

# Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning Yoga</b> 8:15-8:55am (Karen)		<b>Morning Yoga</b> 8:15-8:55am (Karen)		<b>Morning Yoga</b> 8:15-8:55am (Karen)	
<b>Shape Up</b> 9-9:45am (Karen)		<b>Shape Up</b> 9-9:45am (Karen)		<b>Shape Up</b> 9-9:45am (Karen)	<b>Yoga</b> 8:50-9:45am
<b>Tai chi</b> 1:45-2:30pm (Cher)					
<b>Zumba</b> 6:15-7pm (Carla)	<b>Zumba</b> 6:15-7pm (Cori)	<b>Zumba Strong</b> 6:15-7pm (Cori)	<b>Zumba</b> 6-6:45pm (Carla)	<b>Cycle</b> 6-6:45pm (Marimel)	
<b>Strength for the Body</b> 7:15-8pm (Marimel)	<b>Cycle</b> 7-7:45pm (Marimel) <b>Yoga</b> 7:15-7:45pm (Alex)	<b>Muscle Max</b> 7:15-8pm (Cori)	<b>Strength for the Body</b> 7:15-8pm (Marimel)	<b>Pilates Barre</b> 6:45-7:30pm (Marimel)	

**6 Classes**

**Held at Tam Tennis Club**

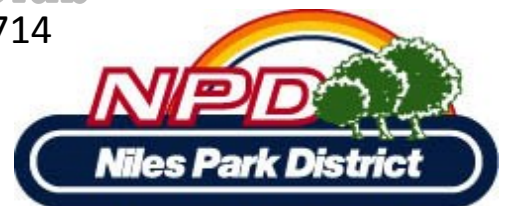
7686 N. Caldwell Ave Niles ,IL 60714

(847) 967-1400

Resident \$50

Non-Resident \$60

Fitness Members **FREE**



Experience The Rewards!

Updated 5/23/2019