



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	FRIDAY
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5:30AM - 6:30AM
 Sunrise Yoga
 Aerobics Room
 May 8 - Jun 28
 Jul 10 - Aug 30

5:30AM - 6:30AM
 Sunrise Yoga
 Aerobics Room
 May 8 - Jun 28
 Jul 10 - Aug 30

9:00AM - 9:40AM
 HIIT
 Blackhawk Meadow Park
 Jun 12 - Aug 14

4:45PM - 5:45PM
 Boot Camp in the Park
 Blackhawk Meadow
 Apr 23 - Jun 15
 Jul 9 - Aug 31

4:45PM - 5:45PM
 Boot Camp in the Park
 Blackhawk Meadow
 Apr 23 - Jun 15
 Jul 9 - Aug 31

4:45PM - 5:45PM
 Boot Camp in the Park
 Blackhawk Meadow
 Apr 23 - Jun 15
 Jul 9 - Aug 31

6:00PM - 7:00PM
 Power Yoga
 Aerobics Room
 May 7 - 27
 Jul 9 - Aug 29

6:00PM - 7:00PM
 Strong by Zumba
 Aerobics Room
 May 15 - Jul 3 (No 6/7)
 Jul 10 - Aug 30

6:00PM - 7:00PM
 Power Yoga
 Aerobics Room
 May 7 - 27
 Jul 9 - Aug 29

6:00PM - 7:00PM
 Zumba
 Aerobics Room
 May 15 - Jul 3 (No 6/7)
 Jul 10 - Aug 30

6:30PM - 7:30PM
 Water Aerobics
 BHS Swimming Pool
 Jun 4 - Jul 25 (No 7/2, 7/4)
 Jul 30 - Aug 29

6:30PM - 7:30PM
 Water Aerobics
 BHS Swimming Pool
 Jun 4 - Jul 25 (No 7/2, 7/4)
 Jul 30 - Aug 29