ARC FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30AM BODY PUMP Allison		5:45-6:30AM HIIT Allison	5:50-6:30AM ARC A DIEM Margaret	5:45-6:30AM BODY PUMP Allison	7-7:45AM INDOOR CYCLING Allison	
8:15-9AM MOBILITY HIPSTER YOGA Margaret	7-8AM STRENGTH & SCULPT Jacqui	9-10AM STRENGTH & BALANCE YOGA Brandi	9:15-10:15AM ZUMBA Michelle	8:15-9AM TNT - TONE N TIGHTEN Stephanie	8:15- 9:15AM STRENGTH & BALANCE YOGA Laureen	8:30-9AM CORE Anne
9:15-10AM TRX GOLD Margaret	9:30-10:15AM INDOOR CYCLING Stephanie	10:30-11:30AM REPS Stephanie	9:30-10:15AM INDOOR CYCLING Stephanie	9:30-10:30AM TABATA Stephanie	9:45-10:45AM WERQ Kim	9:30-10:30AM STRENGTH & BALANCE YOGA Laureen
9:30-10:30AM BODY PUMP Kile	10:45-11:30AM GENTLE YOGA Laureen		10:15-11AM POWER IN MOBILITY Michelle			11AM-12PM WERQ/Zumba Elma/Danielle
10:15-11AM BARRE Stephanie	11:30-12:15PM BARRE Stephanie			12-1PM STRENGTH & BALANCE YOGA Brandi		
5-5:45PM YOUTH ARC A DIEM Margaret PAUSED		3:45-4:30PM YOUTH TRX TRAINING Margaret PAUSED	4:30-5:15PM YOGA TONE & SCULPT Rebecca			
5-5:45PM INDOOR CYCLING Paul	5-5:45PM YOGA FOR BEGINNERS Rebecca or Laureen	4:45-5:30PM TRX ALL LEVELS Margaret	5-5:45PM TRX BASICS Margaret			
6-6:45PM ARC A DIEM Margaret	6:15-7PM BODY COMBAT*/ BODY PUMP ALTERNATE Anne	5-5:45PM INDOOR CYCLING Erin	6-6:45PM TRX BOOTCAMP Margaret			
6:30-7:30PM RESTORATIVE YOGA Joe	7:15-7:45PM CORE Anne	5:30-6:30PM ZUMBA Danielle	6-7PM CANDLELIGHT YIN YOGA Joe			
6:30-7:30PM WERQ Elma	7:30-8:30PM RESTORATIVE YOGA Christine	6:15-7:15PM STRENGTH & BALANCE YOGA Rebecca	7:30-8:30PM WERQ Kim			

ARLINGTON RIDGE CENTER

A FACILITY OF ARLINGTON HEIGHTS PARK DISTRICT

The most up to date version is available at *ahpd.org/facilities/arc/fitness/*

Schedule is subject to change.

ARC Group Fitness Studio

ARC Studio A

Camelot

Pioneer