



Group Exercise Schedule

Effective July 22, 2020 - Phase 4



TIME	STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00am	Pool Patio			*Sunrise Yoga Paula				
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				
8:30-9:15	A	*Cycle Becky				*Cycle Becky		
8:30-9:10	Gym		*Cardio Dance Nancy N.					
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	
9:30 -10:15	Gym	*Re-Bootcamp Kristine				*Cardio Dance/Linda		
9:30-10:15	A			*Cycle 'Lite' Eileen			*Body Blast Rotation	
9:30 -10:20	B	*Pilates Yoga Mix/ Maria						
9:30-10:30	A					*Hatha Yoga Diane		
10:10-10:40	GYM				*Stretch & Mobility Kristine			
10:30-11:15	B			*Pilates Maria				
10:15-11:00	A		*Pure Strength Maria					
10:30-11:15	Gym	*Sit & Fit Maria		*Gentle Yoga Linda		*Gentle Yoga Linda		
10:30-11:30	B		*Hatha Yoga Barb				*Flow Yoga Rotation	
11:00 -11:45	A	*Tai Chi Bill			*Tai Chi Bill			
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 / Nancy N.		*Restorative Yoga Dina			

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

Social Distancing Capacity Limits: Studio A = 10 participants & Studio B = 10 participants

Please check group exercise bulletin board for weekly Instructor rotation schedule.

Group Exercise Schedule available online at www.OPHFC.com

Schedule Is Subject to Change