



Edens Athletic Club
5130 North Cicero Avenue
Chicago, IL 60630
773-286-6700 (phone)
773-286-9117 (fax)

Group Exercise March 2005

All classes are subject to change without notice. In the event that a class must be cancelled, we try to substitute with another instructor and class.

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
10:15 AM			Yoga/Pilates Julia				
10:30 AM						Vinvasa/Yoga Julia	
06:45 PM		Spin Nadia					
07:30 PM		Vinyasa/Yoga Julia					

For more information, please contact Steve Brady at (773) 286-6700 or steve.brady@tcaclubs.com.