

GROUP EXERCISE SCHEDULE Aug 16 - Sept. 6



987 Civic Center Dr. Niles
Illinois 60714

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

Reserve your spot online for each class at nilesfitness.com. Reservation cutoff is 8pm the day prior to each class.

Classes that do not meet the minimum attendance will be cancelled. We are closed 9/7 Labor Day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ZUMBA® PT 8:40– 9:40am Also Virtual option (Gym)	YOGA MH 7:55-9:00am Begins 8/24 Also Virtual option	BODY FLEX DD 10:05-11:00am (gym) Also Virtual option	YOGA AC 7:55-9:05am Also Virtual option	BODY FLEX DD 10:05-11:00am (gym) Also Virtual option <i>*on 8/20 class held in studio, max 8</i>	STRETCH RN 8:00-8:55am Also Virtual option	BODY FLEX DD 9:05-10:00am (gym) Also Virtual option
YOGA 10:50-11:50am Also Virtual option 8/16DG 8/23JG 8/30 DG	FIT CHALLENGE CP 9:05-9:55am (gym) Also Virtual option	YOGA LD 7-8:10pm (multi B) Also Virtual option	CARDIO FUSION CP 9:10-10:00am (gym) Also Virtual option	CORE & STRENGTH 6:00-6:50pm (Gym) DO Also Virtual option	ZUMBA DJ/MS 9:15-10:10am (gym) Also Virtual option	STEP, DRILLS & STRETCH MD 10:15-11:20am
	LITE & FIT KP 10:20-11:15am (gym) Also Virtual option		ZUMBA GOLD DGA/MS 10:15-11:10am (gym) Also Virtual option	YOGA LD 7:00-8:10pm (Studio) Also Virtual option	YOGA JG 10:15-11:15am	
	BODY FLEX NK 6:35-7:30pm Also Virtual option		HEART RATE UP & PUMP 5:25-6:25pm (Gym) Also Virtual option KP		Lite & Fit SK 10:20-11:05am Gym Also Virtual option	

All classes are held in Group Exercise **Studio** unless noted. **Please arrive to class on time, so as not to disrupt others.**

*We no longer provide mats, Yoga Straps, Yoga blocks or resistance bands, so if you use those for classes, please bring your own.
* Bring your water bottle filled, as our fountains are turned off.
*Bring your own towel

Instructors: Danielle (DD), Joe (JS), Julie (JA), Michelle (MD), Susan (SK), Nicole (NK), Lucien (LD), Karen (KP), Marty (MH), Donna (DG), Amy C (AC), Marimel (ML), Duvia (DC), Debbie (DJ), Denise (DO), Jessica (JG), Carrie (CP), Patrizia (PT), Diane (DGA), Maria (MS), Rose (RN), Salina (SA)