

-Fitness Classes-

Winter/Spring 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Shape Up 9:00-9:45 am	Yoga Flow 9:30-10:30 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 7:00-8:00 pm <i>Temporarily Suspended</i>	Dance Toning 6:15-7:15 pm	Triple Sweat 6:15-7:15 pm		

Pricing for 6 Classes:

Resident \$51

Non-Resident \$61

Fitness Members: Free

**Please bring your own
water bottle & towel.**



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

