

-Fitness Classes-

COVID-19 Protocols:

- **Masks are required at all times.**
- **Social distancing is in effect for every class.**
- **Bring your own water & towels.**



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
Zumba 6:15-7:15 pm		Yoga Flow 5:30-6:30 pm	Triple Sweat 6:15-7:15 pm		
	Yoga 7:00-8:00 pm	Dance Toning 6:40-7:40 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

