

Outside Classes Starting June 8, 2020!!!

Since EEHF is not charging membership dues in June, and we've been given state approval to start classes outside, we will be offering fee-based classes at each club for members & non-members. Only 9 participants per class allowed.

60 minute classes: 4 for \$40

For Naperville, please contact Renee Nelson at (630) 646-5922

Or visit our website: <https://www.eehealth.org/healthy-driven/fitness-centers/>

NAPERVILLE SCHEDULE

DAY OF WEEK	TIME	CLASS	INSTRUCTOR	FULL
MONDAYS:	8:00	Spin	Tammy	
(June 8-29)	9:00	Cardio/Strength	Kathy	
TUESDAYS:	7:30	Spin	Bonnie	
(June 9-30)	8:30	Strength	Renee	
WEDNESDAYS:	6:15	Spin	Laura L	
(June 10-July 1)	8:30	Strength	Kathy	
	8:30	Spin	Paula	
THURSDAYS:	7:30	ATAC	Mina	
(June 11-July 2)	7:30	Spin	Bonnie	
	8:30	Boxing Fitness	Renee	
	9:30	Ballroom Dance	Nichelle	
FRIDAYS:	7:30	Minute to Win it	Karen N	
(June 12-July 3)	8:00	Muscle & Movement	Carol T	
SATURDAYS:	8:00	Cardio Boxing	Carol & Renee	
(June 13-July 4)	9:30	Pilates/Yoga	Lana	

Edward-Elmhurst
HEALTH & FITNESS

Healthy Driven™

Outside Classes Starting June 8, 2020!!!

Since EEHF is not charging membership dues in June, and we've been given state approval to start classes outside, we will be offering fee-based classes at each club for members & nonmembers. Only 9 participants allowed per class.

60 minute classes: 4 for \$40

45 minute classes: 4 for \$30

30 minute classes: 4 for \$20

For Seven Bridges, please contact Paula McBride at (630) 646-7929

Or visit our website: <https://www.eehealth.org/healthy-driven/fitness-centers/>

SEVEN BRIDGES SCHEDULE

DAY OF WEEK	TIME	CLASS	INSTRUCTOR	FULL
Mondays June 8-29	8:00	TRX (30 min)	Denise	
	8:45	TRX (30 min)	Denise	
	9:00	Total Body Strength	Mina	
	3:45p	Core Body	Mandy	
	4:45p	Boxing Fitness (no touch)	Mandy	
Tuesday: June 9-30	7:45	ATAC	Paula	
	8:30	Yoga	Gina	
	9:00	ATAC	Paula	
Wednesday: June 10–July 1	7:30	Yoga	Nancy	
	8:45	Strength & Cardio Interval	Denise	
	9:00	Pilates/Yoga Fusion	Tracey C	
	10:15	Zumba	Tracey C	
	4:15p	B-Fit for Beginners (45 min)	Carla D	
Thursday: June 11-July 2	8:00	TRX (30 min)	Paula	
	8:15	Cardio/Strength Interval	Laurie	
	8:45	TRX (30 min)	Paula	
	11:00	TRX (30 min)	Dan J	
	4:45p	Strength & Stretch	Mandy	
Friday: June 12-July 3	7:45	Glutes, Guns and Guts	Deanna	
	8:15	ATAC	Paula	
	8:30	Yoga	Gina C	
	9:00	TRX (30 min)	Denise	
	9:45	TRX (30 min)	Denise	
Saturday: June 13-July 4	7:45	Tabata Strength & Cardio	Mina	
	8:00	TRX Circuit Challenge	Denise	
	8:30	Yoga for the Inflexible	Mandy	
	9:45	Yoga	Julie G	
	9:50	Strength & Stretch	Mandy	
	10:00	B-Fit for Beginners (45 min)	Carla D	
	12:30	RunSMART	Laurie L.	

Edward-Elmhurst
HEALTH & FITNESS

Healthy Driven