

November 2021

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Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1	2	3 Barre – 7p	4	5	6
7	8 Strength Fusion – 6p	9 Speed/Agility – 6p Yoga – 7p Plyo Party – 7:15p	10 Strength Fusion – 6p Yoga – 6p	11 Zumba – 5:30p Olympic Lifting – 6p Plyo Party – 7:15p	12	13 Active Adult- 7:30a Zumba – 9a Speed/Agility – 3p
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Class Details

Program	Dates	Times	Cost	Program Code	Location/Staff
Barre (Wed)	11/3-11/21 (No 11/24)	7-7:45p	\$45	47843-A1	PARC (Vicky)
Strength Fusion (Mon&Wed)	11/8 -12/15 (No 11/24)	6-6:45p	\$90	47862-A2	PARC (Georgina)
Plyometric Party (Tues/Thurs)	11/9-12/16 (No 11/25)	7:15-8p	\$90	47810-A1	PARC (Eric)
Speed/Agility Training (Tues/Sat)	11/9-12/18	6p(Tu)/3p(Sa)	\$95	47811-A1	PARC (Eric)
Intro to Olympic Lifting (Thurs)	11/11-12/23 (No 11/25)	6-7p	\$79	47813-A1	PARC (Eric)
Zumba (Thurs)	11/11-12/23 (No 11/25)	5:30-6:15p	\$48	57841-A2	PARC (Dina)
Zumba (Sat)	11/13-12/18	9-9:45a	\$48	57841-A4	PARC (Dina)
Vinyasa Yoga (Tues)	11/9-12/21 (No 11/23)	7-7:45p	\$48	47866-A1	PARC (Jessica)
Gentle Yoga (Wed)	11/10-12/22 (No 11/24)	6-6:45p	\$48	47871-A1	PARC (Jessica)
Fitness for the Active Adult (Sat)	11/13-12/18	7:30-8:30a	\$48	47854-A1	PARC (Sheila)

PARC – 24550 W. Renwick Rd, Plainfield IL, 60544