

# GROUP EXERCISE SCHEDULE 1/22/12– 3/10/12



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>*SPINNING DO</b> 7:35am</p> <p><b>ZUMBA® JG/KR</b> 8:40– 9:40am Rm 127 1/22 JG, 1/29KR, 2/5JG, 2/12 KR, 2/19 JG, 2/26 KR, 3/4JG</p> <p><b>BODY FLEX CB/KP</b> 9:45-10:40am</p> <p><b>YOGA SH</b> 10:45-11:45am</p>	<p><b>YOGA MH</b> 7:50-8:55am (multi A/B)</p> <p><b>*EXPRESS SPIN DD</b> 8:30-9:05am</p> <p><b>BOSU BLAST DD</b> 9:15-10:05am</p> <p><b><u>PILATES SK</u></b> 9:10-10:00am (multi A)</p> <p><b>LITE &amp; FIT KP</b> 10:10-11:05am (gym)</p> <p><b>YOGA JS</b> 5:20-6:20pm (Rm 127)</p> <p><b>ZUMBA® JG</b> 5:45-6:25pm</p> <p><b>BODY FLEX NK</b> 6:30-7:30pm</p> <p><b><u>PILATES BARRE</u></b> <b><u>FUSION DD</u></b> 7:35-8:20pm</p>	<p><b><u>VICTORY TRAINING</u></b> <b><u>6-7am ML</u></b></p> <p><b>STRETCH SH</b> 8-8:45am</p> <p><b>*SPINNING JA</b> 9am</p> <p><b>BODY FLEX DD</b> 10:05-11:00am (gym)</p> <p><b><u>YOGA BALANCE KP</u></b> <b><u>10:15-11:00am</u></b></p> <p><b>TURBO KICK® KH</b> 6:00-7:00pm</p> <p><b>YOGA LD</b> 7-8:10pm (multi A &amp; B)</p> <p><b>*SPINNING</b> 7:15pm instruct. rotation</p>	<p><b>YOGA AC</b> 8:00-9:10am</p> <p><b>CARDIO FUSION ND</b> 9:20-10:20am</p> <p><b>LITE &amp; FIT SK</b> 10:10-11:05am (gym)</p> <p><b>HEART RATE UP &amp; PUMP</b> 5:25-6:25pm KP</p> <p><b>BODY FLEX DS</b> 6:30-7:30pm</p> <p><b><u>PILATES DD</u></b> <b><u>6:30-7:20pm (multi A)</u></b></p>	<p><b><u>VICTORY TRAINING</u></b> <b><u>6-7am ML</u></b></p> <p><b><u>PILATES BARRE</u></b> <b><u>FUSION DD</u></b> 8:10-8:55am</p> <p><b>*SPINNING DD</b> 9am</p> <p><b>BODY FLEX DD</b> 10:05-11:00am (gym)</p> <p><b>ZUMBA® AB</b> 5:15-6:05pm</p> <p><b><u>BOOT CAMP KP</u></b> <b><u>5:30-6:30pm (gym)</u></b></p> <p><b>CORE &amp; STRENGTH</b> 6:10-7:05pm KH</p> <p><b>YOGA MC</b> 6:50-7:55pm (multi A,B)</p> <p><b>*SPINNING</b> 7:15pm JA/DO</p> <p><b><u>PILATES PP</u></b> <b><u>8:05-8:55pm (multi A)</u></b></p>	<p><b>ZUMBA® &amp; STRENGTH RM</b> 9:00-10:00am (gym)</p> <p><b>LITE &amp; FIT SK</b> 10:05-11:00am (gym)</p> <p><b>YOGA RW</b> 10:10-11:20am</p> <p><b>*SPINNING</b> 11:30am JA</p>	<p><b><u>PILATES PP</u></b> <b><u>8am-8:50am (multi A)</u></b></p> <p><b>*SPINNING DD</b> 8:05am</p> <p><b>BODY FLEX DD</b> 9:05-10:05am (gym)</p> <p><b>CARDIO STEP &amp; STRETCH MD</b> 10:15-11:15am</p>

All classes are held in aerobic studio unless noted.  
**Underlined classes are specialty classes;**  
**Registration fee is required.** These classes run in session 1/9-2/25 -see winter brochure for specific session dates & fees. Specialty classes that do not meet our minimum **will be cancelled.** \*\*\*

\*(fee required). See Spinning® class calendar for monthly updated times, instructors & descriptions.  
**Daily Drop In Fees:** Spinning: \$6 member /\$9 nonmember  
Non-member fee for our "free for member" classes: \$9 resident / \$10 non-res.  
**Specialty class \$9 member /\$12 nonmember (underlined classes)**

**Instructors:** Danielle (DD), Sophia (SH), Joe (JS), Julie (JA), Michelle (MD), Susan (SK), Chani (CB), Regina (RW), Nicole (NK), Lucien (LD), Regina M. (RM), Pattie (PP), Karen (KP), Marty (MH), Deanna (DS), Kristen (KH), Mary-Lou (MC), Amy (AB), Amy C (AC), Natalie (ND), Jennifer (JG), Kym (KR)