



FREE SPRING TRAINING TIPS

#GETFITGLENVIEW

2019 APRIL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
			6-6:30 PM PILATES FOR EVERY BODY! Trainer: DAWN FRIEDMAN				10:30-11 AM FOAM ROLLING & STRETCHING. Trainer: BRIAN KIER		
		1	2	3	4	5	6		
	7	8	9	11-11:30 AM BALANCE AND FITNESS Trainer: BRIAN KINNEAR	12-12:30 PM DO THIS NOT THAT, safe shoulder exercises in the gym Trainer: KAREN CHRISTIANSON	10-10:30 AM STAY HEALTHY STRONG & INDEPENDENT Balance, Core, Hip & Glutes. Trainer: KATHY BEAN	12	13	
	14	15	16	4-4:30 PM STRENGTH TRAINING MED BALL STYLE Trainer: BRIAN CULLEN	17	18	1-1:30 PM TOTAL BODY TRX TRAINING Trainer: ANNA MALIK	19	20
	21	22	23	12:30-1 PM PILATES 101 Trainer: DAWN FRIEDMAN	24	25	26	27	
28	29	30							

Sign up today! Call 847-657-3249

2400 Chestnut Avenue | 847-657-3249 | getfitglenview.org

A facility of the Glenview Park District