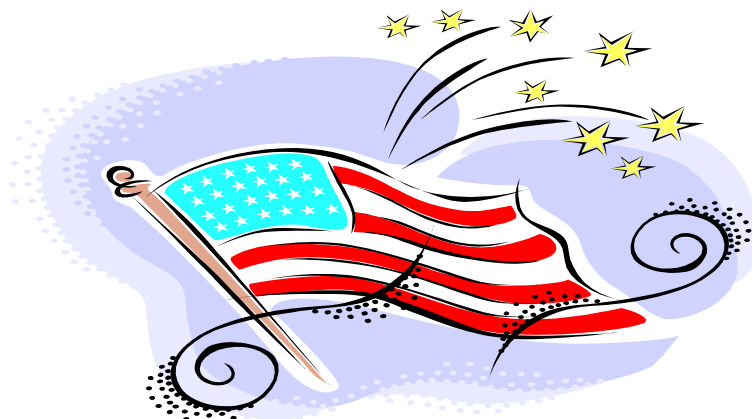


4th of July

Group Exercise Schedule

8:30 - 9:15 am	*Cycle	Ben
8:30 - 9:15	Aqua Aerobics	Annette
9:30 - 10:15	Body Blast	Erika
9:30 - 10:15	Aqua Motion	Maria
10:30 - 11:15	Senior Aqua	Erika
10:30 - 11:20	*Pilates/Yoga Mix	Maria

****Pre-registration required on or the day before through app or front desk.***



ORLAND PARK

HEALTH & FITNESS CENTER