



Winter 2020 Group Fitness Schedule

Questions regarding Group Fitness Classes? Call (708) 457-1244

MON	TUE	WED	THU	FRI	SAT	SUN
					Zumba Fitness Reina Gold 9:00-10:00 am	
Muscle Flexx Linda Hermanek 10:00-11:00 am		Muscle Flexx Linda Hermanek 10:00am-11:00am			Total Body Blast Reina Gold 10:00-11:30 am	
Step, Sculpt and Abs Debbie Beck 6:00-6:45 pm					StaBALLize Reina Gold 11:30am-12:15 pm	
Zumba Toning with Toning Sticks Debbie Beck 7:00-8:00 pm			Zumba Fitness Reina Gold 6:30-7:30 pm		Boxing Circuit Linda Hermanek 12:00-1:00 pm	
StaBALLize Debbie Beck 7:30pm-8:15 pm		Strong 30 Reina Gold 6:30-7:00 pm	Barre Body Reina Gold 7:30-8:45 pm			
		Zumba Toning Reina Gold 7:00-8:00 pm				

Winter Session 1

Jan 6th– Feb. 22nd

Group Fitness Classes

Winter Session 2

MAR, 2nd – Apr 18th