

GROUP EXERCISE SCHEDULE Aug 3 – Aug 15



987 Civic Center Dr. Niles
Illinois 60714

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

Reserve your spot online for each class at nilesfitness.com. **Reservation cutoff is 8pm the day prior to each class**

Classes that do not meet the minimum attendance will be cancelled.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ZUMBA® PT 8:40– 9:40am Also Virtual option (Gym) YOGA 10:50-11:50am Also Virtual option 7/26JG 8/2DG 8/9JG 8/16DG 8/23JG 8/30 DG	FIT CHALLENGE CP 9:05-9:55am (gym) Also Virtual option LITE & FIT KP 10:20-11:15am (gym) Also Virtual option BODY FLEX NK 6:35-7:30pm Also Virtual option	BODY FLEX DD 10:05-11:00am (gym) Also Virtual option YOGA LD 7-8:10pm (multi B) Also Virtual option	YOGA AC 7:55-9:05am Also Virtual option CARDIO FUSION CP 9:10-10:00am (gym) Also Virtual option ZUMBA GOLD DGA/MS 10:15-11:10am (gym) Also Virtual option HEART RATE UP & PUMP 5:25-6:25pm (Gym) Also Virtual option KP	BODY FLEX DD 10:05-11:00am (gym) Also Virtual option CORE & STRENGTH 6:00-6:50pm (Gym) DO YOGA LD 6:45-7:55pm (multi B)	STRETCH RN 8:00-8:55am Also Virtual option ZUMBA DJ/MS 9:15-10:10am (gym) Also Virtual option YOGA JG 10:15-11:15am Lite & Fit SK 10:20-11:05am	BODY FLEX DD 9:05-10:00am (gym) Also Virtual option STEP, DRILLS & STRETCH MD 10:15-11:20am

All classes are held in Group Exercise **Studio** unless noted. **Please arrive to class on time, so as not to disrupt others.**

*We no longer provide mats, Yoga Straps, Yoga blocks or resistance bands, so if you use those for classes, please bring your own.
* Bring your water bottle filled, as our fountains are turned off.
*Bring your own towel

Instructors: Danielle (DD), Joe (JS), Julie (JA), Michelle (MD), Susan (SK), 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), Rose (RN), Salina (SA)