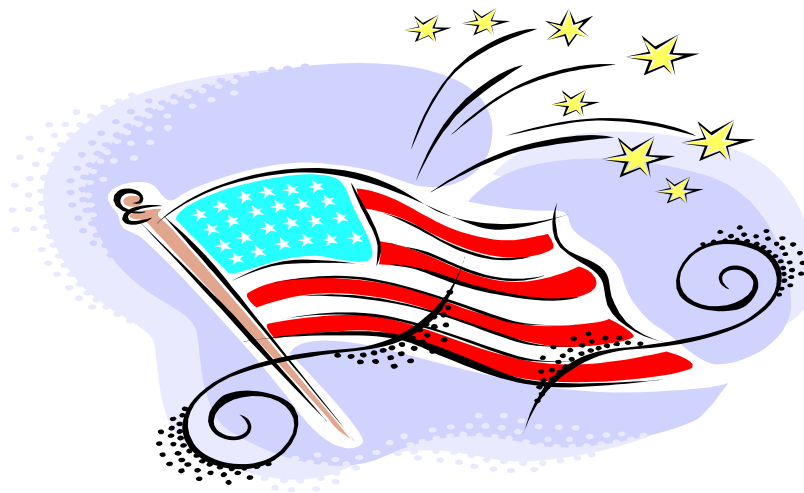


4th of July ***Group Exercise Schedule***

8:00 - 8:50 am	*Barre Blend	Erika
9:00 - 9:45	*Cycle	Ben
9:15 - 10:05	Aqua Aerobics	Erika
9:30 - 10:20	Body Blast	Maria
10:15 - 11:00	Arthritis Aqua	Tom
10:30 - 11:15	*Stretch & Restore	Maria

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



ORLAND PARK

HEALTH & FITNESS CENTER