SPOOKTACULAR WEEK OF WORKOUTS

OCTOBER 25 TO 31

GET READY FOR A WEEK FULL OF FRIGHTFULLY FUN FITNESS!

Join us for Halloween-themed classes that'll get your boo-ty moving and your spirits high. Costumes encouraged and spooky vibes guaranteed — it's going to be a wicked good time!

SUNDAY, OCT. 25

10:15AM	COMMIT to the Dance Floor of the Dead with Sarah

MONDAY, OCT. 26

10:15AM	Silver Sneakers Spooky MOVE with Sarah
5:30PM	Cycle of Screams with Amanda
7:15PM	WERQ Like A Boss, Witch with Xenia

TUESDAY, OCT. 27

8:00AM	Monster Cardio Strength with Nicole
9:00AM	Zombie Zumba with Nicole
10:00AM	Zumba Gold & Ghouls with Nicole
10:30AM	Silver Sneakers Creepin with Sarah
6:00PM	Ghoul & Glow Dance Party with Xenia, Nicole, Marie, & Sarah

WEDNESDAY, OCT. 28

10:00AM	Cycling for Eerie Riders with Chick
6:00PM	BodyPump: Rise of the Reps with Lynn

THURSDAY, OCT. 29

5:45AM	Rise & Fright Cycle with Amanda
7:30AM	Power Pyramid of Doom with Marie
8:00AM	Haunted Hatha Yoga with Beth
9:00AM	Barre to the Bone with Nicole
10:30AM	Zumba Gold: Ghostly Grooves with Nicole
6:00PM	Zumba After Dark with Taisha

FRIDAY, OCT. 30

5:45AM	Fright Ride & Flow with Amanda
7:45AM	Scare & Sculpt with Nicole
9:00AM	Hallo-WERQ with Xenia

SATURDAY, OCT. 31 - HALLOWEEN!

7:15AM	Boo-dy Pump with Lynn
8:00AM	Hocus Pocus Hatha Yoga with Amber
8:15AM	Barre-ly Alive with Nicole
8:30AM	Scream Ride with Amanda
9:05AM	Pumpkin Power Pilates with Nicole
9:15AM	Silver Sneakers: Spooky Serenity with Amber

4500 FITNESS
DOWNERS GROVE PARK DISTRICT

CATHY MAHONEY RECREATION CENTER
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