

GROUP EXERCISE SCHEDULE Sept 1 - Oct 20



987 Civic Center Dr. Niles Illinois

We are closed on Mon. Sept. 2nd.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*SPINNING DO 7:35am</p> <p>ZUMBA® PT 8:40- 9:40am (gym)</p> <p>CORE & STRENGTH 9:45-10:40am 9/1PT 9/8KP 9/15DG 9/22KP 9/29DG 10/6KP 10/13DG 10/20KP 10/27DG</p> <p>YOGA 10:45-11:45am 9/1 No Class 9/8JG 9/15DG 9/22JG 9/29DG 10/6JG 10/13DG 10/20JG 10/27DG</p> <p>***Please Note: <u>Underlined classes are specialty classes;</u> <u>Registration or drop-in fee is required.</u> These classes run in sessions. See fall brochure for specific session dates</p>	<p>YOGA MH 8:00-9:05am (multi A/B)</p> <p>*EXPRESS SPIN 8:30-9:05am DD</p> <p>FIT CHALLENGE CP 9:05-10:05am (gym)</p> <p>LITE & FIT KP 10:10-11:05am (gym)</p> <p>TRX MEDLEY KP 11:10am -12:10pm (gym)</p> <p>YOGA JS 5:15-6:15pm</p> <p>ZUMBA® DGa 6:00-6:55pm Gym <</p> <p>BODY FLEX NK 6:30-7:30pm</p> <p><Mon 6pm Zumba> Tweens 12 & 13 years are allowed with parent</p>	<p>TRX DD 8:20-9:00am (gym)</p> <p>*SPINNING 9am JA</p> <p>BODY FLEX DD 10:05-11:00am (gym)</p> <p>YOGA BALANCE KP 10:15-11:10am</p> <p>WERQ IM / GS 5:30-6:25pm</p> <p>Restorative Stretch & Meditation JA 5:30-6:30pm multi A/B</p> <p>TRX BOOTCAMP KP 5:40-6:35pm (gym)</p> <p>*SPINNING 6:30pm RW</p> <p>YOGA LD 7-8:10pm (multi A & B)</p>	<p>YOGA AC 8:00-9:10am</p> <p>CARDIO FUSION MHa 9:05-10:05am (gym)</p> <p>ZUMBA GOLD DV 10:15-11:10am (gym)</p> <p>HEART RATE UP & PUMP 5:25-6:25pm KP</p> <p>PILATES BARRE FUSION DO 6:30-7:20pm (Multi A)</p>	<p>PILATES BARRE FUSION 8:10-8:55 DO</p> <p>*SPINNING 9am DD/JA</p> <p>BODY FLEX DD 10:05-11:00am (gym)</p> <p>BOOT CAMP KP 5:15-6:10pm (gym)</p> <p>CORE & STRENGTH 6:15-7:00pm JA/DO</p> <p>YOGA LD 6:45-7:55pm (multi A,B)</p> <p>*SPINNING 7:10pm JA/DO</p>	<p>STRETCH RW 8:00-8:55am</p> <p>TRX DD 8:20-9:00am (gym)</p> <p>*EXPRESS SPIN 9:10-9:45am RW (No class in October)</p> <p>ZUMBA DV/DJ 9:10-10:05am (gym)</p> <p>LITE & FIT SK 10:15-11:00am (gym)</p> <p>YOGA RW 10:10-11:20am</p> <p>*SPINNING 11:30am JA</p>	<p>*SPINNING DD 8:00am</p> <p>BODY FLEX DD 9:05-10:00am (gym)</p> <p>STEP, DRILLS & STRETCH MD 10:15-11:20am</p>

All classes are held in Group Exercise Studio unless noted. Please arrive to class on time, so as not to disrupt others. **Specialty classes (underlined classes) that do not meet our minimum enrollment requirement will be cancelled.**

*(fee required) See Spinning® class calendar for descriptions.
Daily Drop In Fees:
Spinning: \$6 member/ \$10 resident/ \$11 Nonresident
Specialty class \$8 member / \$10 resident/ \$11 Nonresident
Member Free classes: \$10 resident/ \$11 Nonresident

Instructors: Danielle (DD), Joe (JS), Julie (JA), Michelle (MD), Susan (SK), Regina (RW), Nicole (NK), Lucien (LD), Karen (KP), Marty (MH), Donna (DG), Amy C (AC), Marimel (ML), Duvia (DV), Debbie (DJ), Denise (DO), Jessica (JG), Carrie (CP), Ilaria (IM), Gladys (GS), Patrizia (PT), Diane (DGa), Michelle H (MHa)