

# 2015 Prudential Plaza Fitness Class Schedule

All classes \$10 (subject to change)

Personal Training Sessions available by appointment. Contact Mark Carlson for details: ([cmark67@hotmail.com](mailto:cmark67@hotmail.com) / 847-767-7866)

Mon	Tue	Wed	Thur	Fri
<b>Bike Spinning Class **</b> 8am - 8:30am Mario Gonzalez Starts Feb 2015		<b>Bike Spinning Class **</b> 8am - 8:30am Mario Gonzalez Starts Feb 2015		<b>Bike Spinning Class **</b> 8am - 8:30am Mario Gonzalez Starts Feb 2015
<b>Yoga/Pilates</b> 11:30am – 12:20 pm Mark Carlson		<b>Yoga/Pilates</b> 11:30am – 12:20pm Mark Carlson		<b>Yoga/Pilates</b> 11:30am – 12:20pm Mark Carlson
	<b>Nia</b> Noon – 12:50 pm Emily Merritt		<b>Nia</b> Noon – 12:50 pm Emily Merritt	
	<b>Nia</b> 5:30pm – 6:30pm Emily Merritt	<b>Boxing Class</b> 5:15pm – 6:15pm Mark Carlson	<b>Nia</b> 5:30pm – 6:30pm Emily Merritt	