


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>6:00-6:45am</b> Barre Group Ex Studio *No class 8/2 Eileen</p> <p><b>8:00-9:00am</b> 20/20/20 Group Ex Studio Julie</p> <p><b>9:05-9:35am</b> Stretch Multi-Purpose Jennifer</p> <p><b>9:15-10:15am</b> Zumba Group Ex Studio Lucy</p> <p><b>9:45-10:45am</b> Yoga Multi-Purpose Jennifer</p> <p><b>1:00-2:00pm</b>  Virtual Chair Yoga Jennifer</p> <p><b>5:30-6:30pm</b> BodyPump Group Ex Studio Heather</p> <p><b>5:30-6:30pm</b> Zumba (In-person and virtually)  Fitness Studio Lucy</p> <p><b>6:45-7:45pm</b> Flow &amp; Restore Yoga Group Ex Studio Andrea</p>	<p><b>6:00-7:00am</b> Outdoor HIIT Tamara</p> <p><b>8:40-9:40am</b> BodyPump Group Ex Studio Vicky</p> <p><b>9:50-10:20am</b> Les Mills Core  (In-person and virtually) Fitness Studio Vicky</p> <p><b>10:30-11:30am</b> Chair Yoga Multi-Purpose Jennifer</p> <p><b>5:00-6:00pm</b> BodyPump Group Ex Studio Larry</p> <p><b>6:15-7:15pm</b> Body Combat Group Ex Studio Larry</p>	<p><b>6:00-7:00am</b> Outdoor TRX Tamara</p> <p><b>6:00-6:45am</b> *Cycle Multi-Purpose Room Michelle</p> <p><b>8:00-8:45am</b> Zen Group Ex Studio Julie</p> <p><b>Noon-1:00pm</b> BodyPump Group Ex Studio Neda/Jennifer</p> <p><b>5:30-6:30pm</b> Zumba Group Ex Studio Lucy</p> <p><b>7:00-8:00pm</b> Yoga Group Ex Studio Kelly</p>	<p><b>7:00-8:00am</b> BodyCombat Group Ex Studio Kile</p> <p><b>8:40-9:40am</b> BodyPump Group Ex Studio Neda</p> <p><b>9:45-10:45am</b> Virtual Yoga  Jennifer</p> <p><b>11:30am-12:30pm</b> Chair Yoga Multi-Purpose Room Eileen</p> <p><b>5:30-6:15pm</b> Strong Group Ex Studio Lucy</p> <p><b>5:30-6:30pm</b> Outdoor BodyStrength Tamara</p> <p><b>6:30-7:30pm</b> BodyPump Group Ex Studio Vicky</p>	<p><b>8:40-9:25am</b> Barre Group Ex Studio Samantha/ Eileen</p> <p><b>9:35-10:20am</b> *Cycle Multi-Purpose Room Samantha/Eileen</p> <p><b>Noon-1:00pm</b> Virtual  Restorative Yoga Heather</p> <p><b>5:00-6:00pm</b> BodyCombat  (In-person and virtually) Group Ex Studio Tony</p>	<p><b>8:15-9:15am</b>  Zumba (In-person and virtually) Fitness Studio Lucy</p> <p><b>8:30-9:30am</b> BodyPump Group Ex Studio Kile</p> <p><b>8:30-9:30am</b> *Cycle Multi-Purpose Room Michelle</p> <p><b>9:30-10:15am</b> STRONG  (In-person and virtually) Fitness Studio Lucy</p>	<p><b>8:00-9:00am</b> Outdoor Body Combat Tony</p> <p><b>9:00-10:00am</b> Outdoor TRX Tamara</p> <p><b>10:00-11:00am</b> Yoga Group Ex Studio Michelle/Larry</p>

Register at [epd.org](http://epd.org) • \* Registration Required for **Virtual, Outdoor and Cycle Classes**: 2 hours-4 days in advance. Please contact the service desk if you registered and cannot attend a class at (630) 833-5064 so someone from the waitlist can attend. **Masks are optional for fully vaccinated individuals. Masks are required for people who are not fully-vaccinated.** See [courtsplus.com/group-exercise](http://courtsplus.com/group-exercise) for class descriptions. • No outdoor shoes in studios. Classes/Instructors subject to change without notice.  = Virtual Class