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.