GROUP EXERCISE SCHEDULE Jan 22- Feb 26 2017

NILES FAMILY FITNESS CENTER

987 Civic Center Dr. Niles Illinois 60714

Sun	Mon	Tue	Wed	Thu	Fri	Sat
***SPINNING** DO 7:35am **ZUMBA®** CH 8:40– 9:40am (gym) **BODY FLEX** 9:45-10:45 1/22 KP, 1/29DG, 2/5 KP, 2/12 DG, 2/19 KP, 2/26DG **YOGA** 10:45-11:45am 1/22MM, 1/29 DG, 2/5MM, 2/12DG, 2/19MM, 2/26DG *****Please Note: Underlined classes are specialty classes; Registration or drop-in fee is required.** These classes run in sessions. See **winter** brochure for specific session dates & fees. <Note: Mon 6pm Zumba>	**YOGA** MH 7:50-8:55am (multi A/B) ***EXPRESS SPIN** DD 8:30-9:05am **PILATES STRETCH & STRENGTH** Multi A 9:10-9:55am SK **BOSU & DRILLS** DD 9:15-10:05am (gym) **LITE & FIT** KP 10:10-11:05am (gym) **YOGA** JS 5:15-6:15pm **ZUMBA®** CH 6:00-6:55pm Gym < **BODY FLEX** NK 6:30-7:30pm	**TRX** DD 8:20-9:00am (gym) ***SPINNING** 9am JA **BODY FLEX** DD 10:05-11:00am (gym) **YOGA BALANCE** KP 10:15-11:00am **TRX** KP 5:00-5:40pm (gym) **TRX** KP 5:45-6:25pm (gym) **CARDIO CORE** 6:15-7:00pm ML **YOGA** LD 7-8:10pm (multi A & B) ***SPINNING** 7:15pm instruct. rotation	**YOGA** AC 8:00-9:10am **CARDIO FUSION** KR 9:15-10:10am (gym) **ZUMBA GOLD** DV 10:15-11:10am (gym) **HEART RATE UP & PUMP** 5:25-6:25pm KP ***EXPRESS SPIN** ML 6:30-7:05pm **PILATES BARRE FUSION DD** 6:30-7:20pm Multi A	**PILATES BARRE FUSION DD** 8:10-8:55am ***SPINNING** 9am DD **BODY FLEX** DD 10:05-11:00am (gym) **BOOT CAMP** KP 5:15-6:10pm (gym) **ZUMBA®** DJ 6:15-7:10pm GYM **CORE & STRENGTH** 6:20-7:05pm JA/DO **YOGA** LD 6:45-7:55pm (multi A,B) ***SPINNING** 7:15pm JA/DO	**STRETCH** RW 8-8:45am **TRX Challenge DD** 8:20-9:00am (gym) **ZUMBA®** KR 9:10-10:05am (gym) **LITE & FIT** SK 10:10-11:05am (gym) **YOGA** RW 10:10-11:20am ***SPINNING** 11:30am JA	***SPINNING** DD 8:00am **BODY FLEX** DD 9:05-10:00am (gym) **STEP, DRILLS & STRETCH** MD 10:15-11:20am

All classes are held in aerobic studio unless noted. **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/ $10resident/ $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), Cynthia (CH), Duvia (DV), Megan (MM), Kristen (KR), Debbie (DJ), Denise (DO)