



August Fitness Classes

Location: **OUTDOOR Eaton Preserve Pavilion (191 135 St, Plainfield)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OUTDOOR Strength 7:00-7:45am 27862 C2	OUTDOOR Strength 7:00-7:45am 27862 C1	OUTDOOR Strength 7:00-7:45am 27862 C2	OUTDOOR Strength 7:00-7:45am 27862 C1		
	OUTDOOR Fitness Active Adult 8:00-8:45am 27854 C1	OUTDOOR Fitness Active Adult 8:00-8:45am 27854 C2	OUTDOOR Fitness Active Adult 8:00-8:45am 27854 C1	OUTDOOR Fitness Active Adult 8:00-8:45am 27854 C2	OUTDOOR Yin Yoga 8:00-8:45am 27865 C1	
		OUTDOOR Cardio Fun/Power up 9:00-10:00am 27863 C1	OUTDOOR Boot Camp 9:15-10:00am 27949 C1	OUTDOOR Cardio Fun/Power up 9:00-10:00am 27863 C1	OUTDOOR Boot Camp 9:15-10:00am 27949 C1	
		OUTDOOR Vinyasa Flow Yoga 10:30-11:30am 27866 C1				
		Pilates 5:45-6:15pm 27867 C1	Vinyasa Flow Yoga 6:00-7:0pm 27866 C2			

*This schedule is subject to change.

*Class sizes are limited



Visit www.plfdparks.org for more information