

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 CLUB

Tuesdays and Thursdays • 4-7 p.m. • Daily Fee – \$5
Must be 15 years old or older to join program. • Instructor: Mario
For additional information, 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

ROOM RENTALS

Multi-purpose Room
Birthdays • Anniversaries • Graduations
Religious Celebrations
Weddings • Business Meetings • Etc.

150 Maximum Capacity

Days and Nights Available
Mondays-Saturdays • 9 a.m.-Midnight
Sundays • 9 a.m.-7 p.m.

Rentals Include:
Four Hours • Setup of Table and Chairs
Security • Use of Kitchen and Ice Machine

**HALL RENTALS ARE ALSO AVAILABLE
IN THE SENIOR BUILDING (900 N. 25th Ave.)**

Call (708) 450-0555 for info.

Come visit our surrounding park.
Perfect for taking pictures for all occasions.
Stop by our front desk and we can answer any questions
you may have about your next party or event.

We can accommodate most party requests.

For more information, call (708) 450-0555.

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.