


# ARC FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30AM <b>BODY COMBAT</b> Allison	6-6:30AM <b>CORE</b> Anne	5:45-6:30AM <b>HIIT</b> Allison	5:50-6:30AM <b>ARC A DIEM</b> Margaret	5:45-6:30AM <b>BODY PUMP</b> Allison	7-7:45AM <b>INDOOR CYCLING</b> Allison	
8:15-9AM <b>MOBILITY HIPSTER YOGA</b> Margaret	7-8AM <b>STRENGTH &amp; SCULPT</b> Jacqui	9-10AM <b>STRENGTH &amp; BALANCE YOGA</b> Brandi	9:15-10:15AM <b>ZUMBA</b> Michelle	8:15-9AM <b>TNT - TONE N TIGHTEN</b> Stephanie	8:15- 9:15AM <b>STRENGTH &amp; BALANCE YOGA</b> Laureen	8:30-9AM <b>CORE</b> Anne
9:15-10AM <b>TRX GOLD</b> Margaret	9:30-10:15AM <b>INDOOR CYCLING</b> Stephanie	10:30-11:30AM <b>REPS</b> Stephanie	9:30-10:15AM <b>INDOOR CYCLING</b> Stephanie	9:30-10:15AM <b>TABATA</b> Stephanie	9:45-10:45AM <b>WERQ</b> Kim	9:30-10:30AM <b>STRENGTH &amp; BALANCE YOGA</b> Laureen
9:30-10:30AM <b>BODY PUMP</b> Kile	10:45-11:30AM <b>GENTLE YOGA</b> Laureen		10:15-11AM <b>POWER IN MOBILITY</b> Michelle			
10:15-11AM <b>BARRE</b> Stephanie	11:30-12:15PM <b>BARRE</b> Stephanie			12-1PM <b>STRENGTH &amp; BALANCE YOGA</b> Brandi		
		3:45-4:30PM <b>YOUTH TRX TRAINING</b> Margaret	4:30-5:15PM <b>YOGA TONE &amp; SCULPT</b> Rebecca	 <p><b>ARLINGTON RIDGE CENTER</b> A FACILITY OF ARLINGTON HEIGHTS PARK DISTRICT</p> <p>The most up to date version is available at <a href="http://ahpd.org/facilities/arc/fitness/">ahpd.org/facilities/arc/fitness/</a></p> <p><i>Schedule is subject to change.</i></p>		
5-5:45PM <b>YOUTH ARC A DIEM</b> Margaret		4:45-5:30PM <b>TRX ALL LEVELS</b> Margaret	5-5:45PM <b>TRX BASICS</b> Margaret			
5-5:45PM <b>INDOOR CYCLING</b> Stephanie or Erin	5-5:45PM <b>YOGA FOR BEGINNERS</b> Rebecca or Laureen	5-5:45PM <b>INDOOR CYCLING</b> Erin	6-6:45PM <b>TRX BOOTCAMP</b> Margaret			
6-6:45PM <b>ARC A DIEM</b> Margaret	6:15-7PM <b>BODY COMBAT*/ BODY PUMP ALTERNATE</b> Anne	6:15-7:15PM <b>STRENGTH &amp; BALANCE YOGA</b> Rebecca	6-7PM <b>CANDLELIGHT YIN YOGA</b> Joe			
6:30-7:30PM <b>RESTORATIVE YOGA</b> Joe	7:30-8:30PM <b>RESTORATIVE YOGA</b> Rebecca		7:30-8:30PM <b>WERQ</b> Kim			

● ARC Group Fitness Studio

● ARC Studio A

● Camelot

● Pioneer