

Plainfield PARK DISTRICT

Group X Class Schedule September 3- October 27, 2019 (no class 8/2 Labor Day)

Location: PARC Fitness Studio = PARC (24550 W. Renwick, Plainfield)

Plainfield Township Community Center = **PTCC** (15014 S. DesPlaines St., Plainfield)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cardio Kickboxing 5:45-6:30 am (PARC) Micki	Revolution Cycle 5:30-6:15am (PARC) Terry	Traditional Tai Chi 9:00-9:55am (PARC) Erica	Cycling 5:45-6:30am (PARC) Terry	Cycle Fusion 7:30-8:15 (PARC) Terry	Pilates 8:00-8:45am (PARC) Vicky
	Beginning Step 7:30-8:15 am (PARC) Micki	Power Circuit 7:00-7:45am (PARC) Stacy	Artistic Tai Chi 10:00-10:45am (PARC) Erica	HIIT 9:00-9:45am (PARC) Stacy	Cardio Fun/Power up 9:00-10:00am (PTCC) Brenda	
	Stretch, Core, & More 9:15-10:00am (PTCC) Beth	Boot Camp 8:00-8:45 am (PARC) Stacy	Yoga 9:15-10:15 am (PTCC) Liz	Fitness Active Adult 9:00-9:45am (PTCC) Brenda		
	Strength and Balance 10:15-10:00am (PTCC) Beth	Fitness Active Adult 9:00-9:45am (PTCC) Brenda	Tai Chi for Health 11:00-11:45am (PARC) Erica	Strength and Balance 10:15-10:00am (PTCC) Beth		
	20/20/20 6:00-6:55pm (PARC) Clete	Cardio Fun/Power up 9:45-10:45am (PTCC) Brenda	Barre 6:30-7:15pm (PARC) Vicky	20/20/20 6:00-6:55pm (PARC) Clete		
	Roll & Recover 7:00-7:45pm (PARC) Clete	Beginner Yoga 5:00-6:00pm (PARC) Liz				
		Vinyasa Flow Yoga 6:30-7:30pm (PARC) Liz				

*Blue Shaded Classes are Premium Classes and Are Not Included in Group X Passes (pre-registration and additional fees required)

*This schedule is subject to change.

*Check in at front desk no earlier than 30 minutes prior to class start times.

*Patron will receive a pass from front desk to give to Group X instructor.

*Class sizes are limited.

Visit www.plfdparks.org for more information