

# GROUP EXERCISE SCHEDULE Sept 1 - Oct. 31



**NILES  
FAMILY FITNESS  
CENTER**  
987 Civic Center  
Dr. Niles Illinois  
60714  
847-588-8400

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

\*Virtual attendees must enter virtual class 5 minutes prior to start time\*

Classes are available to those age 14 and older.

\*We are closed on Monday Sept. 4th for Labor Day\*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>*SPIN CIRCUIT</b> 8:45-9:40am—MH <u>fee required</u></p> <p><b>ZUMBA® PT</b> 9:00– 10:00am Also Virtual option (gym)</p> <p><b>YOGA DG</b> 10:50-11:50am Also Virtual option</p>	<p><b>YOGA MH</b> 7:55-8:55am Also Virtual option</p> <p><b>FIT CHALLENGE CS</b> 9:10-10:05am (gym) Also Virtual option</p> <p><b>LITE &amp; FIT KP</b> 10:15-11:10am (gym) Also Virtual option</p> <p><b>PILATES BARRE FUSION</b> 5:15-6:10pm Begins 9/18 <u>fee required</u> EF</p> <p><b>BODY FLEX</b> 6:20-7:20pm 9/11DG 9/18SG 9/25DG 10/2SG 10/9DG 10/16 SG 10/23DG 10/30SG Also Virtual option</p>	<p><b>BODY FLEX DD</b> 10:05-11:00am (gym) Also Virtual option</p> <p><b>BALANCE, CORE &amp; MORE</b> 10:10-10:50am -KP fee required</p> <p><b>TRX BOOTCAMP KP</b> 5:10-5:55pm (gym) fee required</p> <p><b>SPIN &amp; STRENGTH</b> 5:30-6:20pm -JA <u>fee required</u></p> <p><b>YOGA KZL</b> 7:00-8:10pm Also Virtual option</p>	<p><b>CARDIO FUSION EA</b> 6:30-7:20am (gym)</p> <p><b>YOGA AC</b> 7:55-9:05am Also Virtual option</p> <p><b>HIGH FITNESS CS</b> 9:00-10:00am (gym)</p> <p><b>ZUMBA GOLD TONING</b> 10:10-11:05am (gym) DC Also Virtual option</p> <p><b>HEART RATE UP &amp; PUMP</b> 5:15-6:10pm Also Virtual option KP</p>	<p><b>BODY FLEX DD</b> 10:05-11:00am (gym) Also Virtual option</p> <p><b>YOGA BALANCE</b> 10:10-11:00am -KP fee required</p> <p><b>*SPIN—JA</b> 5:00-5:50pm <u>fee required</u></p> <p><b>CARDIO CORE</b> 6:00-6:50pm DG Also Virtual option</p> <p><b>YOGA LD</b> 7:00-8:10pm Also Virtual option</p>	<p><b>STRETCH KZL</b> 8:00-8:55am Also Virtual option</p> <p><b>TRX DD</b> 8:20-9:00am (gym) fee required</p> <p><b>ZUMBA w/ Toning MN</b> 9:10-10:00am (gym) Also Virtual option</p> <p><b>YOGA LD</b> 10:00-11:00am</p> <p><b>*SPIN &amp; PUMP —JA</b> 11:30-12:20 <u>fee required</u></p>	<p><b>*SPIN &amp; STRETCH</b> 8:30-9:20am -JA <u>fee required</u></p> <p><b>BODY FLEX DD</b> 9:05-10:00am (gym) Also Virtual option</p> <p><b>STEP, DRILLS &amp; STRETCH MD</b> 10:15-11:20am</p>

Classes are held in Group exercise studio, unless gym in noted.

\*\*\*Please Note:

Underlined classes are specialty classes: Registration or punch card required.

\*Bring your own towel

\*Please arrive to class on time, so as not to disrupt others.  
Classes that do not meet our minimum participation will be discontinued.

**Instructors:** Danielle (DD), Julie (JA), Michelle (MD), Susan (SK), Lucien (LD), Karen (KP), Marty (MH), Donna (DG), Deanna (DS), Amy C (AC), Marimel (ML), Duvia (DC), Denise (DO), Patrizia (PT), Maria (MN), Kloe (KZL), Sue (SG), Emily (EA), Elise (EF), Cameo (CS)