

# Fall Fitness Classes



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Fitness Club 8:00-9:00am	Muscle Flexx (LH) 12:00-1:00pm	Senior Fitness Club 8:00-9:00am	Ashtanga Vinyasa Yoga (MB) 7:00-7:50pm	Senior Fitness Club 8:00-9:00am	Zumba Gold Toning (DGB) 8:00-8:50am	Barre Body (RG) 9:00-10:15am
Muscle Flexx (LH) 10:00-11:00am		Zumba Toning (RG) 7:00-7:50pm	Yin Yoga (MB) 8:00-8:50pm		Zumba Fitness (RG) 9:00-10:00am	Strong by Zumba (RG) 10:15-11:15am
Step, Sculpt and Abs (DGB) 6:00-6:50pm		Barre Body (RG) 8:00-9:15pm			20/20/20 (RG) 10:00-11:00am	
Zumba Toning with Zumba Toning Sticks (DGB) 7:00-8:00pm					Boxing Circuit (LH) 12:00-1:00pm	

LH – Linda Hermanek

RG- Reina Gold

DGB – Debbie Guzzo-Beck

MB – Maggie Bisaga

All classes are held in the Fitness Center Aerobics Room unless otherwise noted. Schedule subject to change due to low participation.

## Session 1

September 9<sup>th</sup> – October 27<sup>th</sup>

## Session 2

November 4<sup>th</sup> – December 22<sup>nd</sup>



Questions? Contact Jenna  
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