

Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Yoga 8:15-8:55am (Karen)		Morning Yoga 8:15-8:55am (Karen)		Morning Yoga 8:15-8:55am (Karen)	
Shape Up 9-9:45am (Karen)		Shape Up 9-9:45am (Karen)	Thai Chi 11-11:45am (Sylvester)	Shape Up 9-9:45am (Karen)	Hatha Yoga 8:50-9:45am (Dean)
				Cardio Kickboxing/ Instructor's Choice 5:45-6:40pm (Marimel)	Tai Chi 10-11am (Cher)
Zumba 6:15-7pm (Carla)	Zumba 6:15-7pm (Cori)	Zumba Strong 6:15-7pm (Cori)	Zumba 6:15-7pm (Cori)	Pilates Barre 6:40-7:30Pm	
Strength for the Body 7:15-8pm (Marimel)	Muscle Maxx 7-7:45pm (Cori)	Yoga 7-7:45pm (Cori)	Strength for the Body 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**

