







 = Virtual Class

IN-PERSON AND VIRTUAL GROUP EXERCISE SCHEDULE: JUNE-AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00am Lean 'n Mean Group Ex Studio <i>Julie/Jennifer</i>	6:00-7:00am Outdoor HIIT <i>Tamara</i>	6:00-7:00am Outdoor TRX <i>Tamara</i>	7:00-8:00am BodyCombat Group Ex Studio <i>Kile</i>	8:30-9:20am Barre Group Ex Studio <i>Samantha</i>	8:00-9:00am Outdoor Zumba <i>Lucy</i>	8:00-9:00am Outdoor BodyCombat <i>Tony</i>
9:05-9:35am Stretch Multi-Purpose <i>Jennifer</i>	8:30-9:30am BodyPump Group Ex Studio <i>Vicky</i>	6:00-6:45am Cycle Multi-Purpose Room <i>Michelle</i>	8:30-9:30am BodyPump Group Ex Studio <i>Neda</i>	9:30-10:15am Cycle Multi-Purpose Room <i>Samantha</i>	8:30-9:30am BodyPump Group Ex Studio <i>Kile</i>	9:00-10:00am Outdoor TRX <i>Tamara</i>
9:45-10:45am Yoga Multi-Purpose <i>Jennifer</i>	9:45-10:15am  Virtual Les Mills Core <i>Vicky</i>	8:00-8:45pm Zen Group Ex Studio <i>Julie</i>	9:45-10:45am  Virtual Yoga <i>Jennifer</i>	Noon-1:00pm  Virtual Restorative Yoga <i>Heather</i>	8:30-9:30am Cycle Multi-Purpose Room <i>Michelle</i>	
1:00-2:00pm  Virtual Chair Yoga <i>Jennifer</i>	10:30-11:30am Chair Yoga Multi-Purpose Room <i>Jennifer</i>	Noon-1:00pm  Virtual BodyPump <i>*No class 6/9</i> <i>Neda</i>	5:30-6:15pm Strong Group Ex Studio <i>Lucy</i>	5:00-6:00pm  Virtual BodyCombat <i>Tony</i>	9:30-10:15am  Virtual Strong <i>Lucy</i>	
5:30-6:30pm  Virtual Zumba <i>Lucy</i>	5:00-6:00pm BodyPump Group Ex Studio <i>Larry</i>	5:30-6:30pm Zumba Group Ex Studio <i>Lucy</i>	5:30-6:30pm Outdoor BodyStrength <i>Tamara</i>	5:00-6:00pm Group Ex Studio BodyCombat <i>Tony</i>		
5:30-6:30pm Zumba Fitness Studio <i>Lucy</i>	6:15-7:15pm BodyCombat Group Ex Studio <i>Larry</i>	7:00-8:00pm Yoga Group Ex Studio <i>Kelly</i>	6:30-7:30pm BodyPump Group Ex Studio <i>Vicky</i>			
5:30-6:30pm BodyPump Group Ex Studio <i>Heather</i>						

Register at epd.org • **In-Person Classes:** 1-4 days in advance • **Virtual 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 for class descriptions • No outdoor shoes in studios.

Classes/Instructors subject to change without notice.