

Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Yoga 8:15-8:55am (Karen)		Morning Yoga 8:15-8:55am (Karen)		Morning Yoga 8:15-8:55am (Karen)	
Shape Up 9-9:45am (Karen)		Shape Up 9-9:45am (Karen)	Yoga 12-1pm (Alex)	Shape Up 9-9:45am (Karen)	Yoga 9-10am (Amie)
Tai chi 1:45-2:30pm (Cher)					Triple Sweat 1030-1130am (Carla)
Triple Sweat 6-7pm (Carla)	Zumba 6:15-7pm (Cori)	Yoga 5:30-6:30pm Amie	Zumba 6:15-7pm (Carla)	Cycle 6-6:45pm (Marimel)	
Strength for the Body 7:15-8pm (Marimel)	Cycle 7-7:45pm (Marimel) Yoga 7-7:45pm (Alex)		Strength for the Body 7:15-8pm (Marimel)	Pilates Barre 6:45-7:30pm (Marimel)	

6 Classes

Held at Tam Tennis Club

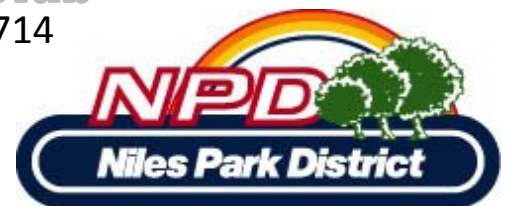
7686 N. Caldwell Ave Niles ,IL 60714

(847) 967-1400

Resident \$50

Non-Resident \$60

Fitness Members **FREE**



Experience The Rewards!

Updated 9/10/2019