

Fitness Classes



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Shape Up 9:00-9:45 am	Groove 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
Pilates/Mobility 5:15-6:00 pm			Functional Strength Training/ Boot Camp 5:30-6:15 pm	Express Spin Class 5:00-5:45 pm	Functional Strength Training/ Boot Camp 10:30-11:20 am
Dance Toning 6:15-6:45 pm	Spin Class 6:15-7:15 pm	Dance Toning 6:00-7:00 pm			
Stretch 6:45-7:15 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

