

Reaching **Your** Personal Best!

Aerobic Punch Card Fitness Member

15 punches.....	\$86
30 punches.....	\$157
Senior 15 punches.....	\$45
Senior 30 punches.....	\$74

Aerobic Punch Card Non-Member

15 punches.....	\$97
30 punches.....	\$178
Senior 15 punches.....	\$51
Senior 30 punches.....	\$90

Aerobic Class Daily Fee

Fitness Member.....	\$6.50
Non-Member.....	\$7.50
Senior Fitness Member.....	\$3.50
Senior Non-Member.....	\$4.50



Itasca Park District Fall 2019

Group Fitness Classes

Sep 3-Dec 21

Free Week: Sep 3-9

Schedule subject to change due to low participation

*No class Nov 28, Dec 25, Jan 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yogaroma Therapy 8:15-9:00am Dance Studio-SR		Yogaroma Therapy 8:15-9:00am Dance Studio-SR			
	Boot Camp 9:15-10:15am Iris B-JS		Boot Camp 9:15-10:15am Iris B-JS		
Fitness Cardio Circuit 9:00-10:00am Fitness Center-SR		Fitness Cardio Circuit 9:00-10:00am Fitness Center-SR		Pilates 9:15-10am Dance Studio	Zumba 8:30-9:30am Dance Studio-KB
PIYO 9:15-10:15am Dance Studio-MO		Triple Threat 9:15-10:15am Dance Studio-CS		Cardio Kickboxing 10-10:45am Lounge-AA	
Zumba Gold 10:30-11:30am Dance Studio-SA	Sr. Fit & Pump 10:30-11:15am Dance Studio-TK	Seniors in Motion 10:30-11:15am Dance Studio-CLS	Sr. Fit n Pump 10:30-11:15am Dance Studio-RZ	Zumba Gold 10:30-11:30am Dance Studio-SA	
30 Minute Power 5:30-6pm Iris B-BK	Zumba 6:45-7:45pm Dance Studio-EZ	Boot Camp 6:30-7:30pm Iris-AA	Aqua Aerobics 6:00-7:00pm Eaglewood Pool-TA		
	Aqua Aerobics 6:00-7:00pm Eaglewood Pool-TA		Zumba 7-8pm Dance Studio-KB		

INSTRUCTORS: Terri Anderson(TA), Sherry Rubino(SR), Jacquie Snick(JS), Mary Overlin(MO), Roger Zawacki(RZ), Cheryl Lucey(CL), Carrie Sperling(CS), Kimberly Black(KB), Cynthia Louise Salvino(CLS), Tom Koziol(TK), Silvia Acevedo(SA), Ericka Zujovic(EZ), Brian Kucharski(BK)