

Updated as of
1/31/2012
LKM

Ravinia Club Group Fitness Schedule

	Monday	Tuesday	Wednesday		Thursday	Friday	Saturday	Sunday
5:45 AM	Body Sculpt-Glynis		Body Sculpt-Claudia	5:45 AM				5:30 AM
6:00 AM		Strength Spin-Randy		6:00 AM	Interval Spin-Randy			6:00 AM
6:30 AM	Spin-David/Claudia Yoga/Pilates-Kathryn	Body Sculpt-Eve	Spin-Randy Yoga-Phil	6:30 AM	Body Sculpt-Eve	Spin-David Core Flex- Eve Yoga/Pilates-Kathryn		6:30 AM
7:45 AM	Yoga-Lejeanne		Yoga-Kelly	7:45 AM				7:45 AM
8:30 AM				8:30 AM			Spin-David	8:30 AM
8:45 AM				8:45 AM		Aqua Aerobics-Claudia	Pilates-Peggy	
9:00 AM	Pilates-Lejeanne	Yoga-Kelly	Yoga-Kelly	9:00 AM	Pilates-Andres	Zumba-Andres		9:00 AM
9:30 AM				9:30 AM			Yoga-Dianne	9:30 AM
10:00 AM	Body Circuit-Shelley Recess-Paul		Recess-Paul	10:00 AM	Body Circuit-Shelley	Recess-Paul	Cardio Circuit (90 min)-Jodie/Nina/Eve	10:00 AM
10:30 AM				10:30 AM			Hop Gar Kung Fu (\$) (Sunday @ 10AM also)	10:30 AM
10:45 AM				10:45 AM			Body Sculpt-Jodie/Eve/Nina Kids/Karate (45 min.) (\$) Steve/Peggy Adult/Kids Sparring (45 min.) (\$) Steve/Peggy Adult/Kids Self Defense (30 min.) (\$) Steve/Peggy	10:45 AM
11:00 AM	Pilates Mat-Shelley			11:00 AM		Pilates- Sandra/Peggy		11:00 AM
12:00 PM	Step-Doug Spin-Tisha	Body Sculpt-Eve Spin-Victoria MMA-Steve	Zumba-Andres Spin-Claudia	12:00 PM	Cardio Boxing-Paul Stretch for Life-Marina	Body Circuit-Claudia Spin-Tisha		12:00 PM
5:00 PM				5:00 PM	Kids Karate (45 Min.) (\$) Steve/Peggy			5:00 PM
5:45 PM				5:45 PM	Self Defense (\$) Steve/Peggy			5:45 PM
6:00 PM	Aqua Aerobics-Linda	Yoga-Lisa	Aqua Aerobics-Linda Hop Gar Kung Fu (\$)	6:00 PM	Aqua Aerobics-Trevor Yoga-Kelly			6:00 PM
6:30 PM	TRX/Kettlebell-Paul W (\$)		TRX/Kettlebell-Paul W (\$)	6:30 PM	Dance Ravinia (\$)	TRX/Kettlebell-Paul W (\$)		6:30 PM

Kids/Adults Swimming Lessons by Bill Hammons or Joe Norton
*contact Athletic Desk for info

\$=Pay Class (See Athletic Desk for info)