

Group Exercise New Year's Eve & New Year's Day Schedule

SATURDAY, DECEMBER 31

8:00 - 9:00 a.m.	*Cycle	Annette
9:00 - 9:50	Aqua Aerobics	Dawna
9:15 - 10:05	*Barre Blend	Maria
9:30 - 10:20	Body Blast	Becky
10:30 - 11:30	*Flow Yoga	Diane
11:00 - 12:00 p.m.	Tai Chi	Bill

SUNDAY, JANUARY 1, 2023

9:00 - 9:50 a.m.	FIT	Cathy
11:00 - 12:00 p.m.	*Hatha Yoga	Paula

****Pre-registration required on or the day before scheduled class online or at front desk.***



ORLAND PARK

HEALTH & FITNESS CENTER