4500 FITNESS
DOWNERS GROVE PARK DISTRICT

REVISED GROUP EXERCISE SCHEDULE

BLACK FRIDAY BURNOUT

FRIDAY, NOV. 27

JOIN US FOR A MORNING OF FITNESS, FUN, AND FEEL-GOOD ENERGY WITH THESE GROUP EXERCISE CLASSES ON FRIDAY, NOV. 27!

7:45AM: SCULPT WITH NICOLE
8:30AM: CYCLE WITH AMANDA
9:00AM: WERQ WITH XENIA
9:00AM: BODYPUMP WITH LINDA
9:00AM: HATHA YOGA WITH VICKI

Please note: The 5:45AM Cycle/Yoga class will not be held on Nov. 27 due to our later opening time.