

Fitness Classes



- Bring own water bottle and towel
- Locker-room facilities are available

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------|----------------------------|------------------------------|--------------------------------------|--------------------------|-----------------------------|
| Shape Up 9:00-9:45 am | | Shape Up 9:00-9:45 am | | Shape Up 9:00-9:45 am | Yoga Flow 9:00-10:00 am |
| Pilates/Mobility 5:15-6:00 pm | | | Boot Camp Express 5:45-6:15 pm | | Boot Camp 10:30-11:20 am |
| Dance Toning 6:15-6:45 pm | | Dance Toning 6:15-7:15 pm | Zumba 6:15-7:15 pm | | |
| Stretch 6:45-7:15 pm | Spin Class 6:45-7:45 pm | | | | |

Pricing: 6 Classes Resident \$51 Non-Resident \$61
Fitness Members: Free



At Tam Tennis Club
7686 N. Caldwell Niles, 60714
847-967-1400 • www.niles-parks.org

