

Fitness Classes

Fall & Winter 2023



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

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

