

# 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>Thai Chi</b> 11-11:45am (Sylvester)	<b>Shape Up</b> 9-9:45am (Karen)	<b>Hatha Yoga</b> 8:50-9:45am (Dean)
Ultimate Abs 5:30-6:15pm (Carla)				Cardio Kickboxing/ Instructor's Choice 5:45-6:40pm (Marimel)	<b>Tai Chi</b> 10-11am (Cher)
<b>Zumba</b> 6:15-7pm (Carla)	<b>Zumba</b> 6:15-7pm (Carla /Kelly)	<b>Zumba Strong</b> 6:15-7pm (Cori)	<b>Zumba</b> 6:15-7pm (Cori)	<b>Pilates Barre</b> 6:40-7:30Pm (Marimel)	
<b>Strength for the Body</b> 7:15-8pm (Marimel)	<b>Muscle Maxx</b> 7-7:45pm (Carla)	<b>Yoga</b> 7-7:45pm (Cori)	<b>Strength for the Body</b> 7:15-8pm (Marimel)		

**Held at Tam Tennis Club**

7686 N. Caldwell Ave, Niles ,IL 60714

(847) 967-1400

**6 Classes**

Resident \$50

Non-Resident \$60

Fitness Members **FREE**

