



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

GROUP EXERCISE SCHEDULE 6/1/10 – 8/31/10

Closed 7/4, No classes 8/22-8/26 for floor maintenance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
*SPINNING DO 7:35am ZUMBA® DG 8:40– 9:40am BODY FLEX DG/CB 9:45-10:40am YOGA SH 10:45-11:45am	YOGA MH 7:50-8:55am (multi A/B) *EXPRESS SPIN DD 8:30-9:05am BOSU BLAST 9:15-10:05am <u>PILATES SK</u> 9:10-10:00am (rm 229) LITE & FIT KP 10:10-11:05am (gym) DANCE AEROBICS 5:15-6:10pm SH YOGA JS 5:20-6:20pm (Rm 127) BODY FLEX NK 6:20-7:20pm	AIS STRETCH BO 8-8:50am *SPINNING JA 9am BODY FLEX DD 10:05-11:05am (gym) TURBO KICK® KK 6:00-7:00pm YOGA LD 7-8:10pm (multi A & B) *SPINNING 7:15pm instruct. rotation	YOGA RW 8:00-9:10am CARDIO FUSION RM 9:20-10:25am LITE & FIT SK 10:10-11:05am (gym) HEART RATE UP & PUMP 5:15-6:15pm KP BODY FLEX KM 6:20-7:20pm <u>PILATES DD</u> 6:40-7:30pm (multi A) FANTASY FIGHT EXPRESS 7:25-7:55pm KM	*SPINNING DD 9am BODY FLEX DD 10:05-11:05am (gym) ZUMBA® AJ 5:15-6:05pm <u>BOOT CAMP KP</u> 5:30-6:30pm (gym) CORE & STRENGTH 6:10-7:05pm KK YOGA MC 6:50-7:55pm (multi A,B) *SPINNING 7:15pm JA/DO	ZUMBA® & STRENGTH RM 9:00-10:05am LITE & FIT SK 10-10:55am (gym) YOGA RW 10:10-11:20am *SPINNING 11:30am JA	<u>PILATES PP</u> 8am-8:50am (multi A) *SPINNING DD 8:05am BODY FLEX DD 9:05-10:05am (gym) CARDIO STEP & STRETCH MD 10:15-11:15am

All classes are held in aerobic studio unless noted.
Underlined classes are specialty classes;
Registration fee is required. These classes run in sessions... see seasonal brochure for specific session dates & fees.
Specialty classes that do not meet our minimum enrollment requirement will be cancelled.

*(fee required). See Spinning® class calendar for monthly updated times, instructors & descriptions.

Daily Drop In Fees

Spinning: \$6 member /\$9 nonmember
All other classes listed are free for members .
Non-member fee is \$8 resident / \$9 non-res.
Classes w/ less than 6 participants will be taken off the schedule

Instructors: Danielle (DD), Sophia (SH), Joe (JS), Julie (JA), Kathy (KM), Michelle (MD), Susan (SK), Chani (CB), Regina (RW), Nicole (NK), Diane G. (DG), Lucien (LD), Regina M. (RM), Pattie (PP), Karen (KP), Beth (BO), Diane G. (DG), Marty (MH), Deanna (DS), Kristen (KK), MaryLou (MC), Amy (AJ)