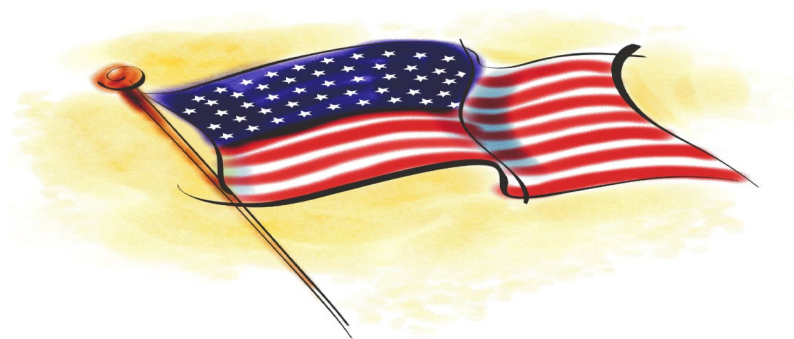


Memorial Day Group Exercise Schedule

8:30 - 9:15 am	*Cycle	Ben
9:00 - 9:45	Aqua Aerobics	Maria
9:15 - 10:05	Body Blast	Erika
10:15 -11:00	Senior Aqua	Erika
10:15 -11:05	*Pilates Yoga Mix	Maria

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



ORLAND PARK

HEALTH & FITNESS CENTER