



# Winter Spring Fitness Classes



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness at any age 8:00-9:00am Aerobics Room	Fit Camp 5:30-6:30pm Aerobics Room-MS	Fitness at any age 8:00-9:00am Aerobics Room	Sun Salutation Chair Yoga 8:00-9:00am Aerobics Room-LH	Fitness at any age 8:00-9:00am Aerobics Room	Zumba Fitness 9:00-10:00am Aerobics Room-RG	Barre Body 9:00-10:00am Aerobics Room-RG
Muscle Flexx 9:30-10:30am Aerobics Room-LH	Yoga HIIT! 6:30-7:30pm Aerobics Room-MS	Muscle Flexx 5:30-6:30pm Aerobics Room-LH	Fit Camp 5:30-6:30pm Aerobics Room-MS	The Mixx 4:30-5:30pm Aerobics Room-LH	Muscle Flexx 10:30-11:30am Aerobics Room-LH	Gliding and ABS 10:15-11:15am Aerobics Room-RG
Lucky 7! 6:00-6:30pm Aerobics Room-MS	Tae Kwon Do 7:00-8:00pm *Green Room-GMC	Lucky 7! 6:30-7:00pm Aerobics Room-MS	Ashtanga Vinyasa Yoga 7:00-7:50pm Aerobics Room-MB	Lucky 7! 6:00-6:30pm Aerobics Room-MS	Ball Bootcamp 11:30-12:30pm Aerobics Room-LH	
Zumba Toning 7:00-8:00pm Aerobics Room-DG	Barre Body 8:00-9:00pm Aerobics Room-RG	Zumba Toning 7:00-8:00pm Aerobics Room-RG	Yin Yoga 8:00-8:45pm Aerobics Room-MB			
		Zumba Strong 8:00-9:00pm Aerobics Room-RG				

## Session 1: Jan. 2 - Feb. 18 / Session 2: Feb. 25 - April 15, 2018

INSTRUCTORS:  
Linda Hermanek (LH)  
Reina Gold (RG)  
Debbie Beck (DB)

Grand Master Chung (GMC)

Questions? Please call Michelle  
Dalton at 708-457-1244 or email  
Mdalton@norridgepk.com.

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new favorite class!

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