Melrose Park

Sports and Fitness Club

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

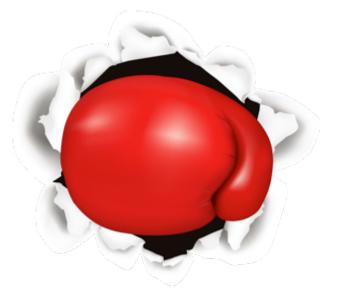
AEROBICS

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

