



NORTHFIELD PARK DISTRICT GROUP FITNESS CLASSES BY FITMOVES

JANUARY 2 - MARCH 26, 2017

Monday	9:30 - 10:30AM 1:00 - 2:00PM	YOGA with Jancy INTERVAL WORKOUT with Cindy and Jody
Tuesday	8:45 - 9:45AM	STRENGTHEN & LENGTHEN with Cindy
Wednesday	7:30 - 8:30AM 8:45 - 9:45AM	STRENGTHEN & LENGTHEN with Cindy FITNESS STEW with Cindy
Friday	7:30 - 8:30AM 8:45 - 9:45AM	FITNESS STEW with Cindy FITNESS STEW with Cindy
Saturday	8:45 - 9:45AM	STEP & STRENGTH with Cindy
Sunday	9:30 - 10:30AM	STRENGTH & LENGTHEN with Cindy

FITNESS CLASS PRICING

	Member	Non-Member
Single Class Drop-In	\$10	\$15
5 Class Punch Pass	\$45	\$65
10 Class Punch Pass	\$80	\$120
20 Class Punch Pass	\$140	\$210

Northfield Park District
401 Wagner Road, Northfield IL 60093
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NorthfieldParkDistrict.org