

Fitness Class Schedule Niles Park District

Location : Tam Tennis

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Yoga 8:30-9:00 am (Karen)		Morning Yoga 8:30-9:00 am (Karen)			Pilates 8:00 – 8:50am (Liz)	
Shape Up 9:00-9:45 am (Karen)		Shape Up 9:00-9:45 am (Karen)		Shape Up 9:00-9:45 am (Karen)	Yoga 9:00-10:00 am (Liz)	
Tai Chi 10:00-10:45 am (Sylvester)						Yoga 10:00-11:00 am (Liz)
Yoga 5:30-6:15 pm (Liz)				Step 5:15-5:55 pm (Sophia)		
Dance Aerobics 6:30-7:10 pm (Sophia)	Hi-Lo/Kick box 5:30-6:15 pm (Karen)	Pilates 6:15 – 7:00 pm (Liz)	Yoga/Pilates 5:30-6:15 pm (Liz)			
Strength for The Body 7:15-8:00 pm (Sophia)	Yoga 6:20-7:05 pm (Liz)		Strength for the Body 7:05-7:50 pm (Sophia)			

- **Classes must have five participants to run.**
 - Please register at the Howard Leisure Center • 6676 N. Howard
 - Resident \$45 Non Resident \$55 for six weeks

Golf View Recreation Center / 7800 N. Caldwell Avenue, Niles, IL 60714 / PH: (847)967-1529
 Mon.-Thurs. / 6:00 a.m. – 10:00 p.m. • Fri. / 6:00 a.m. – 9:00 p.m. • Sat & Sun. / 7:00 a.m. – 9:00 p.m.

Tam Fitness Club / 7686 N. Caldwell Avenue, Niles, IL 60714 / PH: (847) 967-1400
 Mon.-Thurs. / 6:00 a.m. – 10:00 p.m. • Fri. / 6:00 a.m. – 9:00 p.m. • Sat & Sun. / 7:00 a.m. – 9:00 p.m.