



## Who Are We?


**Chicago Latin Fitness™** is our mission to promote healthy life styles and enhance total well being through high quality fitness and wellness programs.


Our high energy, professional instructors are certified above industry standards with years of experience teaching a variety of programs for all ages.

## What We Do?

 **Zumba®** - Are you ready to party yourself into shape? This dance-fitness class incorporates international music and dance to create a dynamic and exciting fitness program.

 **Zumba Toning®** - Using our specialized Toning Sticks this class combines targeted body sculpting exercises with the high-energy cardio of Zumba.

 **Sculpt and Core** - Targeted exercises that sculpt both upper and lower body with proper form and technique to maximize results.

 **Cycle and Stretch** - Burn fat and tone muscle without joint impact and stretch to improve flexibility.

 **Athletic Conditioning** - Activity specific workout to challenge agility, coordination and strength. Classes are offered to groups on site.

## We also offer specialty programs

Personalized Fitness Programs & Fitness Assessments

Specialty classes include yoga, kickboxing, bootcamp and children's programs.



## A Few Helpful Tips.....

Make sure you have your doctor's approval before you begin any exercise regimen.

ALWAYS bring water!

Wear comfortable clothing that you can move easily in.

A towel is good for those days we really sweat.....which is everyday.

Gym shoes that will allow you to move and pivot with ease. Clean soles appreciated.

A change of clothes will keep you from getting sick during the chilly months and help you stay cool during warmer seasons.

Want to take a Zumba® Toning class? We provide the Zumba® Toning Sticks (limited supply) or bring your own sticks/dumbbells (must be under 3lbs. for safety reasons)

Arrive a few minutes early and give yourself plenty of time. You don't want to miss your warm-up.

Some classes get relocated from time to time, if unsure please check website, social media or text listed number.

Children are not allowed in the studio or in waiting areas for safety reasons.

Online reviews and suggestions are welcomed.

We appreciate your business!

**Chicago Latin Fitness**  
[www.chicagolatinfitness.com](http://www.chicagolatinfitness.com)

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AS SEEN ON



[www.chicagolatinfitness.com](http://www.chicagolatinfitness.com)

773.517.7201



# Fall Weekly Schedule

effective 9/8/15, subject to change



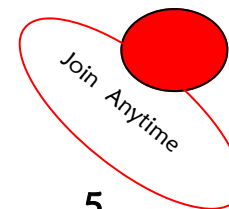
| Day       | Time   | Format          | Location  |
|-----------|--------|-----------------|---|
| Monday    | 5:30pm | Sculpt & Core   | Jesse White Center <i>Starts 9/21</i><br>410 W. Chicago Ave 60654 |
|           | 6:00pm | ZUMBA®          | Broadway Armory Park<br>5917 N. Broadway Ave 60660                |
|           | 6:30pm | ZUMBA®          | Jesse White Center  |
|           | 8:00pm | ZUMBA® Toning   | S.P.A.C.E Studio<br>3433 W. Peterson Ave 60659                    |
| Tuesday   | 6:30pm | Sculpt & Core   | Sauganash Park<br>5861 N. Kostner Ave 60646                       |
|           | 7:30pm | ZUMBA®          | Sauganash Park  |
| Wednesday | 6:00pm | ZUMBA®          | Broadway Armory Park<br>5917 N. Broadway Ave 60660                |
|           | 8:00pm | ZUMBA® Toning   | S.P.A.C.E Studio<br>3433 W. Peterson Ave 60659                    |
| Thursday  | 5:30pm | Sculpt & Core   | Jesse White Center <i>Starts 9/17</i><br>410 W. Chicago Ave 60654 |
|           | 6:30pm | Cycle & Stretch | Jesse White Center  |
|           | 6:30pm | Sculpt & Core   | Sauganash Park<br>5861 N. Kostner Ave 60646                       |
|           | 7:30pm | ZUMBA®          | Sauganash Park  |
| Saturday  | 9:30am | ZUMBA®          | NEIU PE Complex Gym<br>5330 N. St Louis Ave 60625                 |
|           | 1:00pm | ZUMBA®          | Broadway Armory Park<br>5917 N. Broadway Ave 60660                |

**Friday 7pm Yoga at NEIU PE Complex Studio 1**  
**Session A 9/28- 10/2 Session B 10/9-11/13**  
**6 weeks session \$65 drop in \$ 12**

No experience required, equipment available.



## What's Best For You.....



### CLF Class Packages

| Classes        | 25              | 12             | 5              |
|----------------|-----------------|----------------|----------------|
| Fee            | \$100           | \$60           | \$30           |
| <i>Expires</i> | <i>120 days</i> | <i>90 days</i> | <i>60 days</i> |

### Single drop in class \$10

Class packages may be used towards classes listed on weekly schedule. Packages have an expiration date as listed above from date of purchase and cannot be extended.

### CLF Monthly Membership

| Weekly classes | 4    | 3    | 2    | 1    |
|----------------|------|------|------|------|
| Monthly fee    | \$65 | \$55 | \$45 | \$35 |

Unlimited weekly classes: \$75 monthly

Membership may be used towards classes listed on weekly schedule. Monthly membership requires a \$10 registration fee due at time of initial purchase. To avoid recurring monthly registration fees, renew your membership before its expiration date.

Memberships are due every 30days from purchase date. Memberships are non-refundable and there are no breaks in-between are allowed. Any class make-ups must be done within current month.

### Save an additional 10% !

Enroll in CLF Automated Pay and you can save 10% on any session package or membership. Requires 6 month commitment.

All sales are final. No refunds or exchanges. Prices, schedule and instructors are subject to change without notice.

Check our website and social media to stay updated.

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