

Schedule Is Subject to Change



ORLAND PARK

HEALTH & FITNESS CENTER

Group Exercise Schedule

Effective August 12, 2020



TIME	STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00am	Pool Patio			*Sunrise Yoga Paula			*Cycle Annette (7-7:45)	
8:00-8:45	B				*Barre Blend Kristine			
8:00-8:50	A						*Cycle Annette	
8:20-9:05	Gym / A	*Core & More Erika		*Core & More Eileen				
8:15-9:15	B					*Hatha Yoga Diane		
8:30-9:15	A	*Cycle Becky				*Cycle Becky		
8:30-9:10	Gym		*Cardio Dance Cathy			*Cardio Dance Maria		
8:30-9:15	Gym							*F.I.T. Rotation
9:00-9:50	B/A		*Barre Blend Kristine					*Moi Cycle Ben
9:15-10:00	Gym			*C.S.C. Maria	*Get On The Ball Emily			
9:15-10:00	A		*Cycle Nicki		*Cycle Maria			
9:15-10:05	B						*Barre Blend Rotation	
9:20 -10:05	Gym	*Gentle Yoga Maria				*Chair Flex & Stretch		
9:30-10:15	A	*Re-Bootcamp Kristine		*Cycle 'Lite' Eileen			*Body Blast Rotation	
9:30-10:30	A					*Hatha Yoga Diane		
10:10-10:40	GYM				*Stretch & Mobility Kristine			
10:15-11:05	A	*Pilates Yoga Mix/ Maria (Studio B)	*Pure Strength Maria	*Gentle Yoga Kristine (10:30-11:15)				
10:30-11:15	Gym	*Sit & Fit Leona		*Gentle Yoga Paula		*Gentle Yoga / Maria		
10:30-11:30	B		*Hatha Yoga Barb	*Pilates/ Maria (10:30-11:15)			*Flow Yoga Rotation	
11:00 -11:45	A	*Tai Chi Bill			*Tai Chi Bill			
11:00-12:00	A						*Tai Chi Bill	*Hatha Yoga Rotation
4:45-5:35	A				C.S.C. Rotation			
5:30-6:15	A	*Zumba Melissa C.		*Cardio Dance Maria / Barb				
6:00-6:45	A		*Cycle Annette		*Cycle Annette			
6:15-7:00	B	*Barre Blend Maria						
6:30-7:30	A			*Cycle & Strength/Ben				
7:00-8:00pm	B		*Flow Yoga Maria / Lauren		*Restorative Yoga / Dina			

***Pre-registration required on or the day before scheduled class date at the front desk (708)226-0555**

Social Distancing Capacity Limits: = 10 participants per class

Please check group exercise bulletin board for Weekly Instructor Rotation schedule.

Group Exercise Schedule available online at www.OPHFC.com

