

Fitness Classes- Winter 2021

COVID-19 Protocols:

- Masks are Required at all times.
- Social distancing is in effect for every class.
- Bring own water, towels.
- Limited Spaces - Please call to sign up for each day.



| 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

