



FITNESS CLASSES

*Call
to
register!*

HIIT

Tuesdays

July 16-August 13

6:30pm-7:30pm

Fee: \$50

20/20/20

Thursdays

July 18-August 15

6:30pm-7:30pm

Fee: \$50

Bootcamp

Saturdays

July 20-August 17

10am-11am

Fee: \$50

Instructor: Liz Wozek

All classes are at the

Terrace Centre

(708)448-7080

www.worthparkdistrict.org

11500 S. Beloit Ave.

