

# Fitness Classes



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

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

