

Spinning Classes

Are you ready to pedal your way to a fitter, healthier you? Look no further than our dynamic spinning classes at the Niles Family Fitness Center. Whether you're a seasoned cyclist or a beginner looking to kickstart your fitness journey, our spinning classes offer an exhilarating workout experience for everyone.

SUNDAY

TUESDAY

THURSDAY

FRIDAY

SATURDAY

FEES

\$8 Member / \$12 Nonmember
5 or 15 class punch cards available

**For more information or to register,
please call 847-588-8400 or visit
the Member Services desk.**

