

FITNESS CENTER



SCHEDULE

Sunday

7:30-10:00pm

Open Gym for All Women

Monday

7:00-9:30am

Open Gym for All Men

10:30-11:30am

Better Balance (Women only)

11:30-12:30pm

Stretch & Move (Women only)

1:00-2:00pm

Senior Men Only

2:00-3:00pm

Senior Women Only

3:00-4:00pm

Senior Men Only

Tuesday

7:00-9:30am

Open Gym for All Men

10:00-10:30am

Senior Men Only

11:00-11:30am

Senior Women Only

11:30-12:30pm

Better Balance (Women only)

1:00-2:00pm

Senior Women Only

2:00-3:00pm

Senior Men Only

3:00-4:00pm

Senior Women Only

7:30-10:00pm

Open Gym for All Women

Wednesday

7:00-9:30am

Open Gym for All Men

10:00-10:30am

Senior Men Only

11:00-11:30am

Senior Women Only

11:30-12:30pm

Better Balance (Women only)

1:00-2:00pm

Senior Men Only

2:00-3:00pm

Senior Women Only

3:00-4:00pm

Senior Men Only

Thursday

7:00-9:30am

Open Gym for All Men

10:00-10:30am

Senior Men Only

11:00-11:30am

Senior Women Only

11:30-12:30pm

Stretch & Move (Women only)

1:00-2:00pm

Senior Women Only

2:00-3:00pm

Senior Men Only

3:00-4:00pm

Senior Women Only

Friday

10:00-11:00am

Senior Men Only

11:00-12:00pm

Senior Women Only

12:00-1:00pm

Senior Men Only

PERSONAL TRAINER AVAILABLE!



CHICAGO MITZVAH CAMPAIGN
2757 W. PRATT BLVD.
CHICAGO, IL 60645

FOR MORE INFORMATION:
1.866.MYRABBI (1.866.697.2224)