

# FALL GROUP FITNESS CLASSES

October 11th – November 7th



JOIN US FOR GROUP FITNESS CLASSES  
AVAILABLE TO MEMBERS AND NON-MEMBERS

OFFERED EVERY DAY.

PRE REGISTRATION REQUIRED FOR ALL  
CLASSES

REGISTRATIONS CAN NOT BE PAID ONSITE

LIMITED SPACE AVAILABLE

FOR MORE INFORMATION CONTACT DAVE LOPEZ

847-531-7018    LOPEZ\_D@CITYOFELGIN.ORG

## GROUP FITNESS CLASS FEES

PER CLASS FOR 4 WEEKS

RESIDENT / MEMBER	\$30.00
NON RESIDENT	\$35.00
SENIOR RESIDENT / MEMBER	\$20.00
SENIOR NON RESIDENT	\$25.00

FREE TO PLATINUM MEMBERS

847-531-7025 FOR REGISTRATION HELP

REGISTER AT;

**CENTREOFELGIN.ORG**

CLASS PARTICIPANTS NEED TO BRING  
THEIR OWN TOWEL, MAT AND WATER  
BOTTLE

## MONDAY

### AEROBIC ROOM

CARRIE– REPS N SETS 9:30 AM

\_MIGDALIA–PILATES 5:30 PM

### SPIN ROOM

CHARLENE–TAI CHI 9:15AM

## TUESDAY

### AEROBIC ROOM

CARRIE–SPIN 5:30 PM

## WEDNESDAY

### AEROBIC ROOM

DANAE–SR. FIT 10:30AM

DANAE–CHAIR YOGA 11:30 AM

TAMMY–TABATA 5:45PM

## THURSDAY

### AEROBIC ROOM

CARRIE–HARD CORE 5:30 PM

## FRIDAY

### AEROBIC ROOM

EMILY–TWIST N TONE 8:15 AM

CARRIE– REPS N SETS 9:30 AM

### SPIN ROOM

CHARLENE–QIGONG 10:30AM

## SATURDAY

### AEROBIC ROOM

MIGDALIA– SPIN 9:00 AM

CARRIE–BOOT CAMP 11:00 AM