

GROUP EXERCISE SCHEDULE July 1— Sept 3



987 Civic Center
Dr. Niles Illinois
60714
847-588-8400

These are scheduled in-studio classes, classes with added virtual option are noted.

Virtual attendees must enter virtual class 5 minutes prior to start time

We are closed on July 4th

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*SPIN CIRCUIT 8:45-9:40am—MH <u>fee required</u> registration dates online</p> <p>ZUMBA® PT 9:00– 10:00am Also Virtual option *(Gym) No class 7/3</p> <p>YOGA DG 10:50-11:50am Also Virtual option</p>	<p>YOGA MH 7:55-8:55am Also Virtual option</p> <p>FIT CHALLENGE EA 9:10-10:05am (gym) Also Virtual option</p> <p>LITE & FIT KP 10:15-11:10am (gym) Also Virtual option</p> <p>BODY FLEX SG/DG 6:30-7:30pm (gym) 6/27DG 7/11SG 7/18DG 7/25DG 8/1DG Also Virtual option</p>	<p>BODY FLEX DD 10:05-11:00am (gym) Also Virtual option</p> <p>BALANCE,CORE & MORE 10:20-11:00am -KP fee required</p> <p>TRX BOOTCAMP KP 5:00-5:45pm fee required</p> <p>SPIN & STRENGTH 5:30-6:20pm -JA <u>fee required</u></p> <p>YOGA KZL 7:00-8:10pm Also Virtual option</p>	<p>YOGA AC 7:55-9:05am Also Virtual option</p> <p>CARDIO FUSION EA 9:00-9:50am (gym)</p> <p>ZUMBA GOLD TONING 10:00-10:55am (gym) DC Also Virtual option</p> <p>HEART RATE UP & PUMP 5:15-6:10pm Also Virtual option KP</p> <p>ADULT BEGINNER BALLETT -Rio 7:15-8:15pm <u>6 week session fee required</u></p>	<p>BODY FLEX DD 10:05-11:00am (gym) Also Virtual option</p> <p>YOGA BALANCE 10:20-11:10am -KP fee required</p> <p>CORE & STRENGTH 6:00-6:50pm DO Also Virtual option</p> <p>YOGA LD 7:00-8:10pm Also Virtual option</p>	<p>STRETCH KZL 8:00-8:55am Also Virtual option</p> <p>TRX DD 8:20-9:00am fee required</p> <p>ZUMBA MN 9:15-10:10am (gym) Also Virtual option</p> <p>YOGA LD 10:00-11:00am</p> <p>*SPIN & PUMP –JA 11:30-12:20 fee required registration dates online</p>	<p>*SPIN & STRETCH 8:30-9:20am -JA <u>fee required</u></p> <p>BODY FLEX DD 9:05-10:00am (gym) Also Virtual option</p> <p>STEP, DRILLS & STRETCH MD 10:15-11:20am gym</p>

***Please Note:

Underlined classes are specialty classes:
Registration or punch card required.

*Bring your own towel

*Please arrive to class on time, so as not to disrupt others.

Instructors: Danielle (DD), Julie (JA), Michelle (MD), Susan (SK), Lucien (LD), Karen (KP), Marty (MH), Donna (DG), Deanna (DS), Amy C (AC), Marimel (ML), Duvia (DC), Denise (DO), Patrizia (PT), Maria(MN), Kloe (KZL), Sue (SG), Deanna