

The Lemont Park District



Fitness & Aquatic Complex

Fitness Class Schedule Changes April 10-17, 2019

Wednesday, April 10

8 a.m. Strength Embrace - Cancelled
8 a.m. Body Flow - Nicole
9 a.m. Spin - Cancelled
9:15 a.m. Yoga - Susan

Thursday, April 11

8 a.m. Tabata - Dawn T.
9:15 a.m. CRT - Dawn T.
7:15 p.m. Body Flow - Malise

Friday, April 12

8 a.m. Spin - Jennifer
8 a.m. Yogalates - Cancelled
9:15 a.m. Power Core - Dawn T.

Saturday, April 13

8 a.m.- Spin - Malise
9:15 a.m. Body Flow - Malise
9:15 a.m. Spin - Jennifer S.

Monday, April 15

8 a.m. Spin - Cancelled
9 a.m. Body Bar - Cancelled
9:15 a.m. Yoga - Susan
10:30 a.m. Yoga - Susan

Tuesday, April 16

8 a.m. Tabata - Gina
9 a.m. CRT - Gina
9 a.m. Spin - Cancelled
7:15 p.m. Body Flow - Malise

Wednesday, April 17

8 a.m. Body Flow- Nicole
8 a.m. Strength Embrace - Gina
9 a.m. Spin - Gina
9:15 a.m. Yoga - Susan

***We are sorry for any inconvenience and
thank you for your understanding.***