



Center Fitness Club Outdoor Group Exercise Class Schedule Effective: June 15, 2020

Day	Time	Instructor	Class	Location
Monday	8-9am	Stacy Hawks	Strength/Cardio	Hibbard Park (CRC)
Monday	9-10am	Lora Dubin	Spin	Hibbard Park (CRC)
Monday	6-7pm	Chris Canning	Spin	Hibbard Park (CRC)
Tuesday	7-8am	Stacy Hawks	Beach Yoga	Gillson Beach
Tuesday	9-10am	Marta Mandziuk	Strength Intervals	Hibbard Park (CRC)
Tuesday	6-7pm	Rachelle Leech	HIIT	Hibbard Park (CRC)
Wednesday	10-11am	Allison Margolis	Zumba Toning	Hibbard Park (CRC)
Wednesday	10-11am	Allison Rundall	HIIT	Wallace Bowl
Wednesday	6-7pm	Chris Canning	Spin	Hibbard Park (CRC)
Thursday	9-10am	Cris Persico	Boxing Intervals	Hibbard Park (CRC)
Thursday	6-7pm	Allison Rundall	HIIT	Hibbard Park (CRC)
Friday	9-10am	Lora Dubin	Strength	Hibbard Park (CRC)
Friday	9-10am	Marta Mandziuk	Spin	Hibbard Park (CRC)
Friday	10-11am	Allison Rundall	HIIT	Wallace Bowl
Saturday	8-9am	Rachelle Leech	Strength	Hibbard Park (CRC)
Saturday	9-10am	Lori Brand	Beach Yoga	Gillson Beach
Saturday	9-10am	Stacy Hawks	Spin	Hibbard Park (CRC)
Sunday	8-9am	Marta Mandziuk	HIIT	Hibbard Park (CRC)
Sunday	9-10am	Stacy Hawks	Strength/Cardio	Hibbard Park (CRC)

*Wilmette Park District reserves the right to change the schedule as needed.