

GROUP FITNESS FLEX PASS SCHEDULE

Effective February 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am				SPIN 45 minute class			
7:10am						SPIN 45 minute class	
8:00am						YOLATES 45 minute class	
8:30am	AQUAFIT		AQUAFIT		AQUAFIT		
9:00am						BOX CIRCUIT	
9:15am	PILOXING	LIFEPUMP	CYCLE INTERVAL	LIFEPUMP	STEP CIRCUIT		
9:30am							AQUAFIT
10:30am	FOREVER FIT	YOGAFIT 45 minute class	FOREVER FIT		YOGAFIT 45 minute class		
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30pm		YOLATES 45 minute class					
6:00pm				BOX CIRCUIT			
6:30pm	STEP CIRCUIT	T.B.C.	THE MIX				
7:00pm				GUTS&BUTTS 30 minute class			
7:05pm		AQUAFIT		AQUAFIT			
7:45pm			T-N-T SPIN				

The Flex Pass schedule is subject to change without notice.

The Bartlett Park District reserves the right to cancel or reformat classes that have less than six participants on a consistent basis.

Flex Passes are non-transferable and non-refundable if lost or stolen.