

Homecoming Week

at the Fitness Center

Sunday, September 19-Saturday, September 25

We've got Spirit, yes we do; We've got Spirit! How about you!?!

In the spirit of homecoming week, the Wheeling Park District Fitness Center invites you to participate in a week's worth of special events and fitness activities!

Here's how you can catch the Spirit: Workout for FREE all week long!

Try one of our Group Fitness classes for free during Homecoming week!

Catch the Spirit in a free yoga class and free pilates class!

Come in on Sunday, September 19, and work out with us all week long at no charge!
If, within your week-long visit, you decide you want to join, we will waive your initiation fee!

FREE Group Fitness Classes!	DATE	TIME
BodyFlow	Sunday, September 19	9:30-10:30 AM
Cardio Kickboxing	Monday, September 20	6-7 PM
AquaFit	Monday, September 20	9-10 AM
AquaLight	Monday, September 20	10-11 AM
BodyPump	Monday, September 20	4:45-5:45 PM*
BodyPump	Monday, September, 20	7:15-8:15 PM
Light Strength, Cardio, Balance & Stretch	Tuesday, September 21	10:15-11:15 AM
AquaFit	Tuesday, September 21	7-7:55 PM
BodyFlow	Tuesday, September 21	7-8 PM
BodyPump	Wednesday, September 22	4:45-5:45 PM
Zumba	Wednesday, September 22	6-7 PM
BodyFlow	Wednesday, September 22	6-7 PM
Light Strength, Cardio, Balance & Stretch	Thursday, September 23	10:15 AM-11:15 AM
BodyPump	Thursday, September 23	7:15-8:15 PM
Zumba Gold +	Friday, September 24	10:30-11:30 AM*
BodyPump	Friday, September 24	9:15-10:15 AM
AquaFit	Saturday, September 25	9-10 AM
Cardio Kickboxing	Saturday, September 25	8:15-9:15 AM

FREE Specialty Classes!	DATE	TIME
Get Stronger and Leaner in P I L A T E S	Monday, September 20	7-7:55 PM
Turn on your core in P I L A T E S	Wednesday, September 22	7-7:55 PM
Refresh and Relax in Y O G A	Thursday, September 23	6:30-7:30 PM
Unwind & Clear your mind in Y O G A	Saturday, September 25	8:30-9:30 AM

*Please call (847) 465-2943 to confirm time.

Make the time to take care of your body NOW so it will take care of you LATER!

Questions about our memberships, classes, and personal training, please call the Fitness Center at (847) 465-2943.