





GROUP EXERCISE DOLLAR DAYS

LIMITED TIME ONLY: APRIL 26-MAY 1



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Group Cycle 8:00-8:55am <i>Silver</i>
Rev it UP! 9:00-10:00am <i>Bronze</i>	Group Cycle 9:00-10:00am <i>Silver</i>	Stability Ball Toning 9:00-10:00am <i>Bronze</i>		Cardio Combo 9:00-10:00am <i>Silver</i>	Rev it UP! 9:00-10:00am <i>Bronze</i>
6 Pack Abs 5:15-5:45pm <i>Bronze</i>	Interval Explosion 5:00-5:45pm <i>Bronze</i>	Butt and Gut 5:15-5:45pm <i>Bronze</i>	Cycle and Tone 5:00-5:45pm <i>Silver</i>		
	Group Cycle 6:00-6:55pm <i>Silver</i>	Armtastic and Cardio Blast 6:00-6:20pm 6:20-7:00pm <i>Silver</i>		  Non-Members may attend any SILVER, BRONZE, or Zumba class above for only \$1. <i>Offer good <u>this week only</u></i>  	
Zumba 7:15-8:00pm <i>*Specialized</i>			Zumba 7:15-8:00pm <i>*Specialized</i>		
Our next class session begins the week of May 3. See our newest Group Fitness schedule at the Front Desk!					
<p style="text-align: center;">Schedule subject to change without notice. All classes are open to ages 14 and up. Limited space available. Call 847-782-3300 for more information on classes and schedules.</p>					



ALL PARTICIPANTS MUST SIGN IN AT THE FRONT DESK. EVEN IF CLASS IS FREE