

GROUP EXERCISE SCHEDULE Nov 3— Dec 15



987 Civic Center Dr. Niles Illinois

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 10/27DG 11/3KP 11/10DG 11/17 KP 11/24 DG 12/1KP 12/8DG 12/15KP</p> <p>YOGA 10:45-11:45am 10/27DG 11/3JG 11/10 DG 11/17 JG 11/24DG 12/1JG 12/8DG 12/15JG</p> <p>***Please Note: <u>Underlined classes are specialty classes: Registration or drop-in fee is required.</u> These classes run in sessions. See winter brochure for specific session dates & fees.</p>	<p>YOGA MH 8:00-9:00am (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 <u>11:10am -12:10pm (gym)</u></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 <u>8:20-9:00am (gym)</u></p> <p>*SPINNING 9am JA</p> <p>BODY FLEX DD 10:05-11:00am (gym)</p> <p>YOGA BALANCE KP <u>10:15-11:10am</u></p> <p>ZUMBA TONING 5:30-6:25pm DC</p> <p>Restorative Stretch & Meditation JA <u>5:30-6:30pm multi A/B</u></p> <p>TRX BOOTCAMP KP <u>5:40-6:35pm (gym)</u></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 CP 9:05-10:05am (gym)</p> <p>ZUMBA GOLD DC 10:15-11:10am (gym)</p> <p>HEART RATE UP & PUMP 5:25-6:25pm KP</p> <p>PILATES BARRE FUSION DO <u>6:30-7:20pm (Multi A)</u></p>	<p>PILATES BARRE FUSION <u>8:10-8:55 DO</u></p> <p>*SPINNING 9am DD/JA</p> <p>BODY FLEX DD 10:05-11:00am (gym)</p> <p>BOOT CAMP KP <u>5:15-6:10pm (gym)</u></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 <u>8:20-9:00am (gym)</u></p> <p>*EXPRESS SPIN 9:10-9:50AM RW</p> <p>ZUMBA DC/DJ/MS 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 (DC), Debbie (DJ), Denise (DO), Jessica (JG), Carrie (CP), Patrizia (PT), Diane (DGa), Maria (MS), Michelle H (MHa)