

Melrose Park Sports and Fitness Club

1000 N. 25th Ave. Melrose Park (708) 450-0555

AEROBICS

Instruction by Lena

Step – Mon. Wed. and Fri. Noon to 1 PM

Yoga - Tuesdays at 7:30 PM

Senior Exercise (low impact) by Barb Rubright

Mon. - Fri. 9AM to 10AM in the Senior Center

Zumba Class: call (708) 450-0555 for fees & times



BOXING

Boxing Instruction by retired professional

Rocky DiFazio

Tuesdays and Thursdays 4 - 9 PM

Saturdays 10 AM to 2 PM

MIXED MARTIAL ARTS

Monday through Friday

Resident fee \$50; Non-resident fee \$60

For more information call Jennifer (708) 450-0555

CYBEX & NAUTALUS MACHINES

Crunching Machines; Wrist and Forearm;
Arm Abdominal; Shoulder Fly; Chest Press;
Rowing; Lateral Pulldown; Lifefitness
Treadmills; Gauntlet Stairmaster; Life Cycle
Bikes; and Free Weights

