

Fitness Classes—Spring 2021

COVID-19 Protocols:

- Fully vaccinated individuals are not required to wear a face mask or social distance.
- Individuals not fully vaccinated are encouraged to wear a face mask when social distancing is not possible.
- 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			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

