

Louis Sherman Community Center
Adult Fitness Classes
708-709-0288

Dance & Trim

6 – 7 P.M. Tuesdays

Instructor : Christine

Fitness Frenzy

5 - 6 P.M. Wednesday

Instructor : Christine

TAI - CHI

10 - 11 A.M. Wednesday

Instructor: Marie

YOGA

6:15 - 7:15 P.M. Wednesday

Instructor : Marie

YOGA

9:00 - 10:00 A.M. Thursday

Instructor : Marie

Fitness Punch Card Required

Residents/Non Residents \$60 Per Card

Seniors \$50 Per Card

Drop-In Fee \$7 CASH ONLY

Cards Good For 15 Classes

Expires 6 Months After Purchase

We want EVERYONE to feel comfortable participating in our fitness programs. Our professional instructors accommodate varying fitness levels, offering modifications to moves that make them easier or more difficult, encouragement and guidance.

