/Th) 12:00-12:50pm with Kate
- Tai Chi I & II (M/W) 6:30-8pm with Marla
- Tai Chi I & II (Tu/Th) 10:30am-12pm with Peter or Karen
- Totally Toning (Tu/Th) 7:00-7:50am with Kate
- Zumba (MWF) 3:45-4:35pm with Mara (Mondays) and Kelsey (Wednesdays and Fridays)

Lake House in Crystal Lake Park

- Yoga for Every Body (Tu/Th) 5:30-6:45pm with Lindsay