Melrose Park Sports & Fitness Club

Fitness for All Ages

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

AEROBICS

Instruction by Lena
Step • Mondays, Wednesdays and Fridays • Noon-1 p.m.
Sr. Exercise (Low Impact) by Barb Rubright
Monday-Friday
9-10 a.m. • Senior Center

MARTIAL ARTS

Monday-Friday • Residents – $50, Nonresidents – $60
For additional information,
call (708) 450-0555.

BOXING

Limited instruction is currently available.
For options, please call (708) 450-0555.

CYBEX AND NAUTALUS MACHINES

Crunching Machines
Wrist and Forearm • Arm • Abdominal • Shoulder Fly
• Chest Press • Rowing • Lateral Pulldown

Lifefitness Treadmills • Gauntlet Stairmasters
Life Cycle Bikes • Free Weights

Join Today

Summer Hours (Memorial Day-Sept. 30)
Weekdays – 7 a.m.-8 p.m. · Weekends – 9 a.m.-2 p.m.

Winter Hours (Oct. 1-Memorial Day)
Weekdays – 7 a.m.-10 p.m. · Weekends – 9 a.m.-5 p.m.