

WINTER/SPRING FITNESS CLASSES

For questions, please contact the Fitness Center at 708-457-1244, or visit norridgepk.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Fitness Club 8:00-9:00 am	Muscle Flexx 12:00-1:00 pm LH	Senior Fitness Club 8:00-9:00am	"Tough Love" Couple's Bootcamp 2/14 only 8:00-9:00 pm	Senior Fitness Club 8:00-9:00am	Zumba Fitness 9:00-10:00 am <i>Reina Gold</i>	Barre Body 9:00-10:15 am <i>Reina Gold</i>
Muscle Flexx 10:00-11:00 am <i>Linda Hermanek</i>		New Year's Bootcamp 6:00-6:45 pm 1/9-2/20 <i>Debbie Beck</i>		Hula Hoop Fitness 9:00-10:00 am <i>Linda Hermanek</i>	20/20/20 10:00-11:00 am <i>Reina Gold</i>	H.I.I.T it Hard 10:30-11:30 am <i>Reina Gold</i>
Step, Sculpt and Abs 6:00-6:50 pm <i>Debbie Beck</i>		ON-Core 15 6:45-7:00 pm <i>Reina Gold</i>			New Year's Bootcamp 11:15am-12:15pm 1/12-2/23 <i>Reina Gold</i>	Stretch 2 Flex 11:30am-12:00pm <i>Reina Gold</i>
Zumba Toning with Toning Sticks 7:00-8:00 pm <i>Debbie Beck</i>		Zumba Toning 7:00-8:00 pm <i>Reina Gold</i>			ON-Core 15 12:15-12:30 pm <i>Linda Hermanek</i>	Hula Hoop Fitness 3:00-4:00 pm <i>Linda Hermanek</i>
ON-Core 15 8:15-8:30 pm <i>Debbie Beck</i>		Barre Body 8:00-9:15 pm <i>Reina Gold</i>			Boxing Circuit 12:30-1:30 pm <i>Linda Hermanek</i>	
					"Tough Love" Couple's Bootcamp 2/16 only 1:00-2:00 pm	
					Mommy & Me Yoga and More 5/11 only 2:00-3:00 pm	

Session 1

January 7 – February 24



Session 2

March 4 – April 21