

Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle 6:15-7:00am				Cycle 6:15-7:00am	
Morning Yoga 8:15-8:55am (Karen)		Morning Yoga 8:15-8:55am (Karen)		Morning Yoga 8:15-8:55am (Karen)	Cycle 8:45-9:30am (Karen)
Shape Up 9:00-9:45am (Karen)		Shape Up 9:00-9:45am (Karen)		Shape Up 9:00-9:45am (Karen)	Hatha Yoga 8:50-9:45am (Dean)
Tai Chi 1:45-2:30pm (Cher)			Thai Chi 11-11:45am (Sylvester)		
Zumba 6:15-7:00pm (Kelly)	Zumba 6:15-7:00pm (Cori)	Zumba Strong 6:15-7:00pm (Carla/Kelly)	Zumba 6:15-7:00pm (Carla)	Cycle 6:00-6:45pm (Marimel)	
Strength for the Body 7:15-8:00pm (Marimel)	Cycle 7:00-7:45pm (Marimel)		Strength for the Body 7:15-8:00pm (Marimel)	Pilates Barre 6:45-7:30pm (Marimel)	

6 Classes

Held at Tam Tennis Club

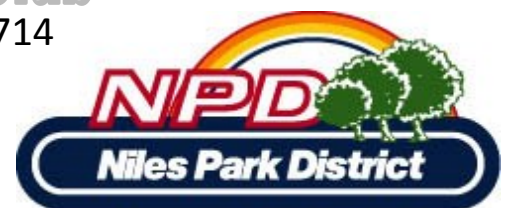
7686 N. Caldwell Ave Niles, IL 60714

(847) 967-1400

Resident \$50

Non-Resident \$60

Fitness Members **FREE**



Experience The Rewards!

Updated 1/7/2019