



Fitness Class Schedule

Attend any fitness class offered by the Byron Park District for 1 punch.

Fitness Class Punch Cards can be purchased online and at the Byron Park District Registration Desk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:30AM - 6:30AM TRX/Kettlebell Fusion Aerobics Room Sept 5 - Oct 24 Oct 29 - Dec 19 (No 11/21)	5:30AM - 6:30AM Sunrise Yoga Aerobics Room Sept 4 - Oct 25 Oct 30 - Dec 20 (No 11/22)	5:30AM - 6:30AM TRX/Kettlebell Fusion Aerobics Room Sept 5 - Oct 24 Oct 29 - Dec 19 (No 11/21)	5:30AM - 6:30AM Sunrise Yoga Aerobics Room Sept 4 - Oct 25 Oct 30 - Dec 20 (No 11/22)
7:00 AM - 7:45AM Silver Sneakers Aerobics Room Sep 5 - Oct 24 Oct 29 - Dec 19 (No 11/21)	5:30PM - 6:30PM Kettlebell & Core PE Center Sept 4 - Oct 25 Oct 30 - Dec 20 (No 11/22)	7:00 AM - 7:45AM Silver Sneakers Aerobics Room Sep 5 - Oct 24 Oct 29 - Dec 19 (No 11/21)	5:30PM - 6:30PM Kettlebell & Core PE Center Sept 4 - Oct 25 Oct 30 - Dec 20 (No 11/22)
6:00PM - 7:00PM Power Yoga Aerobics Room Sept 5 - Oct 24 Oct 29 - Dec 19		6:00PM - 7:00PM Power Yoga Aerobics Room Sept 5 - Oct 24 Oct 29 - Dec 19	6:00PM - 7:00PM Zumba Aerobics Room Sept 6 - Oct 25 Nov 1 - Dec 20 (No 11/22)
7:15PM - 8:15PM Water Aerobics BHS Swimming Pool Sept 10 - Oct 24 Oct 29 - Dec 12	6:30PM - 7:10PM HIIT PE Center/MM Gym Aug 28 - Oct 4 Oct 16 - Nov 20	7:15PM - 8:15PM Water Aerobics BHS Swimming Pool Sept 10 - Oct 24 Oct 29 - Dec 12	6:30PM - 7:10PM HIIT PE Center/MM Gym Aug 28 - Oct 4 Oct 16 - Nov 20
	7:10PM - 8:10PM STRONG by Zumba Aerobics Room Sept 4 - Oct 25 Oct 30 - Dec 20 (No 11/22)		7:10PM - 8:10PM STRONG by Zumba Aerobics Room Sept 4 - Oct 25 Oct 30 - Dec 20 (No 11/22)