



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
<p>5:45AM - 6:30AM TRX/Kettlebell Fusion PE Center Jan 7 - May 1 (No 3/25 or 3/27)</p>	<p>5:30AM - 6:30AM Sunrise Yoga Aerobics Room Jan 8 - May 2 (No 3/26 or 3/28)</p>	<p>5:45AM - 6:30AM TRX/Kettlebell Fusion PE Center Jan 7 - May 1 (No 3/25 or 3/27)</p>	<p>5:30AM - 6:30AM Sunrise Yoga Aerobics Room Jan 8 - May 2 (No 3/26 or 3/28)</p>
<p>7:00 AM - 7:45AM Silver Sneakers Aerobics Room Jan 7 - May 1 (No 3/25 or 3/27)</p>		<p>7:00 AM - 7:45AM Silver Sneakers Aerobics Room Jan 7 - May 1 (No 3/25 or 3/27)</p>	
	<p>5:30PM - 6:30PM Kettlebell & Core PE Center Jan 8 - May 2 (No 3/26 or 3/28)</p>		<p>5:30PM - 6:30PM Kettlebell & Core PE Center Jan 8 - May 2 (No 3/26 or 3/28)</p>
<p>6:00PM - 7:00PM Power Yoga Aerobics Room Jan 7 - May 1 (No 3/25 or 3/27)</p>		<p>6:00PM - 7:00PM Power Yoga Aerobics Room Jan 7 - May 1 (No 3/25 or 3/27)</p>	
<p>7:15PM - 8:15PM Water Aerobics BHS Swimming Pool Jan 7 - May 1</p>		<p>7:15PM - 8:15PM Water Aerobics BHS Swimming Pool Jan 7 - May 1</p>	