







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>6:00-6:45AM Cycle* Multi-Purpose Eileen</p> <p>8:00-9:00am 20/20/20 Group Ex Studio Julie</p> <p>9:05-9:35am Stretch Multi-Purpose Jennifer</p> <p>9:15-10:15am Zumba Group Ex Studio Lucy</p> <p>9:45-10:45am Yoga Multi-Purpose Jennifer</p> <p>5:30-6:30pm BodyPump Group Ex Studio Heather</p> <p>5:30-6:30pm  Zumba (In-person and virtually)* Fitness Studio Lucy</p> <p>6:45-7:45pm Flow & Restore Yoga Group Ex Studio Andrea</p>	<p>6:00-7:00am Outdoor HIIT* Tamara</p> <p>8:40-9:40am BodyPump Group Ex Studio Vicky</p> <p>9:50-10:20am  Les Mills Core (In-person and virtually)* Fitness Studio Vicky</p> <p>10:30-11:30am Chair Yoga Multi-Purpose Room Jennifer</p> <p>5:15-6:10pm BodyCombat Group Ex Studio Larry</p> <p>6:15-7:15pm BodyPump Group Ex Studio Larry</p>	<p>6:00-7:00am TRX Fitness Studio Tamara</p> <p>6:00-6:45am Cycle* Multi-Purpose Room Michelle</p> <p>8:00-8:45am Zen Group Ex Studio Julie</p> <p>Noon-1:00pm BodyPump Group Ex Studio Jennifer/Neda</p> <p>5:30-6:30pm Zumba Group Ex Studio Lucy</p> <p>7:00-8:00pm Yoga Group Ex Studio Kelly</p>	<p>6:15-7:00am BodyCombat Group Ex Studio Kile</p> <p>8:40-9:40am BodyPump Group Ex Studio Neda</p> <p>9:45-10:45am  Virtual Yoga* Jennifer</p> <p>11:20am-12:20pm Chair Yoga Multi-Purpose Room Eileen</p> <p>5:30-6:15pm Strong Group Ex Studio Lucy</p> <p>5:30-6:30pm Outdoor BodyStrength* Tamara</p> <p>6:30-7:30pm BodyPump Group Ex Studio Vicky</p>	<p>8:40-9:25am Barre Group Ex Studio Samantha/ Eileen</p> <p>9:35-10:20am Cycle* Multi-Purpose Room Samantha/Eileen</p> <p>Noon-1:00pm  Restorative Yoga (In-person and virtually)* Fitness Studio Heather</p> <p>5:00-6:00pm  BodyCombat (In-person and virtually)* Group Ex Studio Tony</p>	<p>8:00-9:00am BodyPump Group Ex Studio Kile</p> <p>9:15-10:15am  Zumba (In-person and virtually)* Fitness Studio Lucy</p> <p>8:15-9:00am Cycle* Multi-Purpose Room Michelle</p>	<p>8:00-9:00am Outdoor Body Combat* Tony</p> <p>9:00-10:00am Outdoor TRX* Tamara</p> <p>9:00-10:00am Yoga Group Ex Studio Andrea/Larry</p>

* Registration required for Virtual, Outdoor and Cycle Classes: 2 hours-4 days in advance. • Register at epd.org.

Please contact the service desk if you registered and cannot attend a class at (630) 833-5064, so someone from the waitlist can attend.

All participants must wear a mask. • No outdoor shoes in studios. • See courtsplus.com/group-exercise for class descriptions.

Classes/Instructors subject to change without notice.

 = Virtual Class