

Louis Sherman Community Center

3501 Hopkins • Steger IL 60475 • (708)-709-0288

Gym Calendar

March 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED					01 8 - 12 pm Walkers 9 - 10 am Chair Fitness 12 - 3:30 pm Open Gym	02 CLOSED
03 CLOSED	04 8 - 12 pm Walkers 9 - 10 am Chair Fitness 12 - 3:30 pm Open Gym	05 8 - 12 pm Walkers 12 - 3:30 pm Open Gym 5 - 6 pm Dance & Trim	06 8 - 12 pm Walkers 10 - 11 am Tai – Chi 12 - 3:30 pm Open Gym 5 - 6 pm Fitness Frenzy 6:15 - 7:15 pm Yoga	07 8 - 9 am Walkers 9 - 10 am Yoga 10 - 12 pm Walkers 12 - 3:30 pm Open Gym	08 8 - 12 pm Walkers 9 - 10 am Chair Fitness 12 - 3:30 pm Open Gym	09 CLOSED
10 CLOSED	11 8 - 12 pm Walkers 9 - 10 am Chair Fitness 12 - 3:30 pm Open Gym	12 8 - 12 pm Walkers 12 - 3:30 pm Open Gym 5 - 6 pm Dance & Trim	13 8 - 12 pm Walkers 10 - 11 am Tai – Chi 12 - 3:30 pm Open Gym 5 - 6 pm Fitness Frenzy 6:15 - 7:15 pm Yoga	14 8 - 9 am Walkers 9 - 10 am Yoga 10 - 12 pm Walkers 12 - 3:30 pm Open Gym	15 8 - 12 pm Walkers 9 - 10 am Chair Fitness 12 - 3:30 pm Open Gym	16 CLOSED
17 CLOSED 	18 8 - 12 pm Walkers 9 - 10 am Chair Fitness NO OPEN GYM	19 GYM CLOSED FOR VOTING 	20 8 - 12 pm Walkers 10 - 11 am Tai – Chi 12 - 3:30 pm Open Gym 5 - 6 pm Fitness Frenzy 6:15 - 7:15 pm Yoga	21 8 - 9 am Walkers 9 - 10 am Yoga 10 - 12 pm Walkers 12 - 3:30 pm Open Gym	22 8 - 12 pm Walkers 9 - 10 am Chair Fitness 12 - 3:30 pm Open Gym	23 CLOSED
24 CLOSED	25 8 - 12 pm Walkers 9 - 10 am Chair Fitness 12 - 3:30 pm Open Gym	26 8 - 12 pm Walkers 12 - 3:30 pm Open Gym 5 - 6 pm Dance & Trim	27 8 - 12 pm Walkers 10 - 11 am Tai – Chi 12 - 3:30 pm Open Gym 5 - 6 pm Fitness Frenzy 6:15 - 7:15 pm Yoga	28 8 - 9 am Walkers 9 - 10 am Yoga 10 - 12 pm Walkers 12 - 3:30 pm Open Gym	29 8 - 12 pm Walkers 9 - 10 am Chair Fitness 12 - 3:30 pm Open Gym	30 CLOSED
31 CLOSED						

Hours

Monday -- 8:00 a.m. - 4:00 p.m.

Tuesday -- 8:00 a.m. - 4:00 p.m.

Wednesday -- 8:00 a.m. - 4:00 p.m.

Thursday -- 8:00 a.m. - 4:00 p.m.

Friday -- 8:00 a.m. - 4:00 p.m.

Saturday -- Closed

Sunday -- Closed

I.D. Membership Card

An I.D. is required to use this facility

Seniors (60+) - \$40 per person

Non-Resident Seniors - \$50 per person

Residents - \$50 per person

Non-Resident - \$80 per person

Senior and Resident I.D's valid January 2024 - January 2026

Non-Resident I.D's valid January 2024 - January 2025

An Illinois Drivers' License or State ID MUST BE presented to prove Steger residency

Clean & Dry shoes are to be carried in and worn while using the gym or exercise room.

We make every effort to make this calendar as complete and correct as possible. Occasionally circumstances change which were unforeseen at the time of publication. Thank you for your understanding.