

GROUP EXERCISE SCHEDULE Jan. 5 - Feb 28



**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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*SPIN CIRCUIT 8:45-9:45am—MH <u>fee required</u></p> <p>ZUMBA® PT 9:00– 10:00am Also Virtual option (gym)</p> <p>YOGA DG 10:50-11:50am Also Virtual option</p> <p>Classes are held in group exercise studio, unless gym is noted.</p>	<p>YOGA MH 8:00-9:05am Also Virtual option</p> <p>STRENGTH CIRCUIT 9:10-9:55am DD/SG (gym) 1/6DD 1/13SG 1/20DD 1/27SG 2/3DD 2/10SG 2/17DD 2/24SG</p> <p>LITE & FIT KP 10:15-11:10am (gym) Also Virtual option</p> <p>BODY FLEX DG 6:20-7:20pm Also Virtual option</p>	<p>BODY FLEX DD 10:05-11:00am (gym) Also Virtual option</p> <p>BALANCE, CORE & MORE 10:10-10:50am -KP fee required</p> <p>ZUMBA TONING 4:30-5:20pm DC</p> <p>TRX BOOTCAMP KP 5:10-5:55pm (gym) fee required</p> <p>SPIN & STRENGTH 5:30-6:20pm -JA <u>fee required</u></p> <p>YIN YOGA / KZL RESTORATIVE YOGA 7:00-8:05pm Also Virtual option</p>	<p>YOGA AC 8:00-9:10am Also Virtual option</p> <p>FIT CHALLENGE CS 9:05-10:00am (gym)</p> <p>CORE FOUNDATIONS-PEVIC FLOOR 10:00-10:45am BW <u>fee required</u></p> <p>ZUMBA GOLD TONING 10:10-11:05am (gym) DC Also Virtual option</p> <p>HEART RATE UP & PUMP 5:15-6:10pm Also Virtual option KP</p> <p>ADULT BEGINNER BALLET 7:15pm Rio <u>fee required</u></p>	<p>HIGH FITNESS CS 9:00 - 9:50am (gym) Also Virtual option</p> <p>BODY FLEX DD 10:05-11:00am (gym) Also Virtual option</p> <p>YOGA BALANCE 10:10-11:00am -KP fee required</p> <p>*SPIN—JA 4:50-5:45pm <u>fee required</u></p> <p>CARDIO CORE 6:00-6:55pm DG Also Virtual option</p> <p>YOGA LD 7:05-8:10pm Also Virtual option</p>	<p>STRETCH KZL 8:00-8:55am Also Virtual option</p> <p>TRX DD 8:20-9:00am (gym) fee required</p> <p>ZUMBA MN 9:15-10:10am Also Virtual option (gym)</p> <p>YOGA LD 10:00-11:00am</p> <p>*SPIN & PUMP —JA 11:30-12:20 <u>fee required</u></p>	<p>*SPIN & STRETCH 8:30-9:20am -JA <u>fee required</u></p> <p>BODY FLEX DD 9:05-10:00am (gym) Also Virtual option</p> <p>STEP, DRILLS & STRETCH MD 10:15-11:20am</p>

***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), Patrizia (PT), Maria (MN), Kloe (KZL), Sue (SG), Cameo (CS), Becca (BW), Regina (RM)