

Fitness Class Schedule Niles Park District

Location: Tam Tennis
Updated: 10/06/2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Yoga 8:15-8:55 am (Karen)		Morning Yoga 8:15-8:55 am (Karen)		Morning Yoga 8:15-8:55 am (Karen)	Pilates 8:00-8:50 am (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 5:30-6:10 pm (Liz)			Yoga/Pilates 5:30-6:10 pm (Liz)	Cardio Step Interval 5:30-6:15 pm (Marimel) <i>(Begins Oct 10)</i>	Boot Camp 11:00-11:50 am (Marimel)	
Zumba 6:30-7:10 pm (Katie) <i>(Begins Oct 6)</i>	Zumba 5:30-6:15 pm (Katie) <i>(Begins Oct 7)</i>	Power/Core Yoga 6:15-7:00 pm (Jennifer)		Pilates 6:15-7:00 pm (Marimel) <i>(Begins Oct 10)</i>		
Strength for the Body 7:15-8:00 pm (Marimel)	Yoga 6:20-7:05 pm (Liz)		Strength for the Body 7:15-8:00 pm (Marimel)	Boot Camp 7:05-7:55 pm (Marimel)		

- **Classes must have five participants to run.**
 - Please register at the Howard Leisure Center • 6676 W. Howard
 - Resident \$45 Non Resident \$55 for 6 classes
 - All classes are at Tam Tennis & Fitness Club

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.